

WELLNESS POLICY

Each local educational agency that participates in the National School Lunch Program or other federal Child Nutrition Program is required by federal law to establish a local school wellness policy for all schools under its jurisdiction.

Local wellness policies are an important tool for parents, local educational agencies (LEAs) and school districts in promoting student wellness, preventing and reducing childhood obesity and providing assurance that school meal nutrition guidelines meet the minimum federal school meal standards.

Background

Congress recognizes that schools play a critical role in promoting student health, preventing childhood obesity, and combating problems associated with poor nutrition and physical inactivity. In 2004, Congress passed the Child Nutrition and Special Supplemental Nutrition Program for Women, Infants and Children (WIC) Reauthorization Act (Sec. 204 of Public Law 108-205). This act required by law that all LEAs participating in the National School Lunch Program or other child nutrition programs create local school wellness policies by School Year 2006. The legislation places the responsibility of developing a wellness policy at the local level so the individual needs of each LEA can be addressed.

In 2010, Congress passed the Healthy, Hunger-Free Kids Act of 2010 (Sec. 204 of Public Law 111-296), and added new provisions for local school wellness policies related to implementation, evaluation, and publicly reporting on progress of local school wellness policies.

Informational links:

<http://teamnutrition.usda.gov/healthierUS/index.html>

<http://www.cdc.gov/nutrition/everyone/fruitsvegetables/index.html>

HENRY COUNTY SCHOOLS

WELLNESS POLICY

The Henry County Board of Education recognizes that student wellness and proper nutrition are related to students' well-being, growth, development and readiness to learn. The Board is committed to providing a school environment that promotes and protects student wellness, proper nutrition, nutrition education and regular physical activity as part of the total learning experience. In a healthy school environment, students will learn about and participate in positive nutrition education.

Nutrition Education

1. A unit of nutrition education will be offered annually for grades K-5. Students will receive a total of two units of nutrition education in grades 6-9.
2. The school system shall use outside resources, Henry County teachers and Henry County School Nutrition staff to provide nutrition education.
3. Nutrition education will be incorporated into the daily lunch and breakfast program through posters, signage, and other means.
4. Students with documented, special nutritional needs will be identified and served according to their individual needs.
5. Web links that relate to good nutrition, physical activity, and wellness will be made available.
6. Wellness information will be incorporated into school newsletters.
7. All schools will follow the Georgia Health Education Curriculum.

Physical Activity

1. Time allotted for physical education will be consistent with research and state standards.
2. Adequate equipment will be made available for all students to participate in physical education activities.
3. Physical activity or recess (if utilized at the school) will not be withheld from students as a consequence for inappropriate behavior or poor academic performance. Recess (if utilized at the school) and physical activity will not be cancelled in order to make up instructional time.
4. Students will be encouraged to engage in activities such as "Jump Rope for Heart" and "Relay for Life" as well as other extracurricular activities that encourage physical activity.

Other School-Based Activities Designed to Promote Student Wellness

1. Students and staff members will be encouraged to practice good hand washing techniques.
2. School nurses will be available to provide training for the purpose of promoting wellness.
3. After School programs will encourage physical activity and nutritious choices at snack time.
4. On-going training will be provided for School Nutrition staff and teachers in the areas of nutrition and physical education. These programs will be publicized and made available to all employees.

Nutrition Standards for All Foods Available on School Campuses During the School Day

1. All schools will adhere to Henry County Board Policy EED, Vending Machines, regarding competitive foods and items of minimal nutritional value.
2. All schools will follow guidelines and meet meal requirements for all meals served in the School Nutrition Lunch Program and School Nutrition Breakfast Program.
3. The Henry County School system will discourage the use of food as a reward system.
4. Students will be involved in “taste testing” of new, as well as current menu items.
5. Fundraising activities that compete with student appetites during the school day will be discouraged.
6. Frying as a means of food preparation for school meals shall be limited.
7. Students and parents shall be periodically surveyed about their food and nutrition needs at school.
8. Lunch shall be scheduled as near to traditional lunch times as possible.
9. Students shall be given adequate time to eat school meals after being seated.

Measuring Implementation of the Wellness Policy

The Henry County School’s Wellness Policy will be reviewed annually by a committee consisting of school system and community representatives. The policy will be evaluated for its effectiveness and implementation.

The Superintendent or designee shall develop an annual summary report on district-wide compliance with this policy. This report shall be provided to the Board of Education and, upon request, to interested parties.



[CDC.gov](http://www.cdc.gov) (www.cdc.gov) is your online source for credible health information and is the official Web site of the Centers for Disease Control and Prevention (CDC).