



Book	Policy Manual
Section	Section J - Students
Title	Student Wellness Guidelines
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STUDENT WELLNESS GUIDELINES

Floyd County Public Schools are committed to providing a school environment that enhances learning and development of lifelong wellness practices. In all aspects of local wellness, the school staff will act as role models for good nutrition and physical activity behaviors. The objectives of the guidelines are to promote sound nutrition and student health and reduce childhood obesity.

To accomplish these goals:

- Child Nutrition Programs comply with federal, state and local requirements. Child Nutrition Programs are accessible to all children.
- Sequential and interdisciplinary nutrition education is provided and promoted.
- Patterns of meaningful physical activity connect to students' lives outside of physical education.
- All school-based activities are consistent with local wellness policy goals.
- All foods and beverages made available on campus (including vending, concessions, a la carte, parties and fundraising) during the school day are consistent with current Dietary Guidelines for Americans.
- All foods made available on campus adhere to food safety and security guidelines.
- The school environment is safe, comfortable, pleasing and allows ample time and space for eating meals. Food and/or physical activity is not used as a reward or punishment.

Floyd County Public Schools will adhere to all Federal and State Standards concerning student wellness policies and school meals, as well as Smart Snacks in School Standards. FCPS will follow the regulations set forth as well as the following local guidelines which go beyond the Federal and State regulations:

Part 1. NUTRITION

SCHOOL MEALS

National School Lunch Program (NSLP) and School Breakfast Program (SBP)

- Students have at least 10 minutes to eat breakfast and at least 20 minutes to eat lunch. This does NOT include time spent walking to/from class or waiting in line.
- Drinking water is available for students at meal times.
- The lunchroom/cafeteria is clean, orderly and inviting.
- Adequate seating is available to accommodate all students served during each meal period.
- Adequate supervision is provided in the dining area.
- Students are allowed to converse with one another while they eat their meals at the discretion of the school principal.
- Secondary school should operate "closed" lunch periods to encourage students to eat a nutritious lunch.
- Caffeinated drinks will not be sold during breakfast or lunch meal times during the school day at the secondary level.

OBJECTIVES:

- To meet all federal and state standards in the National School Lunch Programs (NSLP) and School Breakfast Programs (SBP).
- To influence lifelong healthy eating behaviors in a positive manner.
- To create an environment that encourages healthy nutrition choices, as well as enhances and encourages participation in school meal programs. This includes classroom, cafeteria, a la carte, vending machines, school store, fundraisers and at home.
- To establish nutrition guidelines for all foods that are available on each school campus during the school day to be consistent with USDA's meal pattern requirements and nutritional standards for competitive foods.

A LA CARTE

"A la carte" means all other food and beverage items sold by the school food service program in the school cafeteria or other locations. A la carte items comply with USDA regulations prohibiting the sale of "foods of minimal nutritional value" where school meals are served or eaten during the meal period.

OBJECTIVES:**A LA CARTE FOOD ITEMS are limited to:**

- The same portion size of any food item served that day in the NSLP or SBP
- Fruits or vegetables
- Low-fat or nonfat Yogurt
- Non-caloric fat free (unflavored or flavored) and unflavored low-fat milk only
- 100% juice
- Items that meet USDA Smart Snacks In School nutrition standards

VENDED FOODS AND BEVERAGES

Any food or beverage sold from midnight the night before until 30 minutes after the end of the school day will meet the USDA Smart Snacks regulations

- Caffeinated drinks will not be sold during meal times during the school day at the high school.

DURING THE SCHOOL DAY

Meals from home
Classroom Parties & Celebrations
Classroom Rewards
Fundraisers
Intramural Events

OBJECTIVES:

- Students are allowed to have individual water bottles in the classroom.
- Each school may conduct on school grounds during the regular school hours no more than 30 school-sponsored fundraisers per school year during which food that does not meet the nutrition guidelines for competitive foods may be sold to students.
- Fundraising activities involving the sale of food or beverages will not take place until after the end of the last lunch period.
- The Smart Snacks nutrition standards do not apply to foods and beverages sold at events held after school, off campus, or on the weekends, such as school plays or sporting events.
- Refreshments provided for students participating in school events adhere to the guidelines for vended foods and beverages.
- Parents, teachers and organizations are informed about the guidelines and are encouraged to follow them.
- Students should be encouraged to adhere to nutritional guidelines for beverages brought from home, such as milk, water or 100% juice.

AFTER SCHOOL PROGRAMS

Snacks served under the USDA After School Care Snack Program complies with all applicable federal regulations and state policies.

OBJECTIVES:

"Snack" means two or more items that are served as a unit.

Part 2. NUTRITION EDUCATION**OBJECTIVES:**

- Nutrition education will be integrated into other areas of the curriculum such as math, science, language arts and social studies.
- The staff responsible for nutrition education will be adequately prepared and participate regularly in professional development activities to effectively deliver an accurate nutrition education program as planned. Preparation and professional development activities will provide basic knowledge of nutrition, combined with skill practice in program-specific activities and instructional techniques and strategies designed to promote healthy eating habits.
- The school cafeteria serves as a “learning laboratory” to allow students to apply critical thinking skills taught in the classroom.
- Nutrition education will involve sharing information with families and the broader community to positively impact students and the health of the community.
- The school district will provide information to families that encourage them to teach their children about health and nutrition and to provide nutritious meals for their families.
- Students will be encouraged to start each day with a healthy breakfast.
- Nutrition activities will be linked with the coordinated school health program.

Part 3. Physical Activity

OBJECTIVES:

- A program of physical fitness will be available to all students for at least 150 minutes per week on average during the regular school year. Such program may include any combination of physical education classes, extracurricular activities, and other programs and physical activities.
- Physical activity will be integrated across curricula and throughout the school day. Movement can be made a part of science, math, social studies and language arts.
- Physical education courses will be the environment where students learn, practice and are assessed on developmentally appropriate motor skills, social skills and knowledge.
- Policies ensure that state-certified physical education instructors teach all physical education classes.
- Policies ensure that state physical education classes have a student/teacher ratio similar to other classes.
- Provide a daily recess period, which is not used as punishment or a reward. Consider planning recess before lunch since research indicates that physical activity prior to lunch can increase the nutrient intake and reduce food waste.
- Physical activity participation will take into consideration the “balancing equation” of food intake and physical activity.
- Physical education includes the instruction of individual activities as well as competitive and non-competitive team sports to encourage life-long physical activity.
- Adequate equipment is available for all students to participate in physical education. Physical activity facilities on school grounds will be safe.
- The school provides a physical and social environment that encourages safe and enjoyable activity for all students, including those who are not athletically gifted.
- Information will be provided to families to help them incorporate physical activity into their student’s lives.
- Schools are encouraged to provide community access to and encourage students and community members to use the school’s physical activity facilities outside of the normal school day.
- Schools encourage families and community members to institute programs that support physical activity.

Part 4. Other School Based Activities

OBJECTIVES:

- After-school programs will encourage physical activity and healthy habit formation.
- Local wellness policy goals are considered in planning all school based activities (such as school events, field trips, dances, and assemblies).
- Support for the health for all students is demonstrated by hosting health clinics, health screenings, and helping to enroll eligible students in Medicaid and other state children’s health insurance programs.
- Schools organize local wellness committees comprised of families, teachers, administrators and students to plan, implement and improve nutrition and physical activity in the school environment.

Part 5. Implementation

The Floyd County School Board encourages parents, students, representatives of the school food authority, teachers of physical education, school health professionals, school administrators, and the general public to participate in the development, implementation, and periodic review and update of these guidelines.

The School Nutrition Specialist is responsible for overseeing the implementation of this policy and developing procedures for evaluating the policy, including indicators that will be used to measure its success. Implementation procedures will include periodically measuring and making available to the public, at least once every three years, an

assessment of the implementation of the policy, including the extent to which schools are in compliance with the policy, the extent to which this policy compares to model school wellness policies, and a description of the progress made in attaching the goals of the policy. The results of the triennial assessment are considered in update the policy.

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