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| |  |  | | --- | --- | | The Echols 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, 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 dietary and lifestyle practices that can improve student achievement.  To the extent practicable, all schools in the district shall participate in available federal school meal programs.  All foods and beverages made available on campus during the school day shall be consistent with the minimum requirements of federal law and regulations and state requirements.  Guidelines for reimbursable school meals shall not be less restrictive than regulations and guidance issued by the U.S. Secretary of the U.S. Department of Agriculture, as those regulations and guidance apply to schools.  The Superintendent or designee shall convene a wellness committee consisting of school system and community representatives from areas designated in federal law to participate in the development, implementation and periodic review of school wellness policies.  Such policies shall contain, at a minimum:   1. Specific goals for nutrition promotion and education, physical activity, and other school-based activities that promote student wellness; 2. Standards and nutrition guidelines for all foods and beverages available on campus during the school day that:   a.  are consistent with federal meal pattern requirements and nutrition standards; b.  prohibit the sale to students on the school campus during the school day of competitive foods       that do not meet the federal criteria; and, c.  adhere to the Healthy, Hunger-free Kids Act of 2010 and state requirements regarding exempt      fundraisers.   1. Identification of the position of district or school official(s) responsible for the oversight to endure each school's compliance with the wellness policy; 2. A description of the manner in which parents, students, and representatives of school food service, physical education teachers, school health professions, the school board, school administrators, and the general public are provided an opportunity to participate in the development, implementation, and periodic review of the wellness policy; and 3. A description  of the plan for measuring the implementation of the wellness policy and for reporting to the public its content and implementation issues.     The Superintendent or designee shall ensure that each participating school complies with the wellness policy; that periodic assessments and progress reports are conducted in accordance with state and federal timelines and other requirements; and, that appropriate updates or modifications are made as needed.  **Nutrition Education and Promotion**  It is the intent of the Board that the district shall teach, encourage, and support healthy eating by students. Schools shall provide nutrition education consistent with federal and state requirements that teach skills needed to encourage healthy eating habits by providing nutrition education opportunities.    **Exempted Fundraisers**  Each school will be allowed to have a set number of fundraisers that are exempt from the above guidelines as determined by State Board Rule 160-5-6.01. Please refer to Board Policy JKB-R(1) for more information.    **Physical Education**  All students in grades PK-12 shall have opportunities, support and encouragement to be physically active on a regular basis. The district will provide physical education consistent with federal and state requirements and encourage physical activity on a regular basis by providing structured opportunities. Minimum time will be as follows per State Board Rule 160-4-2-.12             Elementary - A minimum of 90 contact hours of instruction is required at each grade level K-5 in health/PE.           Middle School - Instruction in health/PE will be made available to students in grades 6-8.           High School - Instruction in health/PE will be made available to students in grades 9-12. One unit of credit in Health & Personal Fitness in required for graduation.      **Other School-Based Activities**  The superintendent or designee shall develop procedures that support and encourage healthy eating habits and physical activity in school based activities and in the home.    **Implementation**  Each school will implement the wellness goals established by the system wide Wellness Committee.  The Superintendent or designee shall be responsible for overseeing the implementation of this policy.  In each school, the principal or designee shall be charged with operational responsibilities for ensuring that the school works toward meeting the goals and activities set within the improvement plan and shall report on the school’s compliance to the superintendent or designee.  Each school will perform an annual self-evaluation and set goals for improvement in the areas of health education, physical activity, and social and emotional well-being, and staff wellness.    School nutrition staff at the school or district level shall monitor compliance with nutrition guidelines within school nutrition areas and keep this information on file and shall be provided upon request, to interested parties. |  | |
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| **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. |
| **Note:** *The State of Georgia has moved the Georgia Code. This new environment no longer allows us to link directly to the Georgia Code. For example enter 20-02-0211 in the search window and the Georgia Code will appear.* | |
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