

Board Policy EEE: Wellness Program

Status: ADOPTED

Original Adopted Date: 06/12/2006 | **Last Revised Date:** 01/13/2020 | **Last Reviewed Date:** 01/13/2020

District Wellness Policy Evaluation Criteria

The DeKalb County Board of Education recognizes that a proactive, preventative and comprehensive wellness plan is essential for student success and staff support. The Board is committed to providing a school environment that enhances the learning and development of lifelong wellness practices. Policy EEE applies to students, staff, families, and community members.

Schools play a major role in helping students become academically equipped, healthy, fit and ready to learn. Well-planned and effectively implemented school nutrition and fitness programs have been shown to enhance students' overall health, as well as their behavior and academic achievement in school. The DeKalb County School District (DCSD) believes that a hungry child cannot learn at his or her maximum potential. Academic performance and quality of life are affected by the choice and availability of healthy meals in our schools. Healthy foods support physical growth, brain development, resistance to disease, emotional stability and the ability to learn. DeKalb School District will provide a comprehensive learning environment for developing and practicing lifelong wellness behaviors.

Employee wellness is also an integral part of a healthy school environment since school staff can be daily role models for healthy behaviors.

The DeKalb County School District pursues six wellness goals:

1. **GOAL FOR NUTRITION PROMOTION AND EDUCATION:** Create clear and consistent messages in each school that explain and reinforce healthy eating habits to students, staff, and families.
2. **GOAL FOR SCHOOL NUTRITION INTEGRITY FOR OBESITY REDUCTION:** Create District nutrition programs that follow the USDA guidelines for serving well-balanced meals.
3. **GOAL FOR NUTRITION STANDARDS FOR COMPETITIVE FOODS AND BEVERAGES:** The DeKalb County School District will comply with nutrition standards for foods sold in schools as outlined in the Healthy, Hunger-Free Kids Act of 2010. Federal and State School Nutrition regulations for foods sold on campus are defined as: the period from midnight before to thirty (30) minutes after the end of the official school day (7 CFR §210.0 and §220.0).
4. **GOAL FOR PHYSICAL ACTIVITY:** Create physical education programs that establish a healthy foundation for students to achieve greater academic success. The District will provide age-appropriate curriculum for students that meet National and State standards for physical education.
5. **GOAL FOR OTHER SCHOOL-BASED ACTIVITIES:** Create a school environment in buildings and on campuses that improves the health of the whole child through a variety of school-based wellness activities.
6. **GOAL FOR HEALTHY SCHOOL ENVIRONMENT:** Create an environment that enhances a healthy lifestyle encouraging behavior and academic achievement in school. The District and Local School Wellness committees will focus on students, employees, community wellness, and resources for coordinating a healthy school meal environment. Healthy foods and beverages shall be promoted using the Smarter Lunchroom techniques, Farm to School and community-related organizations.

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1. The Superintendent or designee shall be responsible for the implementation and verification of the local School Wellness policy unless modified administratively. The DeKalb County School District Executive Director of School Nutrition Services oversees that the operation and program of each school are compliant with the local school wellness policy (EEE). This policy shall address nutrition education, physical activity, implementation of nutrition guidelines, and other school-based activities that promote wellness including measures for accountability and evaluation. DeKalb County School District Annual Wellness evaluation will be completed by School Nutrition Services during the month of May for submission to the Superintendent.
2. Each school shall form a School Wellness Committee by October 1 of each school year using the key members outlined in the CDC Whole School, Whole Community, Whole Child (WSCC). The committee will organize school-wide wellness initiatives that align with the District's Wellness composite score criteria. The Wellness

Committee shall evaluate the six wellness goals implemented at each school: 1) Nutrition Promotion and Education, 2) School Nutrition Program Integrity for Obesity Reduction, 3) Nutrition Standards for Competitive Foods and Beverages, 4) Physical Activity, 5) Other School-Based Activities and 6) Healthy School Environment.

3. The Local and District Wellness Committees shall establish the six wellness goals to ensure annual compliance of the District and its students. The District is committed to obtaining parental input and will inform parents of annual and triennial District-wide composite scores and reports through electronic delivery. The Wellness Report will be published for public review.
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