

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

Status: ADOPTED

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The Bibb County School District ("District") recognizes the importance of healthy students by supporting comprehensive wellness, which includes good nutrition, healthy eating, regular physical activity, and other school based activities that are designed to promote student wellness, as part of the total learning environment. The District also recognizes that schools play a critical role in creating an environment that promotes ~~and protects~~ student wellness, provides proper nutrition and nutrition education, provides regular physical activity as part of the total learning experience, and supports a more healthy community.

Federal law requires that the District establish ~~and maintain a local school wellness policy and . A local school wellness policy serves as a written documentation of official policies that guide the District's efforts to establish a school environment that promotes students' health, wellbeing, and ability to learn by supporting healthy eating and physical activity~~ develop a comprehensive plan with measurable implementation for all pertinent areas of the District. To meet ~~these federal~~ requirements, the Superintendent establishes this ~~R~~regulation (EEE-R (1)), and EEE-R(2)1, *District Wellness Policy: Pathway to Wellness*, ~~EEE-2, Nutrition Guidelines for All Foods on Campus and EEE-3, Smart Snacks Standards.~~

Each local school must comply with Board Policy EEE, Wellness Program, this Regulation, and Regulation EEE-R(2) District Wellness Policy: Pathway to Wellness. Specific information on each of the topics addressed below is included in EEE-R(2)1, *District Wellness Policy: Pathway to Wellness*. This information along with additional information concerning the District's School Nutrition program is available on the District website, eatrightbibb.com.

A. District Wellness Committee

~~The District will have a District Wellness Committee ("DWC") to engage students, parents, teachers, food service professionals, health professionals, the Board of Education, administrators, and other interested community members~~ The District will maintain a District Wellness Committee ("DWC") to assist in developing, implementing, monitoring, and reviewing district-wide nutrition and physical activity policy, goals, and practices for comprehensive school health. The DWC will include, to the extent possible, parents and caregivers, students, District staff, and community stakeholders.

~~The committee's purpose will be to address health issues using a coordinated approach to improve student health and wellness. Each local school will have a school-level Wellness Committee. The school-level Wellness Committee may be an independent committee or committee incorporated into an existing school council or committee. If you have an interest in helping to improve the wellness of our students and participate on the council please call 478-779-2612 or email timikel.sharpe@bcsdk12.net.~~

-Nutrition Education and Promotion Goals

The District will teach, model, encourage, and support healthy eating habits by students. Schools will provide nutrition education consistent with federal and state requirements and engage nutrition promotion ~~aimed at attaining the following goals that:~~

1. Nutrition education will be a component of health education instruction in grades K-12. Course content will be ~~is~~ designed to provide students with the knowledge and skills necessary to promote and protect their health;
2. Is part of not only health education classes, but also integrated into other classroom instruction through subjects such as math, science, language arts, social sciences and elective subjects;
3. Includes enjoyable, developmentally-appropriate, culturally-relevant and participatory activities, such as cooking demonstrations or lessons, promotions, taste-testing, farm visits, and school gardens;
4. Promotes fruits, vegetables, whole-grain products, low-fat and fat-free dairy products and healthy

food preparation methods;

5. Emphasizes caloric balance between food intake and energy expenditure (promotes physical activity/exercise);
6. Links with school meal programs, cafeteria nutrition promotion activities, school gardens, Farm to School programs, other school foods and nutrition-related community services;
7. Teaches media literacy with an emphasis on food and beverage marketing; and
8. Includes nutrition education training for teachers and other staff.

age-appropriate, engaging and in accordance with Georgia standards.

1. Integrate nutrition education into other areas of the curriculum, such as math, science, language arts, and social studies.
2. Educate students on handwashing as a strategy for preventing illnesses and infections in accordance with the Centers for Disease Control (CDC) guidance. Schools will provide students with soap, paper towels and supplies, and a clean restroom or washing station. Handwashing education will be reinforced at all grade levels and handwashing educational materials will be shared with parents and guardians.
3. The staff responsible for nutrition education will be adequately prepared and participate in professional development activities, as appropriate, to effectively deliver an accurate nutrition education program. Professional development activities will address basic knowledge of nutrition, combined with skill practice in program-specific activities and instructional techniques and strategies designed to promote healthy eating habits.
4. Provide on-going professional development, as appropriate, for school nutrition staff and teachers in the areas of nutrition and education.
5. The School Nutrition Program will be marketed and promoted at all levels.
6. Nutrition education and wellness information will be provided via newsletters or the District's website or social media to schools, students, parents and community members. Such information will encourage teaching students about health and nutrition at home and in the community.
7. Schools will promote fruits, vegetables, whole-grain products, low-fat and fat-free products, healthy-food preparation methods and health-enhancing nutrition practices.

B. Student Physical Activity and Education Goals

1. Physical Activity

The primary goal for each school's physical activity component is to provide opportunities for every student to develop the knowledge and skills for specific physical activities, maintain physical fitness, regularly participate in physical activity, and understand the short- and long-term benefits of a physically active and healthy lifestyle.

~~Sixty (60) minutes of moderate to vigorous physical activities daily for all students K-12 will be encouraged.~~

~~Physical activity is not just limited to physical education, recess or athletics; it can be incorporated into the academic curriculum, clubs and organizations and afterschool programs.~~

~~Physical activity in schools will be safe and enjoyable for all students, including those that are not athletically gifted.~~

~~Specific requirements for physical activity, including recess in the District, are outlined in EEE-1, District Wellness Policy: Pathway to Wellness.~~

The District further recognizes that physical activity must be encouraged outside of the school building. The District will promote physical activity by providing information to parents and guardians on helping to incorporate physical activities into their student's life. ~~Such information will be shared through information sent home to students and through the District's social media.~~

2. Physical Education

~~Physical education instruction will be available at all levels and shall be taught by a certified teacher as part of a planned, sequential, K-12 standards-based program of curricula and instruction designed to develop motor skills,~~

knowledge and behaviors for active living, physical fitness, sportsmanship, self-efficacy and emotional intelligence. Course content will be in accordance with Georgia standards and rules.

The District will provide students with physical education, using an age-appropriate, sequential physical education curriculum consistent with national and state standards for physical education. The physical education curriculum will promote the benefits of a physically active lifestyle and will help students develop skills to engage in lifelong healthy habits, as well as incorporate essential health education concepts. The curriculum will also support the essential components of physical education.

D. School Nutrition Standards

The District will ensure that all foods and beverages available to students on the school campus during the school day support healthy eating. All Schools within the District participate in USDA child nutrition programs, including the National School Lunch Program (NSLP), and the School Breakfast Program (SBP). School meals, extra-sale items, and after-school snacks will meet federal, state, and local regulations and guidance as issued by the Secretary of Agriculture under the United States Department of Agriculture (USDA), Georgia State Board of Education, Georgia Food and Nutrition Services, and Bibb County Board of Education.

AllUnless otherwise allowed by federal or state law or regulations, all foods and beverages available during the school day to students will meet the nutrition standards as set out in federal, state, and local laws, regulations, and guidance. of the Healthy, Hunger-Free Kids Act of 2010. Food and beverages sold and served outside of the school meal programs ("competitive foods and beverages") will meet all required nutritional standards, to include the Smart Snacks in School nutrition standards.

Each local school must comply with Board Policy EED, Sales of Food on School Premises, this Regulation, EEE-1, District Wellness Policy: Pathway to Wellness, EEE-2, Nutrition Standards for All Food Sold in Schools and EEE-3, Smart Snacks Standards.

E. Other-School Based Activities

The District is committed to integrating wellness activities across the entire school setting, not just in the cafeteria, other food and beverage venues, and physical activity facilities. The District will work to coordinate and integrate other initiatives related to physical activity, physical education, nutrition and other wellness components so all efforts are complementary, not duplicative, and work towards the same set of goals and objectives promoting student well-being, optimal development, and strong educational outcomes.

District Schools are encouraged to coordinate content across curricular areas that promote student health, such as teaching nutrition concepts in mathematics, with consultation provided by either the school or the District's curriculum experts

Additional wellness activities, which include other health services and safety and security processes, will be integrated across the entire school setting. Each local school will:

Provide a clean and safe meal environment and sufficient serving areas to ensure that students have a minimum wait time;

Schedule lunchtime midday (suggested times between 11:00 a.m. and 1:00 p.m.) with a minimum of 30 minutes in length to allow students adequate time to enjoy a healthy meal, socialize with peers and practice dining etiquette and good eating habits;

Provide students with access to handwashing or hand sanitation prior to eating meals or snacks;

Ensure all foods and beverages made available on campus (including vending, concessions, à la carte, student stores, parties, and fundraising) during the school day are consistent with state and federal requirements, including the current Dietary Guidelines for Americans and Smart Snack Standards;

Ensure all foods made available on campus adhere to food safety and security guidelines;

Have afterschool programs encourage physical activity, nutritious eating and healthy habits;

Conduct fundraising and parties in compliance with ~~EEE-3~~, Smart Snacks Standards; and

Support the development of farm to school programs to help students eat more nutritious foods and promote healthier lifelong eating patterns; support the local economy and local farmers; and teach students about the origins of their foods and how their food is grown. When possible, schools will provide students with the opportunity to eat locally grown food and visit local farms.

F. Monitoring and Evaluation

The Superintendent or designee will ~~support and evaluate each school's ensure~~ compliance with this ~~R~~regulation ~~(EEE-R(1))~~ and ~~Regulation~~ ~~EEE-R(24)~~, *District Wellness Policy: Pathway to Wellness* at the school level. ~~Schools will be monitored to ensure that only appropriate items will be offered.~~

Assessments of each school's existing nutrition and physical activity environments and practices will be compiled at the District level to identify and prioritize needs every three (3) years. This information will be used to review policy compliance, assess progress, and determine areas in need of improvement. As part of that review, the District will review the policies, regulations, and practices that support healthy eating and physical activity. ~~As appropriate, the District will revise Policy EEE, EEE-R, and the accompanying exhibits.~~

The District will notify families and the public of the District's Wellness policies and implementation status via the District website at eatrightbibb.com
