



Regulation EEE-R(1): Wellness Program - Student Wellness Program

Status: ADOPTED

Original Adopted Date: 08/01/2025 | **Last Reviewed Date:** 08/01/2025

Pursuant to the DCSD School Board Wellness Policy (EEE), this regulation is to be utilized by DCSD in the application of the Wellness policy:

I. GOAL FOR SCHOOL FOOD, NUTRITION PROMOTION AND EDUCATION:

- a. All school nutrition program directors, managers and staff will meet or exceed the hiring and annual continuing education/training requirements in the USDA professional standards for child nutrition professionals.
- b. The district will offer annual professional learning opportunities and resources for staff to increase knowledge and skills to promote healthy behaviors in the classroom and school.
- c. School Nutrition Services will incorporate nutrition education and promotions into school meal programs through monthly menus, nutrition promotions, activities, posters, website links, signage, and other means when feasible.
- d. DCSD will teach, model, encourage and support healthy eating for all students. This is supported through teaching current nutrition standards throughout the curriculum.
- e. Local foods will be offered and promoted to students at least once per month as part of the School Nutrition program.
- f. Schools will be encouraged to participate in farm-to-school activities such as school gardens, curriculum-based lessons, taste tests, cooking classes, farmer visits, school nutrition promotions, and field trips that support local farms and local foods.
- g. Schools will be encouraged to include health & wellness information in school newsletters and other marketing materials to promote student health.
- h. School Nutrition will include nutrition education on the School Nutrition Website to include but not limited to farm-to-school information, nutrition web links, and wellness resources.
- i. The district will promote healthy food and beverage choices for all students throughout the school campus and encourage participation in the school meal programs.
- j. Students will be educated and exposed to a wide variety of food choices through the annual DCSD SNS Student Voice, Student Choice Taste Testing.

II. GOAL FOR SCHOOL NUTRITION INTEGRITY FOR OBESITY REDUCTION:

- a. Meals served during the school day will, at a minimum, comply with current USDA regulations (Breakfast, Lunch, and Afternoon Snack). This includes the types and quantities of foods offered as well as the overall nutritional content.
- b. Schools will be encouraged to include health and wellness information in school newsletters and other marketing materials to promote student health.
- c. Schools will encourage parents and teachers to provide healthy snacks and water if food is served during a celebration.
- d. Participation in organizations that support obesity reduction is encouraged. Examples include Alliance for a Healthier Generation, Stronger 4 Life, Child and Adult Care Feeding, Athletic programs, Healthy Kids Challenge, No Kid Hungry.

III. GOAL FOR NUTRITION STANDARDS FOR COMPETITIVE FOODS AND BEVERAGES:

- a. All competitive foods and beverages sold must comply with the USDA Smart Snacks in Schools nutrition standards (7 CFR210.31(c)3(iii)). Competitive foods and beverages refer to those that are sold to students outside the reimbursable meal on the school campus (i.e., locations on the school campus that are accessible to students) during the school day (i.e., the midnight before to 30 minutes after the end of the school day). The nutrition standards do not apply to foods and beverages sold at events held after school, off-campus, or on weekends, such as school programs or sporting events.

The following standards will apply to all locations and services where foods and beverages are sold, including a` la carte options in cafeterias, vending machines, school stores and snack for food carts.

Smart Snack Criteria (As of July 7, 2016)

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|---|---------------------------|---------------------------|
| Whole-Grain-Rich: Foods must be a whole-grain-rich product, meaning they contain 50% or more whole grains by weight or have whole grains listed as the first ingredient. | | |
| First Ingredient: The first ingredient must be a fruit, vegetable, dairy product, or protein food. | | |
| Combination Food: Combination foods must contain at least 1/4 cup of fruit and/or vegetable. | | |
| | Snack | Entree |
| Calories | 200 calories or fewer | 350 calories or fewer |
| Sodium | 200 mg or less | 480 mg or less |
| Total Fat | 35% calories or less | 35% calories or less |
| Saturated Fat | Less than 10% of calories | Less than 10% of calories |
| Trans Fat | 0 g | 0 g |
| Sugar | 35% by weight or less | 35% by weight or less |

| Smart Snack Beverages Reference Chart (As of July 7, 2016) | | | |
|---|-------------|--------------|--------------|
| | ES | MS | HS |
| Water, Plain (with or without carbonation) | no limit | no limit | no limit |
| Low-fat milk, unflavored | < 8 fl. oz. | < 12 fl. oz. | < 12 fl. oz. |
| Fat-free milk, unflavored | < 8 fl. oz. | < 12 fl. oz. | < 12 fl. oz. |
| 100% fruit and/or vegetable juice | < 8 fl. oz. | < 12 fl. oz. | < 12 fl. oz. |
| 100% fruit and/or vegetable juice diluted with water (with or without carbonation) and no sweeteners | < 8 fl. oz. | < 12 fl. oz. | < 12 fl. oz. |
| Other flavored and/or carbonated beverages (containing < 5 calories / 8 oz. or < 10 calories / 20 oz.) | not allowed | not allowed | < 20 fl. oz. |
| Other flavored and/or carbonated beverages (containing < 40 calories / 8 oz. or < 60 calories / 12 oz.) | not allowed | not allowed | < 20 fl. oz. |

b. Exempted Fundraising - As allowed by the Georgia Board of Education, schools may schedule 30 food-related fundraisers per school year which do not meet Smart Snack guidelines (Exempted fundraisers). Exempted fundraisers may:

- Not exceed three days in length.
 - Not operate anywhere on the school campus 30 minutes prior until 30 minutes after the end of breakfast and lunch meal services.
 - Not be sold in vending machines, school stores, snack bars or a` la carte sales during the school day. Fundraisers occurring in these venues must meet the Smart Snack Standards.
- i. Tracking is the responsibility of the school and must be maintained on file for 5 years plus the current year. Tracking will be submitted with the annual portfolio.
 - ii. If a food or beverage meets the Smart Snack Guidelines, the food can be sold anywhere, anytime on the school campus.

IV. GOAL FOR PHYSICAL ACTIVITY: The district will provide age-appropriate curriculum for students that meet National and State standards for physical education.

- a. Physical activity will be encouraged throughout the day, including recess, classroom-based physical activities, required and elective physical education (PE) classes and optional after-school sports programs.

- b. DCSD teachers are encouraged to incorporate physical activity into their lesson plans throughout the school day and the extended school day.
- c. DCSD students in grades K-12 are required to participate in a comprehensive health and physical education program that includes the following:
 - 1. Alcohol and other drug use
 - 2. Disease prevention
 - 3. Environmental health
 - 4. Nutrition
 - 5. Personal health
 - 6. Sex education/AIDS education
 - 7. Safety
 - 8. Mental health
 - 9. Growth and development
 - 10. Consumer health
 - 11. Community health
 - 12. Health careers
 - 13. Family living
 - 14. Motor skills
 - 15. Physical fitness
 - 16. Lifetime sports
 - 17. Outdoor education
 - 18. Fitness assessment
- d. Implement one school-wide physical activity promotion/activity from the following list:
 - 1. Health Education Curriculum Initiatives
 - 2. Field Day
 - 3. Get Kids Moving Through Pep Rallies /Assemblies
 - 4. BMI educational sessions
 - 5. Classroom physical activity (daily exercise)
- e. Physical education and unstructured break time will not be withheld as punishment.

V. 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.

- a. Students will be educated to use good hand-washing techniques.
- b. Educational activities will be provided which promote sustainable, environmentally friendly practices (e.g., school gardens, recycling, composting, etc.) at various times throughout the curriculum when appropriate.
- c. Programs which support emotional health will be provided, such as hosting a Mental Health Awareness Week - posters, events, or other promotions to reduce mental health stigma and promotion of mental health awareness.

VI. GOAL FOR HEALTHY SCHOOL ENVIRONMENT:

- a. Students will have access to free palatable drinking water during the school day. Students will be allowed to have water bottles at their desk, as applicable.
- b. All schools will offer a source of water in the cafeteria and alternate serving areas during all meal service (Breakfast, Lunch and Afternoon Snack).
- c. Food and beverages will not be used as a reward or withheld as punishment.
- d. Each school will establish a Wellness Committee and host monthly meetings held from October through May.
- e. Schools will offer programs which encourage student safety. For example: Cyber Safety, Anti-Bullying, Worksite Safety, Chemical Exposure, Classroom Management, Conflict Resolution, Drug Prevention and any training related to school safety.
- f. Students will have access to safe, clean and hygienic restrooms.
- g. Marketing will be consistent with nutrition education and health promotion. Schools will limit food and beverage marketing to the promotion of foods and beverages permitted to be sold on the school campus. Foods of minimal nutritional value, including brands and illustrations, shall not be

advertised or marketed in educational materials.

District Wellness Policy Implementation and Evaluation

- a. The DeKalb County School District Executive Director of School Nutrition Services will oversee the operation and program of each school are compliant with the local school wellness policy (EEE).
- b. The District Wellness Advisory Council will meet at least four times per 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.
- c. The DCSD Advisory Council will represent all school levels (elementary and secondary schools) and include (to the extent possible), but not limited to parents and caregivers; students; representatives of the school nutrition program; physical education teachers; health education teachers; school health professionals, school administrators; the superintendent and school board members; health professionals; and the public.
- d. Each school within the district will establish an ongoing School Wellness Committee by October 1 of each school year using the key members outlined in the CDC Health Schools 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.
- e. The school's Annual Wellness Portfolio reflecting wellness activities at the school level, will be submitted at the end of each school year. Fundraising tracking will also be included in the portfolio.
- f. DeKalb County School District Annual Wellness Portfolio evaluations will be completed by School Nutrition Services during the months of June and July for submission to the superintendent.

ANNUAL NOTIFICATION

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

POLICY REVISIONS & UPDATES

The District Wellness Advisory Committee will recommend updates to the wellness policy based on the results of the triennial assessments. Updates may also be recommended as district priorities and community needs change; wellness goals are met; new health science recommendations are received; information and technology emerges; and new federal or state guidance policies or standards are issued. The wellness policy will be assessed and updated as indicated at least every three years, following the triennial assessment.

RECORDKEEPING

Documentation regarding the Wellness Policy and Procedures will be found on the School Nutrition website at <http://www.dekalbschoolsga.org/school-nutrition/wellness-regulation/>

Documentation maintained will include but will not be limited to:

- a. The written wellness policy and updates.
 - b. Verification that the policy has been made available to the public, including the last updated policy.
 - c. Verification of annual public notification requirements.
 - d. The most recent assessment on the implementation of the local school wellness policy.
 - e. Results of Triennial Assessment.
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