BIBB COUNTY SCHOOL DISTRICT

EEE-R(24)
District Wellness Policy

Pathway to Wellness



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Bibb County School District Local Wellness Policy

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BIBB COUNTY SCHOOL DISTRICT

I. INTRODUCTION

It is the intent of the Board of Public Education for Bibb County (Board), Bibb County School District ("District" or "BCSD"), and the School Nutrition Department to be innovative and strategic in identifying ways to positively impact student health and wellness. Decreasing health and safety issues that affect students will improve their ability to learn and be a productive member of a 21st century global society. It is essential to understand that physical and mental health, social-emotional well-being, and positive development are indivisibly linked with academic success and lifelong health. BCSD is working to transform student's capacity and meet the health and wellness needs of students and the community. Healthy eating and lifelong choices lead to sustained well-being. As a leader in the community, the District is committed to being an environment where teachers can teach and students can learn.

The Child Nutrition and Women, Infants, and Children (WIC) Reauthorization Act of 2010, required all local education agencies (LEAs) to create local school wellness policies. A local school wellness policy serves as a written document of official policies that guide an LEA or school district's efforts to establish a school environment that promotes students' health, well-being, and ability to learn by supporting healthy eating and physical activity. 7 CFR Parts 210 and 220

The Local School Wellness Policy requirement was further strengthened by the Healthy, Hunger-Free Kids Act of 2010. In compliance with these laws, the Board of Education ("Board") adopted Policy EEE, Wellness Program Policy, and the Superintendent implemented Regulation EEE-R(1) and this Regulation (EEE-R(2) - *District Wellness Policy: Pathway to Wellness* (District Wellness Policy) (collectively, the District Wellness Program), and the necessary exhibits were reviewed and approved by the Board.

To reach the goal of a healthy school environment, the District Wellness Committee ("DWC") has developed a comprehensive wellness policy and implementation guide. Making healthy choices the easy choice is critical for schools, students, parents, and staff. This Wellness Policy will direct the District and schools through the implementation of the CDC's ten component Whole School, Whole Community, and Whole Child (WSCC) model. The CDC established this student-centered "framework for addressing health in schools by emphasizing the connection between health and academic achievement and the importance of evidenced-based school policies and practices." It outlines ten paramount components:

1. Health services.
2. Counseling, psychological, and social services.
3. Employee wellness.
4. Community involvement.
5. Family engagement.
6. Physical education and physical activity.
7. Nutrition environment and services.
8. Health education.
9. Social and emotional school climate.
10. Physical environment.

II. WELLNESS COMMITTEE

The District Wellness Committee (DWC) is comprised of District staff, teachers, students, parents, civic and community organizations. Together, this committee will work collaboratively to address the United States Department of Agriculture's ("USDA") regulations and the local wellness policies. Such measures include:

- Promoting student wellness;
- Preventing and reducing childhood obesity;
- Assuring that school meal nutrition guidelines meet the Federal nutrition standards; and

- Meeting the provisions passed by Congress in the Healthy Hunger Free Kids Act of 2010.

The ~~Bibb County School District Wellness Council~~DWC is open to participants interested in the development, review, update, and implementation of the District's~~our~~ Wellness Program. ~~The Council meets at least three times during the School Year – September, January, and April. If you are a s~~Students, parents, school administrators, teachers, school health professionals, school board members, school nutrition professionals, or other community stakeholders ~~and~~ who have an interest in helping to improve the wellness of ~~our~~ District students~~, please~~ may call 478-779-2600.

A. Committee Role and Membership

1. The District will convene a ~~representative District Wellness Committee (~~"DWC"~~)~~ to work within an existing school health committee that meets at least four times per year to establish goals for and oversee the ~~school health and safety policies and programs~~District Wellness Program, including development, implementation and periodic review and update of the district-level Policy EEE and the accompanying regulation ~~and exhibits~~.
2. To the extent possible, t~~T~~he DWC will represent all school levels (elementary and secondary schools) and include (to the extent possible): parents and caregivers; students; representatives of the school nutrition program (e.g., school nutrition director); physical education teachers; health education teachers, school health professionals (e.g., school health services, staff, nurses, dietitians, health educators and other allied health personnel who provide school health services); mental health and social services staff (e.g., school counselors, psychologists, social workers, or psychiatrists); school administrators (e.g., superintendent, deputy superintendent, principal, assistant principal); school board members; and the general public. When possible, membership will also include Supplemental Nutrition Assistance Program Education Coordinators (SNAP-Ed). To the extent possible, the DWC will include appropriate District administrators with the authority and responsibility to ensure school compliance, representatives from each school building and engaged community partners, which represent the ten components of the Whole School, Whole Community, and Whole Child model.
3. The DWC will work with the Strategic Communications and Family and Community Engagement offices to promote the ~~Comprehensive~~ District Wellness ~~Policy to~~Program to District staff, students, parents, and the community.
4. Federal law requires each school within the District to establish an ongoing School Wellness Committee (SWC) that convenes to review school-level health and wellness issues, in coordination with the DWC. (Healthy Hungry Free Kids Act of 2010, USDA, 7CFR, Parts 210 and 220).
5. ~~It is required that each school will designate a school wellness policy coordinator, who will ensure compliance with the policy. Additionally, e~~Each school will provide health and fitness information and opportunities to District personnel, students, families, and community to engage in health, wellness, nutrition, and fitness activities.

B. Leadership

1. The Health/Physical Education Coordinator or designee(s) will support each school's compliance with the ~~policy~~ District Wellness Program. These individuals are dedicated to the health and well-being of all stakeholders, while influencing student academic achievement.
2. Each school will designate a school wellness policy coordinator who will ensure compliance with the ~~with the policy~~District Wellness Program. Refer to Appendix A

for a list of school-level wellness policy coordinators.

~~Local Wellness Committee~~

~~The Local Education Wellness Committee is committed to meeting all of the wellness goals each year. An engaged team and community are needed to truly focus the initiatives for the School District. Regular meetings are required to meet the Districts commitment of at least four meetings each year.~~ **~~District Wellness Committee~~**

~~Title / Relationship to the School or District~~	~~Role on Committee~~
~~Secretary of Athletics~~	~~Policy review; physical education and activity guidance~~
~~Health/PE Coordinator~~	~~Policy review; physical education and activity guidance~~
~~Director for Before and After School Programs~~	~~Policy review~~
~~School Nutrition Assistant Director~~	~~Policy review and assessment~~
~~Parents and Grandparents~~	~~Policy review~~
~~Head of Nursing~~	~~Policy review~~
~~Representative from each school~~	~~Nutrition promotions, physical activity and Smart Snack compliance~~
~~Title 1 Secretary~~	~~Policy review; student representative~~
~~Executive Dir. Community in Schools~~	~~Policy review; community representative~~
~~School Nutrition Wellness Program Coordinator~~	~~Policy review; nutritional guidance~~
~~School Nutrition Executive Director~~	~~Policy review; policy Assessment~~

III. WELLNESS POLICY IMPLEMENTATION, MONITORING, ACCOUNTABILITY AND COMMUNITY ENGAGEMENT

BIBB COUNTY SCHOOL DISTRICT

A. Implementation Plan

~~As provided in Policy EEE, EEE-R, this document and the accompanying exhibits, the District is committed to instructing students on the importance of healthy schools and lifestyles. The District is further committed to providing a total learning environment that enhances the development of lifelong healthy habits in wellness, nutrition, and regular physical activity. This should increase student academic achievement and wellness.~~

~~Review and approval of proposals for wellness programs, events, or activities from community partners will be presented by, approved by, and/or implemented by the Assistant Superintendent of Student Affairs.~~

The District will develop and maintain a plan for implementation to manage and coordinate the execution of this District W~~w~~ellness P~~p~~olicy. The plan delineates roles, responsibilities, actions and timelines specific to each school; includes information about who will be responsible to make what change, by how much, and where and when; as well as specific goals and objectives for nutrition standards for all foods and beverages available on the school campus, food and beverage marketing, nutrition promotion and education, physical activity, physical education and other school-based activities that promote student wellness. It is recommended that the schools use the Healthy Schools Program online tools to complete a school-level assessment in compliance with Smart Snacks, Classroom Physical Activity, the Centers for Disease Control and Prevention's School Health Index, and other areas required by law to create an action plan that fosters implementation and generate an annual progress report.

Review and approval of proposals for wellness programs, events, or activities from community partners will be presented by, approved by, and/or implemented by the Assistant Superintendent of Student Affairs.

Policy EEE, Wellness~~Program~~, ~~EEE-R, exhibits~~Regulation EEE-R(1), this Regulation (EEE-R(2), District Wellness Policy), any exhibits, and the progress reports can be found on the ~~Bibb County School District~~District website at: ~~https://www.bcsdk12.net/.~~eatrightbibb.com.

B. Recordkeeping

The District will retain records to document compliance with the requirements of the Wellness Policy at the District's Administrative Offices; School Nutrition Department. Documentation maintained in this location will include but will not be limited to:

1. Policy EEE, Wellness Program, ~~EEE-R, exhibits~~Regulation EEE-R(1), and this Regulation (EEE-R(2)), District Wellness Policy.~~The written Wellness Policy;~~
~~2.~~
~~3.~~2. Evidence of public notification of the District Wellness Program. ~~Documentation demonstrating that the policy will be made available to the public.~~
~~4.~~3. Documentation of efforts to review and update ~~the Local Schools~~this District Wellness Policy; including an indication of who is involved in the update and methods the D~~d~~istrict uses to make stakeholders aware of their ability to participate on the DWC.
~~5. Documentation to demonstrate compliance with the annual public notification requirements;~~Evidence of compliance with the annual public notification requirements.
~~6.~~4. ~~The most recent assessment on the implementation of the local school wellness policy; and~~The most recent triennial assessment.
~~7.~~5. ~~Documentation demonstrating the most recent assessment on the implementation of the Local School Wellness Policy will be made available to the public.~~Evidence that the triennial assessments are made available to the public.

~~This document, EEE-1 Pathway to Wellness, will be readily available for the public to review.~~

Records ~~must~~ should also be maintained to show that snacks sold in schools meet the Smart Snack requirements. As such, records must be kept for all foods or beverages sold throughout the day at all venues. Each school shall maintain nutrition fact labels and/or product specifications and purchasing receipts. Schools may use the Alliance for a Healthier Generation Smarts Snacks Food Inventory sheet to help track product sales on the school campus. Each school is responsible for maintaining the necessary records and providing records to School Nutrition staff as requested.

The records referenced above must be maintained for 5 years ~~plus~~beyond the current year.

C. Annual Notification of Policy

The District will ~~actively inform~~notify families and the public ~~each year of basic information~~ about its District Wellness Program. ~~Policy EEE, EEE-R and this document including its content, any updates and implementation status.~~

The District will make this information available on the District's website and/or D~~d~~istrict-wide communications. A copy of the District Wellness Policy~~the wellness policy~~ will be accessible at each school in the front office.

~~The District will provide as much information as possible about the school nutrition environment. This will include a summary~~A summary of the District's events or activities related ~~to wellness policy implementation~~implementation of the District Wellness Program will be publicly available. Annually, the District will also publicize the name and contact information of the District/school officials leading and coordinating the ~~committee~~DWC, as well as information on how the public can get involved ~~with the SWC~~.

D. Annual Progress Reports

1. Schools in active participation in the Alliance for a Healthier Generation~~,~~ work towards meeting local wellness goals throughout the academic year. Progress can be found via the Alliance for a Healthier Generation School Health Index.
2. The DWC, with engaged feedback from individual SWC, will establish and monitor goals and objectives for the District's schools, specific and appropriate for each instructional unit (elementary or secondary as appropriate), for each of the content-specific components provided in this document.

    a. ~~When feasible, the District, with the collaboration and support of local research institutions, universities, external partners and interns, will track, analyze, and report on any correlations between improvements in health-promoting environments with education outcomes, such as absenteeism, disciplinary referrals, test scores, average grades, or health measures such as consumption of whole grains, fruits, or vegetables through the school meal programs or Body Mass Index (BMI), FitnessGram or psycho-social measures such as self-reported "connectedness," or other school climate measures.~~

    b. ~~The District will also track and annually report other related information, such as findings from food safety inspections, aggregate participation in school meals programs, income reported from competitive food sales, fundraising revenues, and other such information, as feasible.~~

E. ~~Evaluation and~~ Triennial Assessments

At least once every three years, the District will evaluate compliance with Policy EEE, EEE-R, and this document to assess the implementation of:

1. The extent to which schools under the jurisdiction of the District comply the wellness policy;
2. The extent to which the District's wellness policy compares to the Alliance for a Healthier Generation's model wellness policy; and
3. A description of the progress made in attaining the goals of the District's wellness policy.

The position/person responsible for managing the triennial assessment and contact information is the School Nutrition Department Wellness Coordinator, 478-779-2600.

~~The DWC, in collaboration with individual schools, will monitor schools' compliance with this wellness policy.~~

~~The District will actively notify households/families of the availability of the triennial progress report.~~

F. Revisions and Updating the Policy

The DWC will update or modify the District Wellness Policy based on the results of the annual School Health Index and triennial assessments and/or as District priorities change; community needs change; wellness goals are met; new health science, information, and technology emerges; and new Federal or state guidance or standards are issued. The District w~~w~~ellness P~~p~~olicy will be assessed and updated, as indicated at least every three years, following the triennial assessment.

G. Community Involvement, Outreach and Communications

The District is committed to being responsive to community input, which begins with awareness of the ~~wellness policy~~District Wellness Policy. The District will ~~actively~~ communicate ways in which representatives of the DWC and others can participate in the development, implementation and periodic review and update of the ~~wellness policy~~District Wellness Policy through a variety of means appropriate for the ~~at d~~District. The District will also ~~inform parents of~~make available information about the improvements that have been made to school meals and compliance with school meal standards, availability of child nutrition programs and how to apply, and a description of and compliance with Smart Snacks in School nutrition standards. The District will use electronic mechanisms, such as email or displaying notices on the district's website, and non-electronic mechanisms, such as newsletters, presentations to parents, or sending information home to parents, to ensure that all families are actively notified of the content of, implementation of, and updates to the ~~wellness policy~~District Wellness Policy, as well as how to get involved and support the ~~policy~~District Wellness Program. The District ~~will~~ should ensure that communications are culturally and linguistically appropriate to the community and accomplished through means similar to other ways that the D~~d~~istrict and individual schools are communicating ~~important~~ school information with households.

The District will notify the public about the content of or any updates to the District Wellness Policy ~~annually, at a minimum~~as required by this regulation. The District will also use these mechanisms to inform the community about the availability of the annual report and triennial assessment~~reports~~.

~~The Bibb County School District, in partnership with community organizations and governmental agencies, will support programming that enhances academic health, social, and wellness programing for students, families, and District employees. Each activity or program will include an aggressive effort to assess and/or evaluate each program to determine the outcomes of the activity.~~

~~Yearly Updates: The DWC will report to the Board of Education annually for its review, input and directives~~

~~on the programs, collaborations, and initiatives from the Committee.~~

IV. NUTRITION

~~Our school district~~The District is committed to serving healthy meals to children, with multiple options of fruits, vegetables, whole grains, and fat-free and low-fat milk. Meals will be moderate in sodium, low in saturated fat, and have zero grams *trans*-fat per serving (nutrition label or manufacturer's specification); and to meeting the nutrition needs of school children within their calorie requirements. The school meal programs aim to improve the diet and health of school children, help mitigate childhood obesity, model healthy eating to support the development of lifelong healthy eating patterns and support healthy choices while accommodating cultural food preferences and special dietary needs. To meet this commitment, the District sets the following requirements outlined in this Section.

A. School Nutrition Regulatory Requirements

1. ***Guidelines for Food and Beverages Sold in Vending Machines, School Stores, and Concession Stands on School Campuses –*** The District will strive to ensure that all foods and beverages available to students on the school campus during the school day, as defined at Section VIII (P), support healthy eating. The foods and beverages sold and served outside of the school meal programs (i.e., "competitive foods and beverages" as defined at Section VIII (B)) will meet the USDA "Smart Snacks in School" nutrition standards at a minimum.

   The Smart Snacks in School rule is a set of nutrition standards issued by the USDA for foods and beverages sold in schools ~~and is addressed in Policy EEE, Food Services Management~~. These guidelines ensure that snacks in vending machines, school stores, fundraisers, and à la carte lines, are healthy and aim to improve student health and well-being, increase consumption of healthful foods during the school day, and create an environment that reinforces the development of healthy eating habits. A summary of the standards and information are available on the District website and at:

   - https://www.fns.usda.gov/health
   - http://www.ffis.usda.gov/healthierschoolday/tools-schools-smart-snacks.

2. ***Nutrition Standards and Procedures –*** All s~~S~~chools within the District participate in USDA child nutrition programs, including the National School Lunch Program (NSLP), the School Breakfast Program (SBP). In addition, the District participates in a city wide Seamless Summer Meal Program.
3. ***The District's Child Nutrition Program –*** The District operates various innovative nutrition-related programs and activities including Breakfast in the Classroom, Grab 'n' Go Breakfast along with Farm to School Gardens Programs and Fresh Fruit and Vegetable Programs (FFVP) at multiple locations.
4. ***Community Eligibility Provision*** – Since 2015, the District has participated in the Community Eligibility Provision (CEP), a child nutrition program under the ~~National School Lunch Program~~NSLP (a non-pricing meal service option for schools and school districts in low-income areas). CEP allows the nation's highest poverty schools and districts to serve breakfast and lunch at no cost to all enrolled students without collecting household applications. ~~Bibb County~~BCSD is one of these districts and all students receive a breakfast and a lunch at no charge. This solidifies the District's commitment to offering healthy meals that:

   a. Are accessible to all students.

b. Are appealing and attractive to children.
c. Are served in clean and pleasant settings.
d. Meet or exceed current nutrition requirements established by local, state, and fFederal statutes and regulations in accordance with the USDA Public Law 111-296, Healthy Hunger-Free Kids Act of 2010 and 7CFR, Parts 210 and 220. These are all "intended to help school children increase their intake of whole grains, which provide nutrients beneficial for children's health and development."
e. Meals will contain 30 percent or less calories from total fat, as a weekly average; Meals will contain 10 percent or less calories from saturated fat, as a weekly average; The minimum and maximum caloric range for each age group is:

- For Lunch: K-5 (550 to 650 Kcal); 6-8 (600 to 700 Kcal); 9-12 (750 to 850 Kcal); and
- For Breakfast: K-5 (350 to 500 Kcal); 6-8 (400 to 550 Kcal); 9-12 (450 to 600 Kcal).

f.e. Nutrition standards will be met for specific age/grade groups when averaged over a school week. A school week is defined as a minimum of three consecutive days and a maximum of seven consecutive days.
g. Meals will meet a gradual reduction in sodium content over the course of three (3) phases resulting in an approximate 25% to 50% reduction form the baseline by SY 2022/2023.
h.f. Meals will meet or exceed fFederal rRegulations and be in accordance with the most recent Dietary Guidelines for Americans.
i.g. As addressed in Policy EE, Food Services Management, the District Child Nutrition Program will accommodate students with special dietary needs. The U.S. Department of Agriculture's (USDA) nondiscrimination regulation (7 CFR 15b), as well as the regulations governing the National School Lunch ProgramNSLP and School Breakfast ProgramSBP, make it clear that substitutions to the regular meal must be made for children who are unable to eat school meals because of their disabilities, when that need is certified by a licensed Georgia physician.
j.h. The quality of purchased, prepared, and delivered foods served in the District meets all local Health Code standards; all à la carte offerings will meet Smart Snack Beverage and Snack guidelines.
k.i. Some schools will participate in the Alliance for a Healthier Generation's Healthy School Program.
l.j. The Alliance for a Healthier Generation provides a set of tools to assist with the implementation of Smart Snacks (www.healthiergeneration.org/smartsnacks).
m.k. Food sales by school-related groups must be in compliance with sState and fFederal rRegulations per 7 CFR, Part 210.11(b).
n.l. Fundraisers that occur by way ofin vending machines, school stores, snack bars, or à la carte sales may not be exempted. All items sold in these venues must meet the Smart Snack Standards.
o.m. The Principal will address issues and concerns around the types and kinds of foods available on campus, sufficient mealtime, nutrition education, and physical activity.
p.n. Events that require the use of District kitchen facilities must be staffed by a School Nutrition Services employee who has taken and passed ServSafe certification as a Person in Charge ("PIC").

~~q.~~o. Principals will be responsible for monitoring, controlling, and educating school groups on the merits of offering food and beverages that are healthy nutritional choices.

B. Staff Qualifications and Professional Development

All S~~s~~chool N~~n~~utrition P~~p~~rogram directors, managers and staff will meet or exceed hiring and annual continuing education/training requirements in the USDA professional standards for child nutrition professionals.

~~These school nutrition personnel will refer to USDA's Professional Standards for School Nutrition Standards website to search for training that meets their learning needs.~~

C. Water

To promote hydration, free, safe, unflavored drinking water will be available to all students through~~out~~ the school day and throughout every school campus (~~"~~school campus~~"~~ and ~~"~~school day~~"~~ are defined in Section VIII). Additionally, the District will make:

1. Drinking water available where school meals are served during mealtimes; and
2. Water cups available in the cafeteria if a drinking fountain is not present.

All water sources and containers will be maintained on a regular basis to ensure good hygiene and health safety standards. Such sources and containers may include drinking fountains, water jugs, hydration stations, water jets and other methods for delivering drinking water that meet appropriate safety standards.

D. Celebrations and Rewards

1. Guidelines for Food and Beverages Served at Classroom Parties, School Celebrations, and any School Meeting before, during, or after school hours.

    a. All foods provided by the District or school ~~must~~ should meet USDA Smart Snack nutritional standards for healthy beverages and snacks. The Alliance for a Healthier Generation provides a list of healthy party ideas to parents and teachers, including non-food celebration ideas. Healthy party ideas are available from the Alliance for a Healthier Generation and from the USDA.
    b. The Alliance for a Healthier Generation provides ideas for teachers and other relevant school staff of alternative ways to reward children. Foods and beverages ~~may~~ should not be used as a reward, or withheld as punishment for any reason, such as for performance or behavior.
    c. Principals will ensure that school-based activities are consistent with the District~~'s~~ Wellness Policy including school events, field trips, dances and assemblies.
    d. Students will be given the opportunity to provide input on local, cultural and ethnic favorites.
    e. Students will receive nutrition education that is interactive and teaches the skills needed to adopt healthy eating behaviors. Teachers are encouraged to integrate nutrition education into core curriculum areas such as math, science, social studies and language arts as applicable. Nutrition education will be offered in collaboration between school foodservice staff and teachers.

2. Classroom snacks brought by parents. The District will encourage parents to provide healthy snacks in compliance with Smart Snacks standards.
3. Rewards and incentives. The District will provide teachers and other relevant school staff a list of alternative ways to reward children. Foods and beverages will not be used as a reward, or withheld as punishment for any reason, such as for performance or behavior.

E. Fundraising

Foods and beverages that meet or exceed the USDA Smart Snacks in Schools nutrition standards may be sold through fundraisers on the school campus during the school day, as defined at Section VIII (P). The District will make available to parents and teachers a list of healthy fundraising ideas.

1. Guidelines for food and beverages sold as part of a school-sponsored fundraising activities include:

    a. Fundraisers of foods will meet the USDA Smart Snack in School standards and Georgia Department of Education Smart Snack standards ~~(See Exhibit EEE-3 to the Policy EEE, Wellness Program)~~.
    b. All foods served in the District by any entity must meet all applicable safety, sanitation, and health laws and regulations.
    c. Only food from licensed commercial vendors and sources may be sold.
    d. Emphasis and promotion of fundraisers that have a physical activity component is strongly encouraged. Principals and their site-based school wellness councils/teams will monitor fundraisers to ensure compliance with the District~~'s~~ Wellness Policy~~: Pathway to Wellness~~, USDA Smart Snack standards and Alliance for a Healthier Generation's Healthy School Program.
    e. Exempt fundraisers are not required to meet the Smart Snacks standards. Exempt fundraisers will not be sold until at least 30 minutes after the end of the last lunch period, this includes anywhere on campus.

2. Culinary Programs in Schools – High School culinary programs may ~~sale~~ sell foods to adults (i.e. parents, teacher or staff) that do not comply with the Smart Snack standards in connection with culinary curriculum. Any foods sold to students as part of a culinary program during the school day must comply with Smart Snack standards.

F. Nutrition Promotion

Nutrition promotion and education positively influence lifelong eating behaviors by using evidence-based techniques nutritional messages and by creating food environments that encourage healthy nutrition choices and encourage participation in school meal programs. Students and staff will receive consistent nutrition messages throughout schools, classrooms, gymnasiums, and cafeterias. Nutrition promotion also includes marketing and advertising nutritious foods and beverages to students and is most effective when implemented consistently through a comprehensive and multi-channel approach by school staff, teachers, parents, students, and the community.

1. The Executive Director of School Nutrition Services will be a resource for nutrition education and promotion.
2. The District will promote healthy food and beverage choices using at least ten of the following Smarter Lunchroom Strategies:

a. Whole fruit options are displayed in attractive bowls or baskets (instead of chaffing dishes or hotel pans).
b. Sliced or cut fruit is available daily where appropriate (apples, oranges).
c. Daily fruit options are displayed in a location in the line of sight and reach of students.
d. All available vegetable options have been given creative or descriptive names.
e. Daily vegetable options are bundled into all grab and go meals available to students.
f. All staff members, especially those serving, have been trained to politely prompt students to select and consume the daily vegetable options with their meal.
g. White milk is placed in front of other beverages in all coolers.
h. Alternative main options (e.g., salad bar, yogurt parfaits, etc.) are highlighted on posters or signs within all service and dining areas.
i. A reimbursable meal may be created in any service area available to students (e.g., salad bars, etc.).
j. Student and parent surveys and taste testing opportunities are used to influence menu development, dining experiences, and promotional ideas.
k. Student artwork is displayed in the service and/or dining areas.
l. Daily announcements are used to promote and market menu options.
m. The District will promote healthy food and beverage choices for all students throughout the school campus, as well as encourage participation in school meal programs. This promotion will occur through at least:

    i. Implementing at least ten or more evidence-based healthy food promotion techniques through the school meal programs using marketing and merchandising techniques; and
    ii. Ensuring 100% of foods and beverages promoted to students meet the USDA Smart Snacks in School nutrition standards. Additional promotion techniques that the District and individual schools may use are available at https://www.healthiergeneration.org/resources/nutrition-services.

G. Nutrition Education

The District will teach, model, encourage and support healthy eating by all students. Schools will provide nutrition education and engage in nutrition promotion that:

1. 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.

~~***H. Essential Healthy Eating Topics in Health Education***~~

~~The District will include in the health education curriculum a minimum of 12 of the following essential topics on healthy eating:~~

~~1. Relationship between healthy eating and personal health and disease prevention~~
~~2. Food guidance from MyPlate~~
~~3. Reading and using FDA's nutrition fact labels~~
~~4. Eating a variety of foods every day~~
~~5. Balancing food intake and physical activity~~
~~6. Eating more fruits, vegetables and whole grain products~~
~~7. Choosing foods that are low in fat, saturated fat, and cholesterol and do not contain trans fat~~
~~8. Choosing foods and beverages with little added sugars~~
~~9. Eating more calcium-rich foods~~
~~10. Preparing healthy meals and snacks~~
~~11. Risks of unhealthy weight control practices~~
~~12. Accepting body size differences~~
~~13. Food safety~~
~~14. Importance of water consumption~~
~~15. Importance of eating breakfast~~
~~16. Making healthy choices when eating at restaurants~~
~~17. Eating disorders~~
~~18. The Dietary Guidelines for Americans~~
~~19. Reducing sodium intake~~
~~20. Social influences on healthy eating, including media, family, peers and culture~~
~~21. How to find valid information or services related to nutrition and dietary behavior~~
~~22. How to develop a plan and track progress toward achieving a personal goal to eat healthier~~
~~23. Resisting peer pressure related to unhealthy dietary behavior~~
~~24. Influencing, supporting, or advocating for others' healthy dietary behavior~~

~~I.~~H. Food and Beverage Marketing in Schools

The District is committed to providing a school environment that ensures opportunities for all students to practice healthy eating and physical activity behaviors throughout the school day while minimizing commercial distractions. The District strives to teach students how to make informed choices about nutrition, health and physical activity. These efforts will be weakened if students are subjected to advertising on District property that contains messages inconsistent with the health information the District is imparting through nutrition education and health promotion efforts. It is the intent of the District to protect and promote student's health by permitting advertising and marketing for only those foods and beverages that are permitted to be sold on the school campus, consistent with the District~~'s~~ Wellness Policy.

1. Any foods and beverages marketed or promoted to students on the school campus during the school day, as defined in Section VIII (P), will meet or exceed the USDA Smart Snacks in School nutrition standards such that only those foods that comply with or exceed those nutrition standards are permitted to be marketed or promoted to students.
2. Food and beverage marketing is defined as advertising and other promotions in

schools. Food and beverage marketing often includes an oral, written, or graphic statements made for promoting the sale of a food or beverage product made by the producer, manufacturer, seller or any other entity with a commercial interest in the product. This term includes, but is not limited to the following:

a. Brand names, trademarks, logos or tags, except when placed on a physically present food or beverage product or its container.
b. Displays, such as on vending machine exteriors.
c. Corporate brand, logo, name or trademark on school equipment, such as marquees, message boards, sports equipment, beverage dispensers, coolers, food service equipment, scoreboards or backboards, will not be used unless the item otherwise complies with District policy and regulation. Note: immediate replacement of items that do not comply with District policy and regulation is not required. As items that may contain brands, logos, names or trademarks are replaced, replacement items will comply with District policy or regulation to the extent that finances allow.
d. Advertisements in school publications or school mailings.
e. Free product samples, taste tests or coupons of a product, or free samples displaying advertising of a product.

As the District/school nutrition services/Athletics Department/PTA/PTO reviews existing contracts and considers new contracts, equipment and product purchasing (and replacement) decisions should reflect the applicable marketing guidelines established by the District wellness policy.

V. PHYSICAL EDUCATION PROCEDURES

A. Leadership

1. The Assistant Superintendent for Teaching and Learning or designee(s) will:

   a. Ensure that a comprehensive, sequential physical education and health education will be taught at each school by a ~~licensed~~certified physical and health education teacher. The time allotted for physical education will be consistent with current research, national and state standards.
   b. Support efforts and opportunities for daily physical activity (recess) lasting at least 20 minutes for all elementary children.
   c. Expect physical and health education teachers to implement all BCSD collaborated and approved programs, events, or experiences from external partners.
   d. Promote and support the Georgia Department of Education's Formal Physical Education required Assessment for School Districts. When feasible, a variety of physical education/activity professional development opportunities will be available for all District staff to enhance personal and professional growth while striving to achieve greater student success.
   e. As appropriate, provide professional development for integration of subject content.

2. The Health/Physical Education Coordinator will:

   a. Provide professional development, resources, connection with external partners and links to resources, tools, and technology with ideas for physical activity breaks for classroom and/or content educators.
   b. Provide a minimum of two District-wide professional development

opportunities for all Physical Education Teachers.

c. Collaborate with the Macon-Bibb Parks and Recreation Department and the Macon – Bibb County Health Department to provide additional physical education resources to share with families and the community.

~~3. Principals shall ensure that physical education facilities on school grounds are safe and that the school provides a physical and social environment that encourages safe and enjoyable activity for all students, including offering opportunities for non-competitive physical activity.~~

B. Physical Activity

1. Children and adolescents should strive to participate in at least 60 minutes of physical activity every day. A substantial percentage of students' physical activity can be provided through a comprehensive school physical activity program (CSPAP). A CSPAP reflects strong coordination and synergy across all of the components:

   a. Quality physical education as the foundation;
   b. Physical activity before, during and after school; and
   c. Staff involvement and family and community engagement.~~; and~~

   The District is committed to providing these opportunities.

2. Schools will strive to ensure that these varied physical activity opportunities are in addition to, and not as a substitute for, physical education (addressed in "Physical Education" subsection). All schools in the District will be encouraged to successfully address all CSPAP areas.
3. ~~Physical activity during the school day (including but not limited to recess, classroom physical activity breaks or physical education) should not be withheld as punishment. The District will provide teachers and other school staff with a list of ideas for alternative ways to discipline students.~~
4. To the extent practicable, the District will ensure that its grounds and facilities are safe and that equipment is available to students to be active and hydrated. The District will conduct necessary inspections and repairs as feasible.
5. Use of physical education, physical activity, or recess as a punishment is prohibited. Physical Activity during the school day includes recess, physical activity breaks, and physical education and it should not be withheld as punishment. The District will provide teachers and other school staff with a list of ideas for alternative ways to discipline students.

Field Code Changed

~~5.~~6. As provided in the *Model Local School Wellness Policy*, developed by the Alliance for a Healthier Generation,[1] teachers and other school personnel will not use physical activity (e.g., running laps, push-ups) as punishment. It is encouraged that other classroom management techniques and alternative methods of student discipline be utilized. (This does not include participation on sports teams that have specific academic requirements).

~~6.~~7. As provided in the *Model Local School Wellness Policy*, it is prohibited to use Physical Education class time for tutoring, remediation, choral practice or any other activity that takes students out of the Physical Education classroom. The

[1] The Model Local School Wellness Policy was thoroughly reviewed by the USDA, Food and Nutrition Service, and is compliant with the statutory requirements for local school wellness policies, as required by the Healthy, Hunger-Free Kids Act of 2010.

Health/Physical Education Coordinator will address classroom management skills and alternative methods of student discipline during professional development workshops and sessions as necessary. ~~The Health/Physical Education Coordinator will provide resources for alternative ways to discipline students.~~

~~7.~~8. To enhance this opportunity for physical activity, the Ddistrict will support efforts to increase walking and bicycling to and from school, including implementing education, encouragement, engineering, enforcement, and evaluation strategies to make walking and biking safe and fun. The Safe Routes to School: BCSDs Safe Routes to School program enables and encourages students in grades K-8 to safely walk or bicycle to and from school.

C. Physical Education Instruction

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. The comprehensive health and physical education program plan can be found on the Georgia Department of Education (GaDOE) website.

1. 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.
2. All students will be provided equal opportunity to participate in physical education classes. The District will make appropriate accommodations to allow for equitable participation for all students and will adapt physical education classes and equipment as necessary.
3. All District **elementary students** in each grade will receive physical education for at least 60 minutes per week throughout the school year.
4. All District **high school students** are required to take the equivalent of .5 academic year of physical education.
5. The District physical education program will promote student physical fitness through individualized fitness and activity assessments (via ~~the~~ ~~Presidential Youth Fitness Program or other~~an appropriate assessment tools) and will use criterion-based reporting for each student.
6. Students will be moderately to vigorously active for at least 50% of class time during most or all physical education class sessions (meets Healthy Schools Program Silver-level criteria).
7. All physical education classes in District are taught by licensed teachers who are certified or endorsed to teach physical education.

D. Comprehensive Health Education Instruction

The following measures are in compliance with Georgia Department of Education Rule 160-4-2-.12.

1. The Health Education including nutrition education curriculum via programs and resources in the District's PreKindergarten-8 ("PreK-8") and Kindergarten-8 ("K-8") schools will be aligned and implemented within the curriculum taught by classroom teachers.
2. The Health Education including nutrition education curriculum in the District's high schools will be taught in 9th grade by a certified health education teacher.
3. ~~Human Resources will ensure that~~ District high school health education teachers

~~are~~ must be qualified through certification or licensure.

4. The Assistant Superintendent for Teaching and Learning or designee(s) shall ensure that health education is reflected within the District's Scope and Sequence as follows:

   a. PreK-8 and K-8 schools within the Science curriculum.
   b. High schools within the Health Education curriculum.

5. ~~The Assistant Superintendent for Teaching and Learning or designee(s) will expect~~ H~~h~~ealth and science education teachers are expected to implement all BCSD collaborated and approved programs, events, or experiences from external partners.
6. ~~The Assistant Superintendent for Teaching and Learning or designee(s) will ensure that the~~Science education teachers in grades PreK-8 and K-8 should teach this curriculum in ~~his/her~~their classes as designated by the District's Scope and Sequence.
7. ~~The Assistant Superintendent for Teaching and Learning or designee(s) shall ensure that H~~health education instruction ~~is~~ should be included on District high school master schedules and taught to ~~their~~ students as designated by the District's Scope and Sequence.
8. As appropriate, the Assistant Superintendent for Teaching and Learning or designee(s) may provide professional development for the District's high school Health Education curriculum and/or subject content integration for teachers identified in this document.
9. Instruction in cardiopulmonary resuscitation (CPR) and the use of an automated external defibrillator (AED) will be taught to high school staff in the appropriate health or education course. As used in this section, "psychomotor skills" means skills that use hands-on practice to support cognitive learning for ~~cardiopulmonary resuscitation (~~CPR~~)~~ and use of an ~~automated external defibrillator (~~AED~~)~~. Instruction shall include the psychomotor skills necessary to perform CPR and use an AED and shall be either of the following:

   a. An instructional program developed by the American Heart Association or the American Red Cross that includes instruction in ~~cardiopulmonary resuscitation~~CPR and the use of an ~~automated external defibrillator~~AED; or
   b. An instructional program that is nationally recognized and based on the most current national, evidence based emergency cardiovascular care guidelines for ~~cardiopulmonary resuscitation~~CPR and the use of an ~~automated external defibrillato~~AED~~r~~.

10. Health education will be required in all elementary grades and the D~~d~~istrict will require high school students to take and pass at least one health education course. The District will include in the health education curriculum a minimum of 12 of the following essential topics on physical activity:

    a. The physical, psychological, or social benefits of physical activity
    b. How physical activity can contribute to a healthy weight
    c. How physical activity can contribute to the academic learning process
    d. How an inactive lifestyle contributes to chronic disease
    e. Health-related fitness, that is, cardiovascular endurance, muscular endurance, muscular strength, flexibility, and body composition
    f. Differences between physical activity, exercise and fitness

g. Phases of an exercise session, that is, warm up, workout and cool down
h. Overcoming barriers to physical activity
i. Decreasing sedentary activities, such as TV watching
j. Opportunities for physical activity in the community
k. Preventing injury during physical activity
l. Weather-related safety, for example, avoiding heat stroke, hypothermia and sunburn while being physically active
m. How much physical activity is enough, that is, determining frequency, intensity, time and type of physical activity
n. Developing an individualized physical activity and fitness plan
o. Monitoring progress toward reaching goals in an individualized physical activity plan
p. Dangers of using performance-enhancing drugs, such as steroids
q. Social influences on physical activity, including media, family, peers and culture
r. How to find valid information or services related to physical activity and fitness
s. How to influence, support, or advocate for others to engage in physical activity
t. How to resist peer pressure that discourages physical activity.

E. Recess (Elementary)

All elementary schools will offer at least **20 minutes of recess** on all days during the school year. If recess is offered before lunch, schools will have appropriate hand-washing facilities and/or hand-sanitizing mechanisms to ensure proper hygiene prior to eating and students are required to use these mechanisms before eating as may be required by state or local law or regulations. Hand-washing time, as well as time to put away coats/hats/gloves, will be built in to the recess transition period/timeframe before students enter the cafeteria.

Outdoor recess will be offered when weather is feasible for outdoor play.

In the event that the school or Ddistrict must conduct **indoor recess,** teachers and staff will follow the indoor recess guidelines that promote physical activity for students, to the extent practicable.

Recess will complement, not substitute, physical education class. Recess monitors or teachers will encourage students to be active, and will serve as role models by being physically active alongside the students whenever feasible.

F. Classroom Physical Activity Breaks (Elementary and Secondary)

As provided in the *Model Local School Wellness Policy*, the District will encourage and support building principals to provide students with opportunities to be active or to stretch throughout the day on all or most days during a typical school week. The District supports and encourages teachers to provide short (5 minutes) physical activity breaks to students during and between classroom times. These physical activity breaks will complement, not substitute, for physical education class, recess, and class transition periods. All schools in the district will be encouraged to participate in *The Alliance for a Healthier Generation Framework* and in *Let's Move, Active Schools* (https://www.activeschoolsus.org/), in order to successfully address all CSPAP areas.

The District will provide resources and links to resources, tools, and technology with ideas for classroom physical activity breaks. Resources and ideas are available through USDA and the Alliance for a Healthier Generation.

G. Active Academics

Teachers will incorporate movement and kinesthetic learning approaches into "core" subject instruction when possible (e.g., science, math, language arts, social studies and others) ~~and do their part~~and attempt to limit sedentary behavior during the school day.

The District will support classroom teachers incorporating physical activity and employing kinesthetic learning approaches into core subjects by providing ~~annual~~ professional development opportunities and resources, including information on leading activities, activity options, as well as making available background material on the connections between learning and movement.

Teachers will serve as role models by being physically active alongside the students whenever feasible.

VI. OTHER ACTIVITIES THAT PROMOTE STUDENT WELLNESS

The District will integrate wellness activities across the entire school setting, not just in the cafeteria, other food and beverage venues and physical activity facilities. The District will 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.

All efforts related to obtaining federal, state or association recognition for efforts, or grants/funding opportunities for healthy school environments will be coordinated with and complementary of the ~~wellness policy~~District Wellness Policy, including but not limited to ensuring the involvement of the DWC/SWC.

All school-sponsored events will adhere to the ~~wellness policy~~District Wellness Policy guidelines. All school-sponsored wellness events will include physical activity and healthy eating opportunities when appropriate.

A. Community Partnerships

The District will develop relationships with community partners (e.g., hospitals, universities/colleges, local businesses, SNAP-Ed providers and coordinators, etc.) in support of ~~this wellness policy's implementation~~implementation of the District Wellness Program. Existing and new community partnerships and sponsorships will be evaluated to ensure that they are consistent with the ~~wellness policy~~District Wellness Program and its goals.

B. Community Health Promotion and Family Engagement

The District will promote to parents/caregivers, families, and the general community the benefits of and approaches for healthy eating and physical activity throughout the school year. Families will be informed and invited to participate in school-sponsored activities and will receive information about health promotion efforts.

As described in the "Community Involvement, Outreach, and Communications" subsection**,** the District will use electronic mechanisms (e.g., email or displaying notices on the district's website), and non-electronic mechanisms, (e.g., newsletters, presentations to parents or sending information home to parents), to ensure that all families are actively notified of opportunities to participate in school-sponsored activities and receive information about health promotion efforts.

C. Staff Wellness and Health Promotion

District Schools will support staff in actively promoting and modeling healthy eating and physical activity behaviors. The District promotes staff member participation in health promotion programs and will support programs for staff members on healthy eating/weight management that are accessible and free or low-cost, including access to the District's Wellness facility.

D. Professional Learning

When feasible, the District will offer ~~annual~~ professional learning opportunities and resources for staff to increase knowledge and skills about promoting healthy behaviors in the classroom and school (e.g., increasing the use of kinesthetic teaching approaches or incorporating nutrition lessons into math class). Professional learning will help District staff understand the connections between academics and health and the ways in which health and wellness are integrated into ongoing Ddistrict ~~reform or~~ academic improvement plans/efforts.

VII. GENERAL HEALTH

A. Nursing

The Assistant Superintendent of Student Affairs or designee(s) will promote, guide, and support the work of District nurses as follows:

1. Provide health education to improve student health through behavior and preventing or reducing risk factors of incurring diseases.
2. As appropriate, implement BCSD collaborated and approved programs, events, or experiences from external partners.
3. Encourage staff and family health promotion by:

    a. Sponsoring disease prevention and health promotion programs such as but not limited to:

    - Blood pressure checks (Health Screenings);
    - Blood-borne pathogen lectures, and students, staff and community education~~)~~;
    - Cancer awareness information;
    - Disease awareness and prevention;
    - Sleep education (including education on school readiness); and
    - Serving on the building wellness committee.

    b. Individual and group information sessions for health maintenance and emergencies.

4. Strive to m~~M~~aintain a safe physical and psychological environment to support learning.
5. Create and maintain partnerships with families, schools, community groups, and individuals that allow sharing and maximizing resources to support the health and welfare of children.

~~a. Environmental health describes anything from whether a bathroom has soap, water, and paper towels to helping decide if a lunch time snack is considered healthy. It may also include the school environment such as temperature, ventilation, and smell. This~~

~~may also include assessing the environment after a serious incident at the school such as fire or illness~~

B. 100% Tobacco-Free School Campuses

In accordance with Policy GAN, Employee Tobacco Use, Policy JCDAA, Student Tobacco Use, and the accompanying regulations, the ~~School~~ District has adopted ~~the appropriate~~ policies to establish tobacco-free school campuses. Additionally, the District addresses the use of tobacco, and the appropriate consequences for the same, in its Student Code of Conduct.

The District is committed to provide a smoke-free learning environment for its students and staff and will include appropriate signage and notices on each school campus. Further, tobacco-use prevention education will be coordinated as appropriate with the other components of the school health program.

VIII. DEFINITIONS

A. Code of Federal Regulations (CFR) — The Code of Federal Regulations (CFR) is the codification of the general and permanent rules published in the Federal Register by the executive departments and agencies of the Federal Government. It is divided into 50 titles that represent broad areas subject to Federal regulation. Each volume of the CFR is updated once each calendar year and is issued on a quarterly basis.

B. Competitive Foods and Beverages — Competitive foods and beverages are those that are 1) sold, 2) to students, 3) on school campus, 4) during the school day, and 5) outside of the federally reimbursable meal programs. Examples may be foods or beverages sold in vending machines (that are not reimbursable meals), student stores, fundraisers, or á la carte items sold by the school food service department.

C. Comprehensive Health and Nutrition Education Instruction ("Health Education") — A planned sequential curriculum that addresses and contributes to the enhancement of physical, nutritional, emotional, and social dimensions of health; develops health knowledge, attitudes, and skills as it relates to the development of the student.

D. Extended School Day — T~~t~~he time during, before and after school that includes activities such as clubs, intramural sports, band and choir practice, drama rehearsals and more.

E. Foods of Minimal Nutritional Value ("FMNV") — Specified foods identified by the Secretary of the USDA: soda (carbonated beverage); fruit drinks and water ices (with less than 10 percent fruit or fruit juices); chewing gum; jellies; gums; marshmallow; fondant; licorice; spun candy; hard candies and candy-coated popcorn.

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F. Healthy and Safe Environment — a physically and psychologically safe school climate with a positive culture that is designed to promote the maximum health and safety of all students.

G. Interscholastic Athletics and Student Activities Office — This Department provides opportunities for the physical, social and emotional development of students through athletic and extra-curricular activities. The department governs the district-wide administration of a diverse selection of activities that promote an appreciation for an active academic career in the following areas: high school-baseball, basketball, bowling, cross-country, football, golf, soccer, softball, swimming, track, wrestling, and volleyball; middle school- basketball, soccer, track, wrestling and volleyball; and for grades six through twelve cheerleader and R.O.T.C

H. Nursing — Nurses ensure access to healthcare and try to and manage barriers to student education by providing emergency care, education, prevention, referrals, and management of acute and chronic health problems. Serving as an educational resource to students, staff and the community.

I. Nutrition Education Instruction — A~~a~~ component of the comprehensive school health education programs which teaches knowledge and skills related to nutrition and physical activity.

J. Obesity — Body Mass Index (BMI) in excess of 30 percent acceptable body weight.

K. Physical Activity — A~~a~~ny bodily movement produced by skeletal muscles that result in an expenditure of energy. Brain Breaks are opportunities to provide short (3-5 minute) physical activity breaks to students during and between classroom times. These physical activity breaks will complement, not substitute, for physical education class, recess, and class transition periods.

L. Physical Education Instruction — A~~a~~ planned sequential curriculum that teaches skills, knowledge, and attitudes that are needed to establish and lead a physically active life.

M. Recess — P~~p~~eriods within the school day for physical activity and play. Recess will compliment, NOT substitute physical education class. All elementary schools will offer at least 20 minutes of recess on all or most days during the school year. Indoor recess will promote physical activity for students to the extent practicable. Outdoor recess will be offered when weather is feasible for outdoor play. Where practical, lunch will follow the recess period to better support learning and healthy eating.

N. Safe Routes to School — BCSD's Safe Routes to School program enables and encourages students in grades K-8 to safely walk or bicycle to and from school. To enhance this opportunity for physical activity, the district will support efforts to increase walking and bicycling to and from school, including implementing education, encouragement, engineering, enforcement, and evaluation strategies to make walking and biking safe and fun.

O. School Campus — All areas of the property under the jurisdiction of the school that are accessible to students during the school day.

P. School Day — A school day refers to the period of time from the midnight before school begins, to 30 minutes after the end of the official school day. It may also include a partial day.

Q. School Health Services/SEL — Services provided for students to appraise, protect, and promote health and health education. These services include, but are not limited to, prevention and control of communicable disease; provision of emergency care for illness and injury; administration of medication; and the evaluation of the school facility/environment for safe and sanitary conditions. Health services are provided by professional school nurses.

R. School Nutrition Services ("SNS") — The BCSD Department responsible for administering the School Breakfast Program, National School Lunch Program, Child And Adult Care Food Program, Fresh Fruit and Vegetable Program, After School Snack Program, Seamless Summer Meal Program and an à la carte program according to all applicable Federal and State regulations, policies, and guidelines. SNS also provides catering services for school

district-related functions and responsible for providing opportunities for families and community stakeholders to provide feedback regarding BCSD nutrition programs.

S. School Wellness Committee — A~~a~~ school based committee that may consist of, but not limited to, the Principal, school nurse, physical education teacher, food service representative, media specialist, teachers, parents and students. The purpose of this committee is to ensure that all aspects of the School Wellness Plan/Policy are correctly implemented on a daily basis and reviewed on a yearly basis. NOTE: The Healthy Hunger Free Kids Act of 2010 (USDA, 7 CFR, Parts 210 and 220) mandates the establishment and ongoing participation of a School Wellness Committee.

T. School Wellness Plan — A~~a~~ school based plan that mirrors the District's Wellness Policy~~lan~~, allowing implementation and maintenance at the school level.

U. Smart Snacks — The Smart Snacks in school regulation applies to foods sold à la carte in the school store, vending machines, and any other venues where food is sold to students. All food sold during the school day (midnight until 30 minutes after the close of school will be monitored to ensure that only appropriate items will be offered." A number of tools and resources are available to help schools identify food items that meet Smart Snacks criteria. See: EEE-3, Georgia Department of Education's Smart Snacks Questions and Answers.

V. Social Emotional Learning ("SEL") — A~~a~~n important component of BCSD's broader strategic plan. It is designed to address the conditions for learning so all students are academically and socially equipped to succeed. The department supports the use of evidence-based programs and best practices to ensure that all human resources in a child's school community function together to provide safe, supportive and orderly schools.

W. Standard-Based Curriculum — The prescribed programs and courses that state what students should know and be able to do, how they will meet learning objectives, and how they will be assessed. All programs and courses introduced or implemented for instruction will align with District, State and National requirements.

X. Tobacco — For the purpose of this policy "tobacco" is defined to include spit and spit-less tobacco, chewing tobacco, snuff and all lighted or unlighted cigarette, cigar, pipe, clove cigarette, vapes, vaporizers, e-cigarette devices, nicotine delivery systems, or similar products ~~or other smoking products~~.

Y. Triennial — Recurring every three years.

Z. USDA — United States Department of Agriculture.

AA. Wellness — A state of optimal health involving multi-dimensional approaches to change, improve or attain the state of physical, mental, social, intellectual, and spiritual well-being.

BB. Wellness Policy — A local school wellness policy is a written document of official policies that guide a local education agency (LEA) or school district's efforts to establish a school environment that promotes students' health, well-being, and ability to learn by supporting healthy eating and physical activity.

IX. REPORTING CONCERNS

Parents, students, community members, or staff, that have concerns on the implementation regarding any measures or requirements of the District~~'s~~ Wellness Policy are encouraged to report these concerns to the

~~School~~ District's Director of School Nutrition.

The District is an equal opportunity provider in the application of its ~~Wellness Policy~~Wellness Program and meeting the federal nutrition requirements. Such laws require the District to provide the following notice:

U.S. Department of Agriculture (USDA) Nondiscrimination Statement

SNAP and FDPIR State or local agencies, and their sub-recipients, must post the following Nondiscrimination Statement:

In accordance with Federal civil rights law and U.S. Department of Agriculture (USDA) civil rights regulations and policies, the USDA, its Agencies, offices, and employees, and institutions participating in or administering USDA programs are prohibited from discriminating based on race, color, national origin, sex, ~~religious creed~~religion, disability, age, marital status, family/parental status, political beliefs, or reprisal or retaliation for prior civil rights activity in any program or activity conducted or funded by USDA.

Persons with disabilities who require alternative means of communication for program information (e.g. Braille, large print, audiotape, American Sign Language, etc.), should contact the Agency (State or local) where they applied for benefits. Individuals who are deaf, hard of hearing or have speech disabilities may contact USDA through the Federal Relay Service at (800) 877-8339.

Additionally, program information may be made available in languages other than English.

To file a program complaint of discrimination, complete the USDA Program Discrimination Complaint Form, (AD-3027) found online at: How to File a Complaint, and at any USDA office, or write a letter addressed to USDA and provide in the letter all of the information requested in the form. To request a copy of the complaint form, call (866) 632-9992. Submit your completed form or letter to USDA by mail, fax, or email to:

Mail: U.S. Department of Agriculture
Office of the Assistant Secretary for Civil Rights
1400 Independence Avenue, SW
Washington, D.C. 20250-9410;
Fax: (202) 690-7442; or

Email: program.intake@usda.gov.

~~*SNAP and FDPIR State or local agencies, and their sub-recipients, must post the following Nondiscrimination Statement:*~~

~~In accordance with Federal civil rights law and U.S. Department of Agriculture (USDA) civil rights regulations and policies, the USDA, its Agencies, offices, and employees, and institutions participating in or administering USDA programs are prohibited from discriminating based on race, color, national origin, sex, religious creed, disability, age, political beliefs, or reprisal or retaliation for prior civil rights activity in any program or activity conducted or funded by USDA. Persons with disabilities who require alternative means of communication for program information (e.g. Braille, large print, audiotape, American Sign Language, etc.), should contact the Agency (State or local) where they applied for benefits. Individuals who are deaf, hard of hearing or have speech disabilities may contact USDA through the Federal Relay Service at (800) 877-~~

~~8339. Additionally, program information may be made available in languages other than English. To file a program complaint of discrimination, complete the USDA Program Discrimination Complaint Form, (AD-3027) found online at: How to File a Complaint, and at any USDA office, or write a letter addressed to USDA~~

and provide in the letter all of the information requested in the form. To request a copy of the complaint form, call (866) 632-9992. Submit your completed form or letter to USDA by:

Mail: U.S. Department of Agriculture
Office of the Assistant Secretary for Civil Rights
1400 Independence Avenue, SW
Washington, D.C. 20250-9410;

Fax: (202) 690-7442; or

Email: program.intake@usda.gov.

This institution is an equal opportunity provider.

Declaración de no discriminación de USDAUSDA Nondiscrimination Statement 2015 (Spanish Translation)

Las agencias estatales o locales de SNAP y FDPIR, y sus beneficiarios secundarios, deben publicar el siguiente Aviso de No Discriminación:

De conformidad con la ley federal de derechos civiles, y las regulaciones y políticas de derechos civiles del Departamento de Agricultura de los Estados Unidos (USDA, por sus siglas en inglés), el USDA, sus agencias, oficinas y empleados, y las instituciones que participan en los programas del USDA o los administran, tienen prohibido discriminar basándose en la raza, color, origen nacional, religión, sexo, identidad de género (incluida la expresión de género), orientación sexual, discapacidad, edad, estado civil, estado familiar/parental, ingresos derivados de un programa de asistencia pública o ideología política, y tomar represalias por actividad previa sobre derechos civiles, en cualquier programa o actividad dirigida o financiada por el USDA (no todas las bases aplican a todos los programas). Las fechas límite de la presentación de quejas y recursos legales varían según el programa o incidente.

Las personas con discapacidades que requieren medios de comunicación alternativos para recibir información sobre el programa (por ejemplo, Braille, letra grande, cinta de audio, lengua de señas estadounidense, etcétera) deben contactar la agencia responsable o al TARGET Center del USDA al (202) 720-2600 (voz y TTY), o contactar al USDA a través del Servicio Federal de Retransmisión llamando al (800) 877-8339. Además, la información del programa puede estar disponible en otros idiomas distintos al inglés.

Para presentar una queja sobre discriminación en el programa, complete el Formulario de quejas sobre discriminación en el programa, AD-3027, que se encuentra en http://www.ascr.usda.gov/complaint_filing_cust.html y en cualquier oficina del USDA, o escriba una carta dirigida al USDA y proporcione en ella toda la información solicitada en el formulario. Para solicitar una copia del formulario de quejas, llame al (866) 632-9992. Envíe su formulario completo o carta al USDA por los siguientes medios:

De conformidad con la Ley Federal de Derechos Civiles y los reglamentos y políticas de derechos civiles del Departamento de Agricultura de los EE. UU. (USDA, por sus siglas en inglés), se prohíbe que el USDA, sus agencias, oficinas, empleados e instituciones que participan o administran programas del USDA discriminen sobre la base de raza, color, nacionalidad, sexo, credo religioso, discapacidad, edad, creencias políticas, o en represalia o venganza por actividades previas de derechos civiles en algún programa o actividad realizados o financiados por el USDA.

Las personas con discapacidades que necesiten medios alternativos para la comunicación de la información del programa (por ejemplo, sistema Braille, letras grandes, cintas de audio, lenguaje de señas

americano, etc.), deben ponerse en contacto con la agencia (estatal o local) en la que solicitaron los beneficios. Las personas sordas, con dificultades de audición o con discapacidades del habla pueden comunicarse con el USDA por medio del Federal Relay Service [Servicio Federal de Retransmisión] llamando al (800) 877-8339. Además, la información del programa se puede proporcionar en otros idiomas.

Para presentar una denuncia de discriminación, complete el Formulario de Denuncia de Discriminación del Programa del USDA, (AD-3027) que está disponible en línea en: How to File a Complaint. Y en cualquier oficina del USDA, o bien escriba una carta dirigida al USDA e incluya en la carta toda la información solicitada en el formulario. Para solicitar una copia del formulario de denuncia, llame al (866) 632-9992. Haga llegar su formulario lleno o carta al USDA por:

Correo: U.S. Department of Agriculture
Office of the Assistant Secretary for Civil Rights
1400 Independence Avenue, SW
Washington, D.C. 20250-9410;
Fax: (202) 690-7442; o

Correo Electrónico: program.intake@usda.gov.

Esta institución es un proveedor que ofrece igualdad de oportunidades.

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Addendum A

Smart Snacks In School

All foods sold at school during the school day are required to meet nutrition standards. The Smart Snacks in School regulation applies to foods sold a la carte, in the school store, vending machines, and any other venues where food is sold to students.

A number of tools and resources are available to help schools identify food items that meet Smart Snacks criteria. The Smart Snack Product Calculator https://foodplanner.healthiergeneration.org/calculator/ takes the guesswork out of determining if a product is Smart Snack Compliant.

See the example calculation below

Jane wants to sell pizza as part of a fundraiser. Principal Jane wants to know if the items planned for fundraisers are compliant. Principal Jane visits https://foodplanner.healthiergeneration.org/calculator/ to determine if the pizza is smart snack compliant.

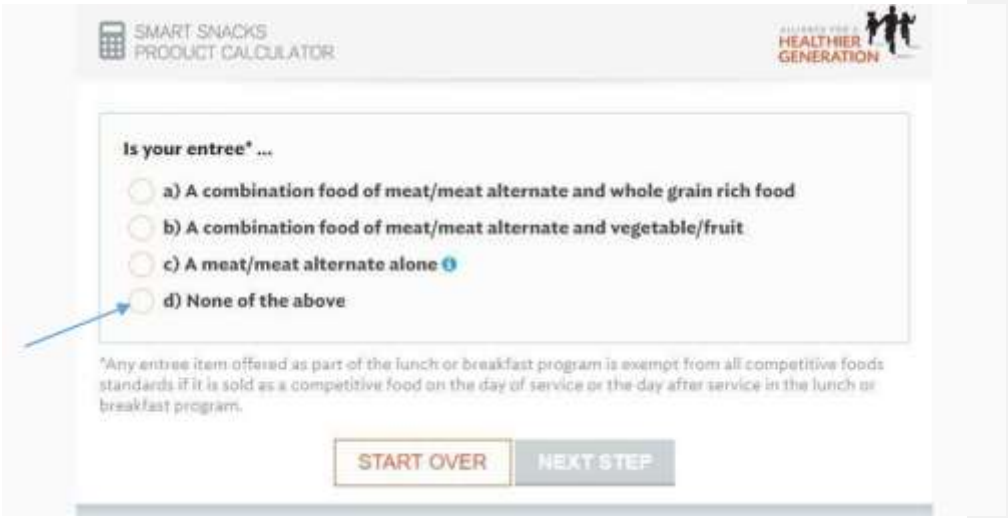
Jane reviews the definition for Snack, Side, Entrée, and Beverage by hovering over the blue and determines that the pizza she'd like to serve is considered an entrée.

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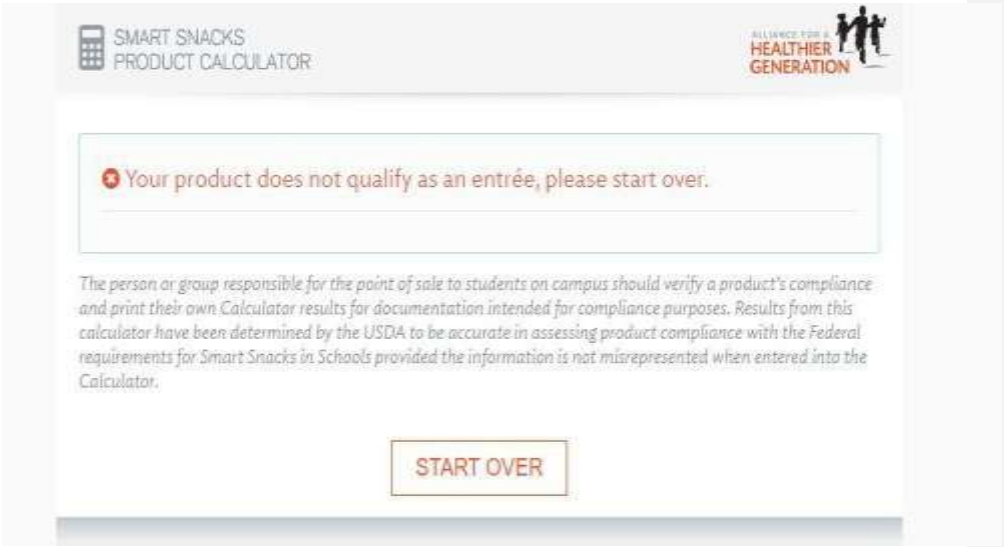


Jane clicks on next step and reads option a-d and determines that her pizza is none of the above. The pizza she wants to sell is made from white flour so it is not a whole grain rich food.

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The next screen reveals that Jane's pizza is NOT compliant.



Jane visits the school nutrition department website www.eatrightbibb.com for assistance identifying a smart snack compliant item

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