

# Wellness Policy

Federal Law 108-265 requires that by June 30, 2006 each school system will develop and have in place a local Wellness Policy. It is the belief of the Dooly County Board of Education that we have an obligation to provide school environments that promote and protect children's health, well-being and ability to learn. The Board also believes that healthy staff can perform their assigned duties and model appropriate wellness behaviors for students. The Dooly County School System has developed a Wellness Plan that includes:

- Goals for nutrition education, physical activity and other school based activities.
- Current nutritional guidelines for all foods and beverages available on each school campus.
- Establishes a school environment that is safe, comfortable and promotes student wellness.
- Establishes a plan for implementation and monitoring of policy.

## 1. Nutrition Education Goals

- The School Nutrition Program will promote nutrition education in the cafeteria through flyers, posters and promotions.
- Nutrition education will be integrated into all areas of curriculum at each grade level and not limited only to the health education curriculum.
- Nutrition information will be shared with parents, family members and community.
- Eating a healthy breakfast will be encouraged everyday.

## 2. Physical Activity Goals

- Physical education and physical activity will be an essential part of each school's instructional program.
- Daily recess will be provided which is not used as a punishment or a reward.
- Adequate and safe equipment will be available for all students to participate in physical education /activity.
- Students will be encouraged to participate in extracurricular activities, school sponsored events and community sporting events.

### 3. Nutrition Standards

- All foods served by the School Nutrition Program will meet the regulations under the Child Nutrition Act and the National School Lunch and National School Breakfast Programs.
- The School Nutrition Program will serve foods that will meet or exceed the minimum nutritional value (MNV) and will follow the meal patterns set forth by the USDA.
- All foods made available on school campuses will be in compliance with the current USDA Dietary Guidelines for Americans. This will include the following:

- Vending Machines
- A La Carte
- Beverage Contracts
- Fundraisers
- Concession Stands
- School Stores
- School Parties /Celebrations

- Vendors will be asked to provide nutritional information to be posted near the vending machines highlighting the healthiest selections.

### 4. School Environment

- Professional learning training will be on-going for all Foodservice staff and Physical Education/ Health teachers.
- Students are provided adequate time to eat- 10 minutes for breakfast and 20 minutes for lunch from the time the student is seated with their meal.
- Cafeterias are attractive and have enough space for seating all children.
- Drinking water is available for students at meals.
- Food is not used as a reward or a punishment for a student's behavior.
- Student handbooks will provide information promoting healthy food selections.
- Principals and /or school Nurses will provide health related materials for parents, students, and teachers use.
- Staff members will be encouraged to maintain a healthy lifestyle through healthy eating, physical activity and other elements of a healthy lifestyle.
- All foods, available on campus will comply with the State and Local Food Safety and Sanitation regulations. To prevent food-born illnesses

in school, Hazard Analysis and Critical Control Point (HACCP) guidelines will be implemented.

- For the safety and security of the food and facility, only School Nutrition Staff and authorized personnel will have access to the food service operations.
- Each school facility shall be in compliance with drug, alcohol and tobacco free policies.
- Each school site shall provide a work environment that is conducive to productivity by being free from physical dangers and is as safe as possible. Each school work environment shall comply with all applicable occupation and health laws, policies and rules.

## 5. Implementation and Monitoring

- The Superintendent and/or designee will ensure that the Wellness Plan for the Dooly County School System will be implemented.
- Each school Principal and/or designee will ensure compliance in his/her school and will report on the school's compliance to the Superintendent and/or designee.
- The School Nutrition Program staff will ensure compliance with nutrition policies and will report to the Superintendent and/or designee.
- A summary will be provided annually to the Dooly County Wellness Plan Committee, School Board, Principals, and School Councils.
- The Wellness Committee will use this review to establish yearly goals for promoting and encouraging a healthier lifestyle for students and staff.