

**McIntosh County
Local Wellness Plan**

07/14/2021

I. Wellness Policy Goals

Goal for Nutrition Promotion:

1. *Healthy eating and hydration will be promoted throughout the building through the posting of educational materials and morning announcements.*
2. *Implement farm to school by incorporating local foods to the menu monthly.*

Goal for Nutrition Education:

1. *All high school students are required to complete a semester of Health/PE (It's a Combined Block class for both Middle and High) which includes nutrition education. Middle School students may also complete this in 8th grade for High School credit.*
2. *Nutrition education will be provided through bulletin board materials changed every 9 weeks.*

Goal for Physical Activity:

1. *Elementary school physical activity brain breaks are implemented into the school daily.*
2. *Elementary students receive 40 minutes of Physical Education per week.*
3. *Fitness gram assessments completed annually at both middle and elementary.*
4. *All high school student must complete a semester of Personal Fitness.*

Goal for Other School-Based Activities that Promote Student Wellness:

1. *All 3 schools provide handwashing education and opportunities throughout the school day.*
2. *All 3 schools provide information on anti-vaping, alcohol, and drugs throughout the building.*

II. Nutrition Standards

School Meals

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.

1. *All schools in the district will participate in the National School Lunch Program.*
2. *All meals will, at a minimum, meet the USDA Meal Pattern requirements.*
3. *Free, potable water will be available to all students during meal periods.*
4. *Additional standards include:*
 - I. Will work with Ag teachers to serve items grown in the green house.
 - II. Conduct taste test of new and healthy menu items at least once annually.

Competitive Foods and Beverages

Nutrition standards for competitive foods and beverages must, at a minimum, meet the USDA's Smart Snacks in Schools guidelines. *These guidelines apply to all foods sold in the following locations:*

1. *Cafeteria*
2. *Vending Machines*
3. *Ice Cream Sales*
4. *Competitive Foods will meet the following requirements.*
 - I. *Nutrient Snack Calories 200 calories or less*
 - II. *Sodium 200 mg or less*
 - III. *Total Fat 35% of calories or less*
 - IV. *Saturated Fat Less than 10% of calories*
 - V. *Trans Fat 0 g*
 - VI. *Sugar 35% by weight or less*

Celebrations and Rewards

Food items provided but not sold to the students during the school day are encouraged to be non-food or meet the smart snack requirements. Ideas and information on healthy classroom rewards will be made available on school nutrition website.

These guidelines apply to

1. School-sponsored events
2. Celebrations and parties
3. Classroom snacks provided by parents
4. Classroom rewards and Incentives

Fundraising

Sales of food items that do not meet Smart Snacks criteria is prohibited, unless

1. Sold 30 minutes after school or during an event outside of school hours.
2. Sold to parents, teachers, or other adults.
3. Sold as part of an exempted fundraiser (not 30 minutes before until 30 minutes after meal service anywhere on the school campus). Schools may operate 30 exempt fundraiser per year does not last more than three days in length.
4. If an item meets the smart snack standards, it can be sold at any time during the school day.

Food and Beverage Marketing in Schools

Food and beverage marketing is defined as advertising and other promotions in schools. Food and beverage marketing often includes an oral, written, or graphic statements made for the purpose of promoting the sale of a food or beverage product made by the producer, manufacturer, seller or any other entity with a commercial interest in the product. All products marketed on the school campus must, at a minimum, meet the Smart Snacks guidelines.

1. *No marketing of any items that are non-compliant will be conducted. All foods and beverages promoted to students on campus during the school day will meet or exceed the USDS Smart Snacks in School Nutrition standards.*

III. School Wellness Committee

Committee Role and Membership

The District will convene a representative district wellness committee that meets 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.

1. *The Wellness committee will meet twice annually.*
2. *LEA permits and invites the public to participate in the wellness policy process. (e.g. parents, students, and representatives of the school food authority, teachers of physical education, school health professionals, the school board, and school administrators):*
3. *Announcement of wellness meeting will be posted on public site.*

Leadership

The district has designated one or more LEA and/or school official(s) who have the authority and responsibility to ensure each school complies with the local wellness policy.

1. *The School Principal is the designated official for oversight of implementation at each school.*
2. *The School Nutrition Director is the designated official for convening the wellness committee.*
3. *The School Nutrition Director is the designated official for informing the public about the wellness policy.*

IV. Wellness Policy Implementation, Monitoring, Accountability and Community Engagement

Implementation of the Wellness Policy

1. Each School Principal is responsible for compliance and assessing compliance with the wellness policy at their assigned school.

Triennial Progress Assessments

At least once every three years, the LEA must conduct an assessment of their wellness policy. To accomplish this, the District will evaluate compliance with their wellness policy and assess progress toward meeting the goals of the District Wellness policy. Additionally, USDA requires that the District will compare their policy to the Alliance for a Healthier Generation's model wellness policy.

1. The District will assess compliance and progress of their local wellness policy at least once every 3 years.
 - I. Annually data will be collected from each school to determine compliance with the wellness plan and progress toward meeting the goals of the plan.
 - II. Each School Principal is responsible for the assessment at their assigned school.
 - III. Questionnaires will be sent to School Principals from the Superintendent or the Superintendent's designee annually before the second meeting of the year to assess compliance with the plan and progress towards meeting the goals of the local plan.
2. The District will assess how their wellness policy compares to model wellness policies during the triennial assessment.
 - I. The wellness committee will compare the local plan with the model wellness plan to determine if the local plan needs to be revised to implement some components of the model policy.

Revisions and Updating the Policy

The District will update or modify the wellness policy as appropriate.

1. The Local Wellness Plan will be reviewed annually and updated as needed.

Notification of Wellness Policy, Policy Updates and Triennial Assessment

The District will inform families and the public each year of any updates to the wellness policy and every three years their compliance with the written wellness policy.

1. The School District will make the district wellness plan available to the public on the public website.
2. The annual progress reports and updates will be posted on the public website.
3. The School district will make the Triennial Assessment available on the public website.