

The Board of Education recognizes that student wellness and proper nutrition are related to students' well-being, growth, development, and readiness to learn. The Board is committed to providing a school environment that promotes and protects student wellness, proper nutrition, nutrition education, and regular physical activity as part of a total learning experience. In a healthy school environment, students will learn about and participate in positive dietary and lifestyle practices that can improve student achievement.

Development of Local Wellness Policy

In accordance with federal law, the school system has involved parents, students, and representatives of the school food authority, the school board, school administrators, and the public in the development of a system-wide wellness policy. After considering input from various stakeholders interested in the promotion of overall student health and well-being, the Board establishes by this policy goals to promote student wellness.

Nutrition Guidelines

To the extent practical, all schools will participate in available federal school meal programs. All food and beverages made available on campus during the school day will be consistent with the requirements of federal and state law. Guidelines for reimbursable school meals will not be less restrictive than regulations and guidance issued by the U.S. Secretary pursuant to the Child Nutrition Act and the Richard B. Russell National School Lunch Act, as those regulations and guidance apply to schools. The superintendent or designee shall develop procedures for operation of school food services at each school during the day with the objectives of promoting school health and reducing childhood obesity.

Nutrition Education

It is the intent of the Board that the district shall teach, encourage, and support healthy eating by students. School officials shall provide nutrition education consistent with federal and state requirements and engage in nutrition promotion aimed at the attainment of goals related to nutrition education established by the Wellness Committee.

Physical Education

All students in grades K-12 shall have opportunities, support and encouragement to be physically active on a regular basis. The district will provide physical education consistent with federal and state requirements and engage in promotion of physical activities aimed at attainment of goals for this purpose established by the Wellness Committee.

Other School-Based Activities

As all school community members should embrace regular physical activity as a personal behavior, students should have opportunities for physical activity beyond physical education classes. Schools will support parental efforts to provide a healthy diet and daily physical activity for their children, will value the health and well-being of the school community by planning and implementing activities and policies that support personal efforts to maintain a healthy lifestyle, and will provide school-based marketing consistent with nutrition education and health promotion. The superintendent or designee shall develop procedures related to other school-based activities to promote wellness aimed at attainment of goals for this purpose established by the Wellness Committee.

Implementation

The superintendent or designee shall be responsible for overseeing the implementation of the wellness program and shall develop procedures for evaluation, including indicators that may be used to measure the schools' successes in meeting the goals outlined in the Procedure EEE.

School food service staff at the school or district level shall monitor compliance with nutrition guidelines within school food service areas and will report on this matter to the superintendent at the district level or to the school principal at the school level.

Authority O.C.G.A. §

PROCEDURE: YES

Adopted: June 27, 2006

REVISED:

Columbia County Board of Education