

The Jones County Board of Education is committed to providing a school environment that enhances learning and development of lifelong wellness practices, including but not limited to fostering good eating habits to maintain healthy weight management for a life time.

A healthy school environment goes beyond school meals in the cafeteria. A healthy lifestyle and maintaining a healthy weight requires a combination of healthy food choices and appropriate amount of physical activity. All foods made available on school campuses should offer children nutritious choices, and physical activity should be incorporated into the school day as often as possible. The healthy, physically active child is more likely to be academically successful.

To accomplish this goal, the following components will be addressed:

- Nutrition programs comply with federal, state and local requirements and are accessible to all students.
- Sequential and interdisciplinary nutrition education is provided and promoted.
- Patterns of meaningful physical activity connect to students' lives outside of physical education.
- All school-based activities are consistent with local wellness policy goals.
- All foods and beverages made available on campus (including vending, a la carte, student stores) during the school day are consistent with the awareness for a healthier lifestyle.
- All foods made available on campus adhere to food safety and security guidelines.
- The school environment is safe, comfortable, pleasing, and allows ample time and space for eating meals. Food and/or physical activity is not used as a reward or punishment.
- Wellness Policy Committee will consist of members representing local Board of Education, Administration, faculty, nurses, Physical Education/Health faculty, students, parents and community. This committee will meet semi-annually.
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## **NUTRITION EDUCATION AND PROMOTION**

Nutrition education will be integrated into other areas of the curriculum.

The staff responsible for nutrition education will be adequately prepared and participate regularly in professional development activities to effectively deliver an accurate nutrition education program as planned. Preparation and professional development activities will provide basic knowledge of nutrition, combined with skill practice in program-specific activities and instructional techniques and strategies designed to promote healthy eating habits.

The school cafeteria serves as a "learning laboratory" to allow students to apply critical thinking skills taught in the classroom.

Nutrition education will involve sharing information with families and the broader community to positively impact students and the health of the community.

School district will provide information to families that encourage them to teach their children about health and nutrition and to provide nutritious meals for their families.

Students will be encouraged to start each day with a healthy breakfast.

## **PHYSICAL EDUCATION**

Physical activity will be integrated across the curriculum.

Physical education courses will be the environment where students learn, practice and are assessed on developmentally appropriate motor skills, social skills and knowledge.

Hiring practices ensure that state-certified physical education instructors teach all physical education classes. Scheduling practices ensure that state physical education classes have a student/teacher ratio as prescribed by state guidelines.

Time allotted for physical activity will be consistent with state requirements.

Provide a daily recess period or prescribed physical activity, which personnel are discouraged from using as a punishment or a reward.

Physical education includes the instruction of individual activities as well as competitive and non-competitive team sports to encourage life-long physical activity.

Adequate equipment is available for students to participate in physical education.

The school provides a physical and social environment that encourages safe and enjoyable activity for all students, including those who are not athletically gifted.

Information will be provided to families to help them incorporate physical activity into their student's lives.

Schools encourage families and community members to institute programs that support physical activity.

## **OTHER SCHOOL BASED ACTIVITIES**

After-school programs will encourage physical activity and healthy habit formation.

Local wellness policy goals are considered in planning all school-based activities (such as school events, field trips, dances and assemblies).

School councils shall serve as advisors to plan, implement and improve nutrition and physical activity in the school environment.

## **NUTRITION GUIDELINES FOR ALL FOODS ON CAMPUS**

All foods made available on campus will comply with the awareness for a healthier lifestyle.

Food providers will take every measure to ensure that student access to foods and beverages meets federal, state and local laws and guidelines. Food providers will offer a

variety of age appropriate healthy food and beverage selections for elementary schools, middle schools and high schools.

Classroom snacks feature healthy choices.

Nutrition education is incorporated during classroom snack times, not just during meals.

Advertising messages are consistent with and reinforce the objectives of the education and nutrition environment goals of the school.

## **GUIDELINES FOR NUTRITIOUS CHOICES IN VENDING MACHINES, SCHOOL STORES, AND FUND RAISING**

Beverages and foods sold through school vending machines are consistent with the current Dietary Guidelines for Americans and recommended by the Center for Disease Control and Prevention and have:

- Not more than 30% of total calories from fat and not more than 10% of those calories from saturated fat
- Not more than 20% of its total weight in sugar

Examples include:

### Beverages

- Fruit and vegetable juices (100%)
- Low fat or skim milk
- Sports drinks (42 grams or fewer of additional sweetener per 20 oz. servings)
- Water (plain, unflavored, noncarbonated)

### Snacks

- Canned fruit (packed in 100% juice/no sugar added)
- Fresh fruit (such as apples and oranges)
- Fresh vegetables (such as carrot sticks)
- Dried Fruit (such as apples, apricots, cranberries, dates and raisins)
- Nuts and seeds (such as almonds, peanuts, walnuts and sunflower seeds)
- Trail mix
- Baked chips
- Air popped corn
- Pretzels
- Granola bars (made with unsaturated fat)
- Whole grain fruit bars
- Low fat crackers and cookies (such as animal crackers, cheese crackers, graham crackers,
- Peanut butter and cheese crackers, wheat crackers, ginger snaps and fig bars).

## **EATING ENVIRONMENT**

Students should be provided adequate time to eat lunch, at least 10 minutes for breakfast and 20 minutes for lunch.

Lunch periods are scheduled as near the middle of the school day as possible.

Cafeterias include enough serving areas so that students do not have to spend too much time waiting in line.

Dining areas are attractive and have enough space for seating students.

Drinking water is available for students at meals.

Food is not used as a reward or a punishment for student behaviors, unless it is detailed in a student's Individualized Education Plan (IEP).

### **CHILD NUTRITION OPERATIONS**

The child nutrition program will aim to be financially self-supporting.

The child nutrition program will ensure that all students have affordable access to the varied and nutritious foods they need to stay healthy and learn well.

The school will strive to increase participation in the available federal Child Nutrition programs.

Employ a food service director who is properly qualified and certified.

All food service personnel shall have adequate in-service training in food service operations.

Students are encouraged to start each day with a healthy breakfast.

### **FOOD SAFETY/FOOD SECURITY**

All foods made available on campus comply with the state and local food safety and sanitation regulations.

For the safety and security of the food and facility access to the food service operations are limited to Child Nutrition staff, authorized personnel and authorized volunteers. A member of Nutrition staff must always be present.

### **IMPLEMENTATION**

The Superintendent or designee shall be responsible for overseeing the implementation of the wellness policy. In each school, the principal or designee shall be charged with operational responsibility for ensuring that the school works toward meeting the wellness goals and shall report on the school's compliance to the Superintendent or designee.

School food service staff at the school or district level shall monitor compliance with nutrition guidelines within school food service areas and will report on this matter to the Superintendent or designee at the district level, or to the school principal at the school level. The Superintendent or designee shall develop a periodic summary report on district-wide compliance with the wellness policy, based on input from schools within the district.

The public shall be informed of the goals of school wellness policies and the schools' progress in meeting those goals through appropriate media, including posting such information on the district's website. That report shall be provided to the Board and, upon request, to interested parties.

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Jones County Schools

Date Adopted: 10/10/2006

Last Revised: 4/15/2014

**Policy Reference Disclaimer:** These references are not intended to be part of the policy itself, nor do they indicate the basis or authority for the board to enact this policy. Instead, they are provided as additional resources for those interested in the subject matter of the policy.

**State Reference**

O.C.G.A 20-02-0066

Rule 160-5-6-.01

**Description**

[School breakfast programs](#)

[Statewide School Nutritional Program](#)

**Federal Reference**

07 CFR 210.11

07 CFR 210.12

07 CFR 210.18

07 CFR 210.31

42 USC 1758

42 USC 1758b

42 USC Chapter 13

42 USC Chapter 13A

**Description**

[Competitive Food Service and Standards](#)

[Student, parent, and community involvement](#)

[Administrative Reviews-School Nutrition](#)

[Local school wellness policy](#)

[Program requirements-School Lunch Programs](#)

[Local School Wellness Policy](#)

[School Lunch Programs](#)

[Child Nutrition](#)