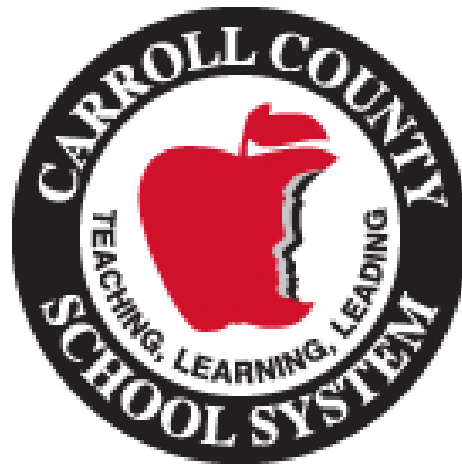


Carroll County Public Schools



School Nutrition Program Wellness Plan Board Policy EEE Exhibit

Bridgett Cross, School Nutrition Director

Revised: May 2017

Carroll County Schools
School Nutrition Program Wellness Policy

Local School Wellness Policy Requirements

Section 204 of the Healthy, Hunger-Free Kids Act of 2010 (Public Law 111-296) added Section 9A to the Richard B. Russell National School Lunch Act (42 USC 1758b), Local School Wellness Policy implementation. The provision set forth in Section 204 expand upon the previous local wellness policy requirement from the Child Nutrition and Special Supplemental Nutrition Program for Women, Infants and Children (WIC) Reauthorization Act of 2004 (Public law 108-265).

The Healthy, Hunger-Free Kids Act of 2010 expands the scope of local school wellness policies; brings in additional stakeholders in its development, implementation and review; and requires public updates on the content and implementation of the wellness policies. The intent is to strengthen local school wellness policies so they become useful tools in evaluation, establishing, and maintaining healthy school environments, and to make clear to the public (including parents, students, and others in the community) about the content and implementation of local school wellness policies.

The Act requires each local education agency participation in the National School Lunch Program or other federal Child Nutrition programs to establish a local school wellness policy for all schools under its jurisdiction. Each local education agency must designate one or more local education agency officials or school officials to ensure that each school complies with the local wellness policy. At a minimum, a local school wellness policy must:

- Include goals for nutrition promotion and education, physical activity, and other school-based activities that promote student wellness.
- Include nutrition guidelines to promote student health and reduce childhood obesity for all foods available in each school district.
- Permit parents, students, representatives of the school food authority, teachers of physical education, school health professionals, the school board, school administrators, and the general public to participate in the development, implementation, and review and update of the local wellness policy.
- Inform and update the public (including parents, students, and others in the community) about the content and implementation of local wellness policies.
- Be measured periodically on the extent to which schools are in compliance with the local wellness policy, the extent to which the local education agency's local wellness policy compares to model local school wellness policies, and the progress made in attaining the goals of the local wellness policy, and make this assessment available to the public.

Table of Contents

Preamble.....	4
School Wellness Committee.....	5
Wellness Policy Implementation, Monitoring, Accountability, and Community Engagement.....	6
Nutrition Guidelines.....	9
Nutrition Activity.....	15
Physical Activity.....	17
Other School-Based Activities that Promote Student Wellness.....	20
Glossary.....	23
Appendix A: School Level Contacts.....	24
References.....	26
Wellness Program Descriptor Code: EEE-R(1).....	27

Carroll County Public Schools Wellness Policy

Preamble

Carroll County Public School System (hereto referred to as the District) is committed to the optimal development of every student. The District believes that for students to have the opportunity to achieve personal, academic, developmental, and social success, we need to create positive, safe, and health-promoting learning environments at every level, in every setting, throughout the school year. Research shows that two components, good nutrition and physical activity before, during, and after the school day, are strongly correlated with positive student outcomes. For example, student participation in the U.S. Department of Agriculture's (USDA) School Breakfast Program is associated with higher grades and standardized test scores, lower absenteeism, and better performance on cognitive tasks.

Conversely, less-than-adequate consumption of specific foods including fruits, vegetables, and dairy products, is associated with lower grades among students. In addition, students who are physically active through active transport to and from school, recess, physical activity breaks, high-quality physical education, and extracurricular activities – do better academically.

This policy outlines the District's approach to ensuring environments and opportunities for all students to practice healthy eating and physical activity behaviors throughout the school day while minimizing commercial distractions. Specifically, this policy establishes goals and procedures to ensure that:

- Students in the District have access to healthy foods throughout the school day – both through reimbursable school meals and other foods throughout the school campus – in accordance with Federal and State nutrition standards;
- Students receive quality nutrition education that helps them develop lifelong healthy eating behaviors;
- Students have opportunities to be physically active before, during and after school.
- Schools engage in nutrition and physical activity promotion and other activities that promote student wellness;
- School Staff are encouraged and supported to practice healthy nutrition and physical activity behaviors in and out of school.
- The community is engaged in supporting the work of the District in creating continuity between school and other settings for students and staff to practice lifelong healthy habits, and
- The District establishes and maintains an infrastructure for management, oversight, implementation, communication about, and monitoring of the policy and its established goals and objectives.

This policy applies to all students, staff and schools in the District.

- The District will coordinate the wellness policy with other aspects of school management, when appropriate.

**I. School Wellness Committee
Committee role and membership**

The District will convene a representative district wellness committee (hereto referred to as the DWC) that meets at least twice per year to provide training to Wellness Coaches and to establish goals for and oversee school health and safety policies and programs, including development, implementation, and periodic review and update of this district-level wellness policy (heretofore referred as “wellness policy”).

The DWC membership will represent all school levels (elementary and secondary schools) and include (to the extent possible), but not limited to: parents and caregivers; students; representatives of the school nutrition program (ex., school nutrition director); physical education teachers; health education teachers, school health professionals (ex. Health education teachers, school health services staff [i.e., nurses, physicians, dentists, health educators, and other allied health personnel who provide school health services], and mental health and social services staff [i.e., school counselors, psychologists, social workers, or psychiatrists]; school administrators (ex., superintendent, principal, assistant principal), school board members; health professionals (ex. dietitians, doctors, nurses, dentists); and the general public. To the extent possible, the DWC will include representatives from each school building and reflect the diversity of the community.

Leadership

The School Nutrition Program Director or designee(s) will convene the DWC and facilitate development of and updates to the wellness policy, and will report each school’s compliance with the policy to the Superintendent.

The name(s), title(s) and contact information of these individual(s) is:

Name	Title	Email Address
Terry Jones	Assistant Superintendent, Student Services	terry.jones@carrollcountyschools.com
Bridgett Cross	Director, School Nutrition	bridgett.cross@carrollcountyschools.com
Beverly Kirk	School Nurse	beverly.kirk@carrollcountyschools.com
Cindy Parker	Principal	Cindy.parter@carrollcountyschools.com
Gail Parmer	Principal	gail.parmer@carrollcountyschools.com
Tracey Barrow	Principal	tracey.barrow@carrollcountyschools.com
Kristi Bowen	Parent Representative	kristi.bowen@carrollcountyschools.com

Wes Shiver	Coach	wes.shiver@carrollcountyschools.com
Laurie Phillips	SN Secretary	laurie.phillips@carrollcountyschools.com
Dot Wigginton	Retired Teacher	dotwigginton@bellsouth.net

Each school will have an appointed school-based wellness leader (Wellness Coach). This can be either the Principal or designee who will ensure compliance with the policy. Refer to Appendix A for a list of school level wellness policy coordinators.

II. Wellness Policy Implementation, Monitory, Accountability, and Community Engagement

Implementation Plan

The District will develop and maintain a plan for implementation to manage and coordinate the execution of this wellness policy. The plan delineates roles, responsibilities, actions, and timelines specific to each school, and includes information about who will be responsible to make what change, by how much, where, and when, as well as specific goals and objectives for nutrition standards for all foods and beverages available on school campus, food and beverage marketing, nutrition promotion and education, physical activity, physical education, and other school-based activities that promote student wellness. Each school will have an appointed school-based wellness leader (wellness coach). This can be either the Principal or designee whose responsibility is to monitor the local school wellness administrative role in the school. The School Nutrition Department will support, share guidance, and assist Principals in implementing and maintaining the District’s Wellness Policy. Schools will use the Healthy Schools Program online tools to complete a school level assessment (Wellness Score Card) based on the Centers for Disease Control and Prevention’s School Health Index, create an action plan that fosters implementation, and generate an annual progress report.

A link to this wellness policy and the progress reports can be found at www.carrollcountyschools.com

Recordkeeping

The district will retain records to document compliance with the requirements of the wellness policy at the district’s School Nutrition Program Administrative Offices. Documentation maintained in this location will include but not be limited to:

- The written wellness policy.
- Documentation demonstrating compliance with community involvement requirements, including (1) Efforts to actively solicit DWC membership from the required stakeholder groups, and (2) These groups’ participation in the

development, implementation, and periodic review and update of the wellness policy.

- Documentation of annual policy progress reports for each school under its jurisdiction; and
- Documentation of the triennial assessment of the policy for each school under its jurisdiction.
- Documentation demonstrating compliance with public notification requirements, including (1) Methods by which the wellness policy, annual progress reports, and triennial assessments are made available to the public; and (2) Efforts to actively notify families about the availability of wellness policy.

Annual Progress Reports

The District will compile and publish an annual report to share basic information about the wellness policy and report on the progress of the schools within the district in meeting wellness goals. This annual report will be published and will include information from each school within the District. This report will include, but is not limited to:

- The website address for the wellness policy and/or how the public can receive/access a copy of the wellness policy;
- A description of each school's progress in meeting the wellness policy goals;
- A summary of each school's events or activities related to wellness policy implementation;
- The name, position title, and contact information of the designated District policy leader(s) identified in Section I; and
- Information on how individuals and the public can get involved with the DWC or SWC.
- The annual report will be available in English;
- The District will actively notify households/families of the availability of the annual report.

The DWC in collaboration with individual schools/SWCs' will establish and monitor goals and objectives for the District's schools, specific and appropriate for each instructional unit (elementary or secondary OR elementary, middle, and high school, as appropriate), for each of the content-specific components listed in Sections III-V of this policy. The Wellness Coach and the Principal will be the contact persons for following up when a violation is reported and the Principal will ensure that any violations are corrected. Annual reports may be made available via social media, individual school websites, local media, and the FCBOE website.

Triennial Progress Assessments

At least once every three years, the District will evaluate compliance with the wellness policy to assess the implementation of the policy and include:

- The extent to which schools under the jurisdiction of the District are in compliance with the wellness policy;
- The extent to which the District's wellness policy compares to the Alliance for a Healthier Generation's model wellness policy; and
- 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 Bridgett Cross, SNP Director, 770-832-3568, bridgett.cross@carrollcountyschools.com. The individual schools will monitor the school's compliance with this wellness policy.

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

Revisions and Updating the Policy

The DWC will update or modify the wellness policy based on the results of the annual progress reports 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 wellness policy will be assessed and updated as indicated at least every three years, following the triennial assessment.**

Community Involvement, Outreach and Communications

The District is committed to being responsive to community input, which begins with awareness of the wellness policy. The District will actively communicate ways in which representatives of DWC and others can participate in the development, implementation, and periodic review and update of the wellness policy through a variety of means appropriate. The District will also inform parents of 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.

Public Notifications

The District will notify the public using the following sources:

- District Website
- Nutrition Newsletters and school level PTO Newsletters
- PTO Meetings
- District Facebook and/or Twitter account
- Infinite Campus
- Calling Post Notifications
- Newspaper(s)
- Faith-based websites and bulletins
- Public announcements at sporting events (ex. Football)
- E-mail notifications
- Presents to parents

This will ensure that all families are actively notified of the content of, implementation of, and updates to the wellness policy, as well as how to get involved and support the policy. The District will ensure that communications are culturally and linguistically appropriate to the community, and accomplished through means similar to other ways that the district and individual schools are community other important school information with parents. The District will actively notify the public about the content of or any updates to the wellness policy annually, at a minimum. The District will also use these mechanisms to inform the community about the availability of the annual and triennial reports.

III. Nutrition Guidelines

School Meals

The School Nutrition Department is committed to serving healthy meals to children, with plenty of fruits, vegetables, whole grains, and fat-free and low-fat milk; moderate in sodium, low in saturated fat, and zero grams trans-fat per serving (nutrition label or manufacturer's specification); and to meet 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.

All schools with the District participate in USDA child nutrition programs, including the National School Lunch Program (NSLP), the School Breakfast Program (SBP), and After School Program (ASP) Snack. The District also operated additional nutrition-related programs and activities including Farm to School programs, School gardens, Breakfast in the Classroom, Grab n' Go Breakfast, Mobile Dairy Classroom, National School Lunch Week (NSLW), National School Breakfast Week (NSBW). All schools within the District are committed to offering school meals through the NSLP and SBP programs, and other applicable Federal child nutrition programs, that:

- Are accessible to all students;
- Are appealing and attractive to children;
- Are served in clean, safe, and pleasant settings that provide enough space and serving areas to ensure all students have access the school meals with minimum wait to consume meals;
- Encourage all students to participate in the school's meals program;
- Protect the identity of the students who eat free and reduces price meals;
- Meet or exceed current nutrition requirements established by local, state, and Federal statutes and regulations. (The District offers reimbursable school meals that meet USDA nutrition standards.)
- Menus will be posted on the District website or individual school websites.
- Menus will be created/reviewed by a certified nutrition professional.
- School Nutrition will establish guidelines for vending and other foods available on the school campus, ensuring that foods without nutritional value are not offered and that all foods offered comply with Smart Snack regulations.
 - Vendors will provide a nutrient analysis to the School Nutrition Department for all foods sold on school campuses during school hours. This includes vending items, food sales, and fundraiser items.
 - When new products are introduced or suggested, schools/organizations will submit food/beverage nutrition labels to the School Nutrition Department for approval. Schools will not begin selling any food/beverage item before receiving approval. A letter revealing approval status will be sent to the school. The School Nutrition Department will review schools annually to determine compliance.
- School meals are administered by a team of child nutrition professionals.
- The District child nutrition program will accommodate students with special dietary needs. In order to accommodate a student's special dietary needs, a doctor's statement must be on file in the School Nutrition Manager's office and the School Nutrition Office and it must be included in the students' Health Care Plan. These records must be updated annually.
- Schools in the District are not "peanut free," nor do they claim to be.

- Participation in Federal child nutrition programs will be promoted among students and families to help ensure that families know what programs are available to their children’s school.

Farm to School

The District will implement at least three (3) of the following five (5) Farm to School activities:

- Local and/or regional products are incorporated into the school meal program;
- Messages about agriculture and nutrition are reinforced throughout the learning environment;
- School hosts a school garden;
- School hosts field trips to local farms; and
- School utilizes promotions or special events, such as tastings, that highlight the local/regional products.

Staff Qualifications and Professional Development

All school nutrition program 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.

Water

To promote hydration, free, safe, unflavored drinking water will be available without restriction to all students throughout the school day* and throughout every school campus* (“school campus” and “school day” are defined in the glossary). The District will make drinking water available at no charge where school meals are served during mealtimes. In addition, students will be allowed to bring and carry (approved) water bottles filled with only water with them throughout the day.

- Water cups/jugs will be 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 standards. Such sources and containers may include drinking fountains, water jugs, hydration stations, water jets, and other methods for delivering drinking water.
- Water is not part of the reimbursable meal.

Competitive Foods and Beverages

The Board of Education for Carroll County Public School district is committed to providing students with nutritious food and beverage options during the school day on the school campus. The School day is defined as the period from midnight (12:00 a.m.) before, until 30 minutes after the end of the official school day. School campus includes all area of the property under jurisdiction of the school that are accessible to the students during the school day. This includes outdoor eating areas, parking lots, school stores, etc.

Food sold in schools must:

1. Comply with the general criteria:
 - Be a “whole grain-rich” grain product containing 50% or more whole grains by weight, or have whole grains as the first ingredient; or
 - Have as the first ingredient a fruit, a vegetable, a dairy product, or a protein food; or
 - Be a combination food that contains at least ¼ cup fruit and/or vegetable.
 - Contain 10% of the Daily Value (DV) of one of the nutrients of public health concern in the 2010 Dietary Guidelines for Americans (calcium, potassium, vitamin D, or dietary fiber)**

*If water is the first ingredient, the second ingredient must be one the items above,

**This criterion expires June 30, 2016.

2. Meet, at a minimum, the Nutrition Standards for all foods sold in schools:

Calorie limits:

Snack items: ≤ 200 calories

Entrée items: ≤ 350 calories

Sodium limits:

Snack items: ≤ 200 mg

Entrée items: ≤ 480 mg

Fat limits:

Total fat: ≤ 35% of calories

Saturated Fat: < 10% of calories

Trans Fat: zero grams

Sugar limits:

≤ 35% of weight from total sugars in foods

3. Qualify for an exemption from the Nutrition Standards.
4. Accompaniments such as cream cheese, salad dressing, and butter must be included in the nutrient profile as part of the food item sold.

Beverages sold in schools must:

1. Be one of the allowable beverages for all grades
 - Plain water (with or without carbonation)
 - Unflavored low fat milk

- Unflavored or flavored fat free milk and milk alternatives permitted by NSLP/SBP
 - 100% fruit or vegetable juice and
 - 100% fruit or vegetable juice diluted with water (with or without carbonation), and no added sweeteners.
2. Comply with the size limits for each grade
 - Elementary schools may sell up to 8-ounce portions
 - Middle schools and high schools may sell up to 12-ounce portions
 - There is no portion size limit for plain water
 3. High schools may allow additional “no calorie” and “lower calorie” beverage options to their students.
 - No more than 20-ounce portions of calorie-free, flavored water (with or without carbonation); and other flavored and/or carbonated beverages that are labeled to contain ≤ 5 calories per 8 fluid ounces or ≤ 10 calories per 20 fluid ounces.
 - No more than 12-ounce portions of beverages with ≤ 40 calories per 8 fluid ounces, or ≤ 60 calories per 12 fluid ounces.

OTHER REQUIREMENTS

●Fundraisers

- The sale of food items for fundraisers that meet nutrition requirements are not limited in any way.
- All snacks, food, or beverages sold in schools must meet the aforementioned nutritional requirements and should not be sold 30 minutes before or after meal service
- The standards do not apply during non-school hours, on weekends, and at off-campus fundraising events.

●Exempted Fundraisers

- Per the State Board rule 160-5-6-.01, the Board of Education for the Carroll County Public School District will allow 30 fundraisers per school per school year not to exceed 3 consecutive school days in length.

●Food and Beverages brought onto School Campus from Home

- Parents will be encouraged to promote their child’s participation in the School Meals Program. If their child does not participate in the School Meal Program, parents will be encouraged to provide and purchase healthy alternatives.

- Due to national statistics that show the relationship between fast food consumption and childhood obesity, bring in commercial “fast foods” into the school is strongly discouraged.
- Due to the health risk associated with the use of Energy Drinks and Energy Shots, the District strongly discourages the consumption or possession of these products on school campus.

Celebrations and Rewards

The District suggests that foods offered on the school campus will meet or exceed the USDA Smart Snacks in School Nutrition Standards, including through:

1. **Celebrations and Parties:** It is important to provide consistent messaging around foods and beverages throughout the school day. Promoting healthy options during meal or snack times while allowing unhealthy options during celebrations can confuse youth. Help students associate celebrations with healthy habits rather than unhealthy options, and associate healthy activities with celebrations rather than unhealthy consumption. All students must be offered the opportunity to participate in the School Lunch Program. Healthy party ideas are available from the Alliance for a Healthier Generation and from the USDA. Classroom parties and celebrations will not be planned to occur during the regular scheduled mealtimes.
2. **Classroom Snacks Brought by Parents:** The District will provide to parents a list of foods and beverages that meet Smart Snacks nutrition standards.
3. **Rewards and Incentives:** School meal components are never to be withheld or limited as punishment. (Ex., Withholding flavored milk or desserts that are on the menu during service.) School staff is encouraged to use school supplies or healthy snacks as rewards.
4. **Foods used for Instructional Purposes:** The District encourages that food used for Math, geometry, and etc. should meet the Smart Snacks Nutritional Standards.
5. **End of year Parties and Celebrations:** It is customary to have End of the Year Celebrations for students that are graduating or changing levels. Schools are **encouraged** to work with their School Nutrition Program Manager to coordinate a healthy menu for End of Year Parties and Celebrations. This will ensure that every student has the same opportunity for a healthy meal. It is possible to alter the District-wide menu to accommodate and compliment celebrations without sacrificing nutrition. No parties or celebrations may be schedule 30 minutes before or after meal service. Any food or beverage sold to students must meet Smart Snack Regulations unless an exemption has been granted. The School Nutrition Program may furnish the meal for celebrations and charge the normal meal price for participating students.

Administrative Rule Exemptions

Instructional Use of Food in the Classroom: Students may consume food prepared in the classroom for instructional purposes; however, this should be on an occasional basis, and the food should not be sold or provided to other students or classes. Food provided for students as part of a class or school cultural heritage event for instructional or enrichment purposes would be exempt from this administrative rule. The District encourages that foods used for instructional purposes such as math, geometry, etc. should meet the Smart Snacks Nutritional Standards.

IV. Nutrition Education

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

- Is 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 integrated into other classroom instruction through subjects such as math, science, language arts, social sciences, and elective subjects;
- Include enjoyable, developmentally-appropriate, culturally-relevant, and participatory activities, such as cooking demonstrations or lessons, promotions, taste-testing, farm visits, and school gardens;
- Promote fruits, vegetables, whole-grain products, low-fat and fat-free dairy products, and healthy food preparation methods;
- Emphasize caloric balance between food intake and energy expenditure (promotes physical activity/exercise);
- Link with school meal programs, cafeteria nutrition promotion activities, school gardens, Farm to School programs, other school foods, and nutrition-related community services;
- Teach media literacy with an emphasis on food and beverage marketing; and
- Include nutrition education training for teachers and staff.

Nutrition Promotion

Nutrition promotion and education positively influence lifelong eating behaviors by using evidence-based techniques and nutrition 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 and teachers, parents, students, and the community.

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:

- Implementing evidence-based healthy food promotion techniques through the school meal programs.
- Promoting foods and beverages that meet USDA Smart Snacks in School Nutrition Standards.
- Perform Community Outreach by advertising the availability of School Breakfast as well as summer Feeding Programs.

Essential healthy Eating Topics in Health Education

The District may include in the health education curriculum the following essential topics on healthy eating:

- The relationship between healthy eating and personal health and disease prevention;
- Food guidance from MyPlate;
- Reading and using USDA's food labels;
- Eating a variety of foods every day;
- Balancing food intake and physical activity;
- Eating more fruits, vegetables, and whole grain products;
- Choosing foods that are low in fat, saturated fat, and cholesterol and do not contain trans-fat;
- Choosing foods and beverages with little added sugars;
- Eating more calcium-rich foods;
- Preparing healthy meals and snacks;
- Risks of unhealthy weight control practices;
- Accepting body size differences;
- Food safety;
- Importance of water consumption;
- Importance of eating breakfast;
- Making healthy choices when eating at restaurants;
- Eating disorders;
- The Dietary Guidelines for Americans;
- Reducing sodium intake;
- Social influences on healthy eating, including media, family, peers, and culture;
- How to find valid information or services related to nutrition and dietary behavior;

- How to develop a plan and track progress toward achieving a personal goal to eat healthfully;
- Resisting peer pressure related to unhealthy dietary behavior;
- Influencing, supporting, or advocating for others' healthy behavior.

USDA's Team Nutrition provides free nutrition education and promotion materials, including standards-based nutrition education curricula and lesson plans, posters, interactive games, menu graphics, and more.

Food and Beverage Marketing 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. It is the intent of the District to protect and promote student's health.

V. Physical Activity

Children and adolescents should participate in 60 minutes of physical activity every day. A substantial percentage of students' physical activity can be provided through a comprehensive, school-based physical activity program (CSPAP) that includes these components: physical education, recess, classroom-based physical activity, walk and bicycle to school, and out-of-school time activities and the District is committed to providing these opportunities. Schools will ensure that these varied opportunities are in addition to, and not as a substitute for, physical education (addressed "Physical Education" subsection). All schools in the district will be encouraged to participate in *Let's Move! Active Schools* (www.letsmoveschools.org) in order to successfully address all CSPAP areas.

Physical activity during the school day (including but not limited to recess, physical activity breaks, or physical education) should not be withheld as punishment. This does not include participation on sports teams that have specific academic requirements. The District will provide teachers and other school staff with alternative ways to discipline students. To the extent practicable, the District will ensure that its ground and facilities are safe and that equipment is available to students to be active. The district will conduct necessary inspections and repairs.

Physical Education

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 (discussed in the “Essential Physical Activity Topics in Health Education” subsection). 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.

All District **elementary students** in each grade will receive physical education for at least 60 to 90 minutes per week throughout the school year.

All District **secondary students** (middle and high school) are required to take the equivalent of one academic year of physical education ($\frac{1}{2}$ P.E. and $\frac{1}{2}$ Health).

The District physical education program will promote student physical fitness through individualized fitness and activity assessments via the Presidential Youth Fitness Program also known as FITNESSGRAM®. This is a criterion-based, health-related fitness assessment tool that provides a snapshot of each child’s health.

- Students will be moderately to vigorously active for at least 50% of class time during most or all physical education class sessions.
- All physical education teachers in the District will be required to participate in professional development in education.
- All physical education classes in the District are taught by licensed teachers who are certified or endorsed to teach physical education.

Essential Physical Activity Topics in Health Education

The District will include in the health education curriculum the following essential topics on physical activity when health education or physical education is taught:

- The physical, psychological, or social benefits of physical activity;
- How physical activity can contribute to a healthy weight;
- How physical activity can contribute to the academic learning process;
- How an inactive lifestyle contributes to chronic disease;
- Health-related fitness, that is, cardiovascular endurance, muscular endurance, muscular strength, flexibility, and body composition;
- Differences between physical activity, exercise, and fitness;
- Phases of an exercise session, that is, warm up, workout, and cool down;
- Overcoming barriers to physical activity;
- Decreasing sedentary activities, such as TV watching;
- Opportunities for physical activity in the community;

- Preventing injury during physical activity;
- Weather-related safety, for example, avoiding heat stroke, hypothermia, and sunburn while being physically active;
- How much physical activity is enough, that is, determining frequency, intensity, time, and type of physical activity;
- Developing an individualized physical activity and fitness plan;
- Monitoring progress toward reaching goals in an individualized physical activity plan;
- Dangers of using performance-enhancing drugs, such as steroids;
- Social influences on physical activity, including media, family, peers, and culture;
- How to find valid information or services related physical activity and fitness;
- How to influence, support, or advocate for others to engage in physical activity;
- How to resist peer pressure that discourages physical activity.

Recess (Elementary)

All elementary schools will offer at least 15 minutes of recess on all or most days during the school year (This policy may be waived on early dismissal or late arrival days). If recess is offered before lunch, school will have appropriate hand-washing facilities and/or hand-sanitizing mechanisms located just inside/outside the cafeteria to ensure proper hygiene prior to eating and students are required to use these mechanisms before eating. 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. Students will be allowed outside for recess except when outdoor temperature is deemed too low or too high, inclusive of wind chill factors and heat indexes, during “code orange” or “code red” days, during storms with lightning and/or thunder, or at the discretion of the building administrator based on his/her best judgment of safety conditions.

In the event that the school or District 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 student whenever feasible.

Physical Activity Breaks (Elementary and Secondary)

The District recognizes that students are more attentive and ready to learn if provided with periodic breaks when they can be physically active or stretch. Thus, students will be offered periodic opportunities to be active or to stretch throughout the day on all or most days during a typical school week. The District recommends teachers provide short (3-5 minutes) physical activity breaks to students during and between classroom time. These physical activity breaks will complement, not substitute, for physical education class, recess, and class transition periods.

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

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 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.

Before and After School activities

The District offers opportunities for students to participate in physical activity either before and/or after the school day (or both) through a variety of methods. The District will encourage students to be physically active before and after school by: offering options such as running clubs, physical activity in afterschool programs, intramurals, or varsity sports, and other similar approaches.

VI. School-Based 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.

Schools in the District 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.

Community Partnerships

The District will continue to develop and maintain relationships with community partners (i.e. hospitals, universities/colleges, local businesses, etc.) in support of this wellness policy's implementation. Existing and new community partnerships and sponsorships will be evaluated to ensure that they are consistent with the wellness policy and its goals.

Community Sponsorships

The District will maintain current sponsorships and encourage new ones for the purpose of supporting wellness within our schools.

Dining Environment

- Schools provide a clean, safe meal environment.
- Schools provide enough space and serving areas to ensure all students have access to school meals with minimum wait to consume meals.
- Water fountains are available in all schools and dining rooms, enabling students to get water during meal service hours and throughout the day.
- All students are encouraged to participate in the school meals program
- The identities of the students who eat free and reduced price meals are protected.
- Students are given adequate time to be served and eat healthy foods, while socializing with their peers.
- Schools must offer lunches between 10:00 a.m. and 2:00 p.m.
- Students are not separated by gender during the service of program meals.
- Students must be provided with adequate seating during meal service.

Community Health Promotion and 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 (such as email or displaying notices on the district’s website), as well as non-electronic mechanisms, (such as newsletters, presentations to parents, or sending information home to parents), to insure that all families are actively notified of opportunities to participate in school-sponsored activities and receive information about health promotion efforts.

Employee Wellness and Health Promotion

The District promotes employee participation health promotion programs and will support programs for healthy eating/weight management and overall wellness that are accessible and free or low-cost. Examples of promotions/programs:

- Notification of wellness opportunities
- Health screenings
- Influenza Vaccinations
- Membership discounts at local gyms
- Presentation of health and wellness information at regular staff meetings
- Placement of health information into newsletter articles, brochures, and email messages
- Make a directory available for mental health services that are low cost for all employees.

Professional Learning

When feasible, the District will offer annual professional learning opportunities and resources for staff to increase knowledge and skills 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 district reform or academic improvement plans/efforts.

Glossary:

Competitive Foods: Refers to food and beverages sold or made available to students that are not sold by the School Nutrition Department and that compete with the school's operation of the National School Lunch Program, School Breakfast Program and/or After School Snack Program

Extended School Day: time during before and after school activities that includes clubs, intramural sports, band and choir practice, drama rehearsals, Title 1 Tutoring, and etc.

School Campus: areas that are owned or leased by the schools and use at any time for school-related activities such as the school building or on the school campus, including on the outside of the school building, school buses or other vehicles used to transport students, athletic fields, and stadiums (e.g. on scoreboards, coolers, cups and water bottles), or parking lots.

School Day: midnight the night before to 30 minutes after the end of the instructional day.

School Meals: Meals provided under the National School Lunch Program, School Breakfast Program and After School Snack Program for which schools receive reimbursement in accordance with all applicable federal regulations, policies, instructions and guidelines.

Triennial: recurring every three years.

Appendix A: School Level Contacts

School	Name	Title	Email Address
Bay Springs Middle	Marti Stephens	Principal	marti.stephens@carrollcountyschools.com
Bowdon Elementary	Lorie Teal	Principal	lorie.teal@carrollcountyschools.com
Bowdon Middle	Scott Estes	Principal	scott.estes@carrollcountyschools.com
Bowdon High	Zoe Evans	Principal	zoe.evans@carrollcountyschools.com
Central Elementary	Matt Huckeba	Principal	matt.huckeba@carrollcountyschools.com
Central Middle	Jimmy LeBlanc	Principal	jimmy.leblanc@carrollcountyschools.com
Central High	Jared Griffis	Principal	jared.griffis@carrollcountyschools.com
Glanton-Hindsman Elementary	Beth Chandler	Principal	beth.chandler@carrollcountyschools.com
Ithica Elementary	Brad Corbett	Principal	brad.corbett@carrollcountyschools.com
Mt. Zion Elementary	Cindy Parker	Principal	cindy.parker@carrollcountyschools.com
Mt. Zion Middle	Connie Robison	Principal	connie.robison@carrollcountyschools.com
Mt. Zion High	Tracey Barrow	Principal	tracey.barrow@carrollcountyschools.com
Providence Elementary	Christi McLendon	Principal	christi.mclendon@carrollcountyschools.com
Roopville Elementary	Cheri LeBlanc	Principal	cheri.leblanc@carrollcountyschools.com
Sand Hill Elementary	Carla Meigs	Principal	carla.meigs@carrollcountyschools.com
Sharp Creek Elementary	Shelly Hester	Principal	shelly.hester@carrollcountyschools.com
Temple Elementary	Tricia Langford	Principal	tricia.langford@carrollcountyschools.com
Temple Middle	Gail Parmer	Principal	gail.parmar@carrollcountyschools.com
Temple High	Tim Gribben	Principal	tim.gribben@carrollcountyschools.com

Villa Rica Elementary	Mitch Springer	Principal	mitch.springer@carrollcountyschools.com
Villa Rica Middle	Greta Jackson	Principal	greta.jackson@carrollcountyschools.com
Villa Rica High	Glen Harding	Principal	glen.harding@carrollcountyschools.com
Whitesburg Elementary	Marissa Ogando	Principal	marissa.ogando@carrollcountyschools.com