

## **Hall County School District's Wellness Policy on Physical Activity and Nutrition**

### **Philosophy**

Nutrition and exercise play an essential role in health and development. Due to the increasing rates of childhood obesity, diabetes, and other risk factors affecting the health of our nation, healthy lifestyles must begin early in childhood. The Board recognizes that a proactive, preventative, and comprehensive wellness policy is essential for student success and staff support. Therefore, it is the policy of the Hall County Schools to support the following:

- Schools will provide nutrition education and physical education to foster lifelong habits of healthy eating and physical activity, and will establish linkages between health education and the School Nutrition Program.
- Foods and beverages sold or served to students at school will be in compliance with the United States Department of Agriculture guidelines.
- Nutritional standards for foods sold outside the federal reimbursement programs will be in compliance with Hall County Schools Competitive Foods Policy (code EEF).
- All schools in our district will participate in the federal school meal programs for breakfast and lunch, and to the maximum extent practicable, the Snack Program and Seamless Summer Feeding Program.
- Physical education programs which promote activity appropriate for the age and development level of the child.
- All students in grades K-12 will have opportunities, support, and encouragement to be physically active on a regular basis.
- A smoke and drug-free environment.
- Classroom management and promotions that eliminate food as a reward.
- Programs to promote life-long health and wellness practices.

### **Nutrition and Physical Activity Promotion and Food Marketing**

Hall County Schools aims to teach, encourage, and support healthy eating by students. School should provide nutrition education and engage in nutrition promotion that:

- is offered at each grade level as part of a sequential, comprehensive, standards-based program designed to provide students with the knowledge and skills necessary to promote and protect their health;
- is part of not only health education classes, but also classroom instruction in subjects such as math, science, language arts, social sciences, and elective subjects (only in instances where health education is part of the state content standards);
- includes enjoyable, developmentally- appropriate, culturally-relevant, participatory activities, such as contests, promotions, taste testing, farm visits, and school gardens;
- promotes fruits, vegetables, whole grain products, low-fat and fat-free dairy products, healthy food preparation methods, and healthy –enhancing nutrition practices;
- promotes Farm to School initiatives and supporting nutrition education;
- emphasizes caloric balance between food intake and energy expenditure (physical activity/exercise);
- integrates physical activity into the classroom to support student achievement.

### **Staff Wellness**

The Hall County School District highly values the health and well-being of every staff member and will plan and implement activities and policies that support personal efforts by staff to maintain a healthy lifestyle. Such activities may include employee wellness promotion activities and employee health fairs.

### **Physical Activity Opportunities and Physical Education**

The Hall County School District shall meet or exceed the requirements for physical education as determined by the Georgia Department of Education. All physical education will be taught by a certified physical education teacher. Opportunities for physical activity should not be withheld as punishment.

The elementary schools housing grades PK-5 should work diligently to provide supervised recess, preferably outdoors, during which schools should encourage all students to participate in moderate to vigorous physical activity with the provision of time, space, and equipment.

### **Implementation and Monitoring**

The superintendent or designee will ensure the compliance and implementation with this wellness policy throughout the district. The School Nutrition Director or Coordinator for Hall County Schools shall be responsible for the nutritional component of this policy and shall be the functional expert in school nutrition matters, ensure compliance with nutrition staff, and oversee the daily operation of the District's School Nutrition Program.

Each school will establish an annual wellness plan to monitor the implementation of the Hall County Wellness Policy. Each wellness contact person will attend a meeting each school year to receive updated wellness information, guidance and support for wellness plan development. Each contact person will be responsible for submitting a copy of the local school plan to the system wellness committee. It is suggested that each school form a wellness committee to assist in the development, implementation and evaluation of the local school plan.

Hall County Schools will develop and maintain a wellness committee, which will meet twice annually to oversee the implementation of the Wellness Policy for the district. Stakeholders from the following areas will be encouraged to be a part of the committee:

- Representatives from the school nurse department and school nutrition department
- Parents and Students
- At least one administrator from the elementary, middle and high school levels
- Community healthcare professionals
- A school board member

The Superintendent shall designate staff to collaborate with parents and the community to establish and maintain a wellness policy that is in compliance with section 204 of Public Law 108-265, Child Nutrition and WIC Reauthorization Act of 2004.

### **Policy Review**

Assessments will be repeated every three years in order to review policy compliance, assess progress, and determine areas in need of improvement. As a part of that review, the district will review our nutrition and physical activity policies; provision of an environment that supports healthy eating and physical activity; nutrition and physical education policies and program elements. The district, and individual schools within the district, will, as necessary, revise the wellness policies and develop work plans to facilitate the implementation. The findings of the assessment will be made available to public stake holders on the Hall County School District Website.