

Gilmer County Charter Schools

Policy EEE: Wellness

REGULATIONS

Nutrition

Our school district is committed to serving healthy meals to children, with plenty of fruits, vegetables, whole grains, and fat-free and low-fat milk; that are moderate in sodium, low in saturated fat, and have zero grams trans-fat per serving (nutrition label or manufacturer's specification); and to meeting the nutrition needs of school children within their calorie requirements. The school meal programs aim to improve the diet and health of school children, help mitigate childhood obesity, model healthy eating to support the development of lifelong healthy eating patterns and support healthy choices while accommodating cultural food preferences and special dietary needs.

All schools within the District participate in USDA child nutrition programs, including the National School Lunch Program (NSLP), the School Breakfast Program (SBP), including the Seamless Summer Option and the After School Care Meal Supplement Program.

All schools within the District are committed to offering school meals through the NSLP and SBP programs, and other applicable federal child nutrition programs, that:

- Are accessible to all students;
- Are appealing and attractive to children;
- Are served in clean and pleasant settings;
- Meet or exceed current nutrition requirements established by local, state, and federal statutes and regulations. (The District offers reimbursable school meals that meet USDA nutrition standards.)
- Promote healthy food and beverage choices

School Wellness Committee

Committee Role and Membership

The District will convene a representative district wellness committee (hereto referred to as the DWC or work within an existing school health committee) that meets at least four times a year to establish goals for and oversee school health and safety policies and programs, including development, implementation and periodic review and update of this district-level wellness policy (heretofore referred as "wellness policy").

The DWC membership will represent all school levels (elementary and secondary schools) and include (to the extent possible), but not be limited to: parents and caregivers; students; representatives of the school nutrition program (e.g., school nutrition director); physical education teachers; health education teachers; school health professionals, school administrators and the general public. To the extent possible, the DWC will include

representatives from each school building and reflect the diversity of the community.

Annual Notification of Policy

The District will inform families and the public each year of basic information about this policy, including its content, any updates to the policy and implementation status. The district will make this information available via the district website and/or district-wide communications.

Policy Implementation and Evaluation

In each school, the principal or designee shall be charged with operational responsibility for ensuring that each school works toward meeting the goals set within the wellness policy. The wellness committee will meet at least four times a year with documented proof consisting of an agenda and sign-in sheets. Results will be shared publicly on the school website.

The District will actively notify the public about the content of or any updates to the wellness policy annually, at a minimum. The District will also use these mechanisms to inform the community about the availability of the annual and triennial reports.

Triennial Progress Assessments

The district will conduct an assessment of the wellness policy every 3 years and evaluate:

- Compliance with the wellness policy.
- How the wellness policy compares to model wellness policies.
- Progress made in attaining the goals of the wellness policy.

I. Nutrition

Goals for Nutrition:

- 1. Nutrition educational information will be posted on a bulletin board within each cafeteria at a minimum of four times a year.**
- 2. Nutrition education articles and information for parents and students will be available on the School Nutrition website and updated twice a year.**

Competitive Food and Beverages

The District is committed to ensuring that all foods and beverages available to students on the school campus during the school day support healthy eating. The foods and beverages sold and

served outside of the school meal programs (e.g., “competitive” foods and beverages) will meet the USDA Smart Snacks in School nutrition standards, at a minimum. Smart Snacks aim to improve student health and well-being, increase consumption of healthful foods during the school day and create an environment that reinforces the development of healthy eating habits. A summary of the standards and information, as well as a Guide to Smart Snacks in Schools are available at [http://www.fns.usda.gov/healthierschoolday/tools-schools-smart snacks](http://www.fns.usda.gov/healthierschoolday/tools-schools-smart-snacks). The Alliance for a Healthier Generation provides a set of tools to assist with implementation of Smart Snacks available at www.foodplanner.healthiergeneration.org.

To support healthy food choices and improve student health and well-being, all foods and beverages outside the reimbursable school meal programs that are sold to students on the school campus during the school day will meet or exceed the USDA Smart Snacks nutrition standards. These standards will apply in all locations and through all services where foods and beverages are sold, which may include, but are not limited to, à la carte options in cafeterias, vending machines, school stores and snack or food carts.

Food sold in schools must:

1. Comply with the general criteria:

- Be a “whole grain-rich” grain product containing 80% or more whole grains by weight, or have whole grains as the first ingredient; or
- Have as the first ingredient a fruit, a vegetable, a dairy product, or a protein food; or - be a combination food that contains at least ¼-cup fruit and/or vegetable. -Contain 10% of the Daily Value (DV) of one of the nutrients of public health concern in the 2010 Dietary Guidelines for Americans (calcium, potassium, vitamin D, or dietary fiber). *If water is the first ingredient, the second ingredient must be one of the items above.

2. And meet, at a minimum, the Nutrition Standards for all foods sold in schools:

Calorie limits:

- ° Snack items: = 200 calories
- ° Entrée items: = 350 calories

Sodium limits:

- ° Snack items: = 200 mg
- ° Entrée items: = 480 mg

Fat limits:

- ° Total fat: =35% of calories
- ° Saturated fat: < 10% of calories
- ° Trans-fat: zero grams

Sugar limit:

- ° = 35% of weight from total sugars in foods

3. Or qualify for an exemption from the Nutrition Standards.

4. Accompaniments such as cream cheese, salad dressing and butter must be included in the nutrient profile as part of the food item sold.

Beverages sold in schools must:

1. Be one of the allowable beverages for all grades
 - Plain water (with or without carbonation)
 - Unflavored or flavored fat free milk and milk alternatives permitted by NSLP/SBP
 - 100% fruit or vegetable juice and
 - 100% fruit or vegetable juice diluted with water (with or without carbonation), and no added sweeteners.
2. Comply with the size limits for each grade
 - Elementary schools may sell up to 8-ounce portions
 - Middle schools and high schools may sell up to 12-ounce portions
 - There is no portion size limit for plain water.
3. High Schools may allow additional “no calorie” and “lower calorie” beverage options to their students.
 - No more than 20-ounce portions of calorie-free, flavored water (with or without carbonation), and other flavored and/or carbonated beverages that are labeled to contain = 5 calories per 8 fluid ounces or = 10 calories per 20 fluid ounces.
 - No more than 12-ounce portions of beverages with = 40 calories per 8 fluid ounces, or = 60 calories per 12 fluid ounces.

OTHER REQUIREMENTS

Fundraisers

- The sale of food items that meet nutrition requirements at fundraisers are not limited in any way under the standards, except that they may not be sold in the cafeteria.
- All snacks sold in schools must meet the aforementioned nutritional requirements.
- The standards do not apply during non-school hours, on weekends, during class parties, and at off-campus fundraising events.

Exempted Fundraisers

Per the State Board Rule 160-5-6-.01, the school district will allow 30 fundraisers per school per school year not to exceed 3 days in length. Exempted fundraisers will not occur 30 minutes prior until 30 minutes after the end of breakfast or lunch meal service.

Celebrations

Schools should encourage celebrations that involve healthy foods during the school day (ex: serving fruit instead of cupcakes for birthday celebrations). It is suggested that each party should include no more than one food or beverage that does not meet nutrition standards for foods and beverages sold individually. The district will post on its website a list of healthy party ideas for parents and teachers.

Rewards

Schools will be encouraged not to use foods or beverages, especially those that do not meet the nutrition standards for foods and beverages sold individually, as rewards for academic performance or good behavior, and will not withhold food or beverages (including food served through school meals) as punishment.

Food Marketing in Schools

Any foods and beverages marketed or promoted to students on the school campus during the school day will meet or exceed the USDA Smart Snacks in School nutrition standards. Food and beverage marketing is defined as advertising and other promotions in schools.

Due to regulations that began in school year 2014-15, all foods sold at school during the school day are required to meet nutrition standards. The Smart Snacks in School regulation applies to foods sold a la carte, in the school store, vending machines, and any other venues where food is sold to students during the school day. (The school day is considered to be from midnight to 30 minutes after the school day ends).

II. Physical Activity

The primary goal for each school's physical activity component is to provide opportunities for every student to develop the knowledge and skills for specific physical activities, maintain physical fitness, regularly participate in physical activity, and understand the short-and long-term benefits of a physically active and healthy lifestyle.

Goals for Physical Activity

- 1. Teachers will be emailed examples of "how to" implement brain breaks consisting of short physical activities to do within the classroom four times a year.**
- 2. The school district will ensure that physical education classes meet the required time for each grade level, physical education elective classes are offered and that recess time is provided for all elementary school children.**

III. Other Activities that Promote Wellness

The District will integrate wellness activities across the entire school setting, not just in the cafeteria, other food and beverage venues and physical activity facilities. The district will coordinate and integrate other initiatives related to physical activity, physical education, nutrition and other wellness components so all efforts are complementary, not duplicative, and work towards the same set of goals and objectives promoting student well-being, optimal development and strong educational outcomes.

Goals for Other Activities that Promote Wellness

- 1. The school district will offer a CPR course that is free to employees once each**

year.

2. The school district will coordinate with the public health department to offer flu shots and vaccines to all personnel once each year.