

Wellness Guidelines

I. Nutrition Education / Promotion

It is the intent of the Board that the district shall teach, encourage, and support healthy eating by students at all grade levels. Schools within the system will engage in nutrition promotion aimed at the attainment of supporting a healthy school nutrition environment. The Oglethorpe County Schools nutrition education will:

- Nutrition education collaboration between the cafeteria and classroom will be encouraged to allow students to apply thinking skills to food choices.
- Nutrition Education will be incorporated into health classes.
- Will include enjoyable, developmentally activities such as taste test by cafeteria managers and farm visit field trips.

II. Physical Activity

All students in grades k-12 shall have opportunities, support, and encouragement to be physically active on a regular basis. Oglethorpe County Schools will provide physical education consistent with federal and state requirements and engage in the promotion of physical activities. Oglethorpe County Schools will:

- Give all students in grades k-12 opportunities for physical activity during the school year through daily recess periods or required/elective physical education classes.
- Provide a certified physical education teacher for all physical education classes.
- Encourage students to become involved in physical activity through school sponsored events, events in the community, and by participating in extra-curricular activities
- Offer a range of activities that meet the needs, interests, and abilities of all students, including boys, girls, students with disabilities, and students with health-care needs.

III. Nutrition

All schools in the district shall participate in available federal school meal programs. The superintendent or designee shall develop a program at each school designed to promote sound health and reducing childhood obesity. Oglethorpe County Schools food services will:

- Provide meals for breakfast and lunch as outlined by the USDA.
- Offer a variety of fruits and vegetables.
- Offer a choice of unflavored low-fat or fat-free milk, flavored fat-free milk and an equivalent non-dairy alternative.
- Provide meals that are attractive and appealing.
- Serve meals in clean and pleasant surroundings.
- Provide meals that are not deep-fried.
- Use, at a minimum, salt and sugar, but not to affect the quality or taste of food.
- Monitor food safety, designating this as a key part of the school food service program.
- Provide continuous professional training for appropriate certification and training programs for the food service staff, according to their level of responsibility.

- Utilize electronic identification and payment systems for all students to prevent embarrassment and other overt identification for free and /or reduced students.

IV. Other School-Based Activity Goals

- Ensure access to safe drinking water throughout the day at no cost to students.
- Meal schedules will ensure an adequate time for students to consume meals with the goal being, at a minimum, 10 minutes for breakfast after being seated and 20 minutes for lunch after being seated.
- Schools will provide safe, clean restrooms with adequate hand washing supplies.
- Each school and district site shall be in compliance with drug, alcohol and tobacco free policies for both students and staff.
- Schools shall have the opportunity to have school gardens giving students the opportunity to learn about different types of foods.

V. Implementation

The superintendent or designee shall be charged with the responsibility for ensuring that the goals set forth within these guidelines are implanted at each school. Principals are encouraged to involve school councils in this process and in seeking ways to improve upon the programs. There will be an annual review and assessment of the local wellness policy that will measure the extent to which local schools comply with the policy and the progress made in attaining policy goals. All updates will be made available to the public.