

**Policy
Wellness Program****Descriptor Code: EEE****Bremen City Schools District's Wellness Policy on Physical Activity and Nutrition**

In the interest of overall student health and well-being, the goal of the Bremen City Schools is to promote healthy schools by supporting wellness, good nutrition, and regular physical activity as part of the total learning environment. By facilitating learning through the support and promotion of good nutrition and physical activity, schools contribute to the basic health status of children, and improved health optimizes student performance potential. Bremen City Schools' policy is to ensure the following:

1. The school district will engage students, parents, teachers, school nutrition professionals, health professionals, and other interested community partners in developing, implementing, monitoring, and reviewing district-wide nutrition and physical activity policies.
2. All students in grades K-12 will have opportunities, support, and encouragement to be physically active on a regular basis.
3. Foods and beverages sold or served at school will meet the Federal nutrition requirements of the Healthy Hunger Free Kids Act and the Smart Snack regulations.
4. Qualified child nutrition professionals will provide students with access to a variety of affordable, nutritious, and appealing foods that meet the health and nutrition needs of students and will provide clean, safe, and pleasant settings and adequate time for students to eat.
5. 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.
6. When practicable, family members and the community will be involved in supporting and reinforcing nutrition education and the promotion of healthy eating and lifestyles.

I. Nutritional Quality of Foods and Beverages Sold and Served on Campus

Healthy eating is demonstrably linked to a reduced risk for mortality and the development of many chronic diseases as adults. The Bremen City Schools Nutrition Program operates under the federal guidelines set for the National School Lunch (NSL) and the National School Breakfast (NSB) programs and shall meet the nutritional standards required by state and federal regulation for reimbursable meals. The system shall provide free and reduced price meals to students according to the USDA criteria for the

NSL and NSB programs and shall inform parents of the eligibility standards for such meals.

Qualifications of School Nutrition Staff

Qualified nutrition professionals will manage and administer the School Nutrition Program. Continuing professional development should be provided for all nutrition professionals. Staff development programs should include appropriate certification and/or training programs for the District School Nutrition Director, managers, and school nutrition assistants according to their level of responsibility.

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Competitive Foods

The Board of Education for Bremen City Schools 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 the midnight (12:00 a.m.) before, until 30 minutes after the end of the official school day. **School Campus** includes all areas of the property under the jurisdiction of the school that are accessible to 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 of the items above.

****This criterion expires June 30, 2016.**

2. And 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
sugars in foods

Fat Limits:

Total Fat: = 35% of calories

Saturated Fat: = 10% of calories

Transfat: zero grams

Sugar Limit:

= 35% of weight from total

3. Or 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

1. Fundraisers

- The sale of food items that meet nutrition requirements at fundraisers are not limited in any way under the standards, except that they may not be sold in the cafeteria.
- All snacks sold in schools must meet the aforementioned nutritional requirements.
- The standards do not apply during non-school hours, on weekends, during class parties, and at off-campus fundraising events.

2. Exempted Fundraisers

- Per the State Board Rule 160-5-6-.01, the Board of Education for the Bremen City School District will allow **10** fundraisers per school per school year not to exceed 3 days in length. Exempted fundraisers will not occur 30 minutes prior until 30 minutes after the end of breakfast or lunch meal service.

Classroom and School Parties and Celebrations

School administrators shall determine ways to highlight seasonal events and birthdays in a way that is age appropriate and provides equal opportunity for each student to be involved. When food and beverages are provided during such activities, the provision of healthy food and beverage choices are recommended.

Drinking Water Availability

All school meal periods must offer access to drinking water for students during meal times. Students are allowed to access the available drinking water (fountain or canister) during meal times.

Outside Foods

Food from restaurants cannot be ordered, delivered, or brought to students. Such food items cannot be taken into the cafeteria.

II. Nutrition and Physical Activity Promotion and Food Marketing

The primary goal of nutrition education in the Bremen City School System is to provide nutrition knowledge and skills in order to influence students' eating behaviors and physical activity choices. Healthy living skills shall be taught as part of the regular instructional program and provide the opportunity for all students to understand and practice concepts and skills related to the promotion of good health and disease prevention through the following:

- a. Each school shall provide for an interdisciplinary, sequential skill-based health education program based upon state standards and benchmarks. Students in grades K-12 shall receive nutrition education that is interactive and teaches the skills needed to adopt healthy eating behaviors. Nutrition education shall be offered in the school cafeteria, as well as other school settings.
- b. Students shall have access to valid and useful health information and health promotion products and services through newsletters, bulletin boards, and enjoyable, developmentally-appropriate, participatory activities, such as contests, promotions, taste testing, and school gardens. Nutrition education shall be integrated into the health education curriculum and the overall school health program.
- c. The school system shall provide parent education in nutrition through the schools, as well as through community outreach programs and local media.
- d. Each school will promote fruits, vegetables, whole grain products, low-fat and fat-free dairy products, healthy food preparation methods, and healthy enhancing nutrition practices.
- e. The school system will promote their participation in programs like Fuel up to Play 60, and will strive to meet the requirements of a HealthierUS School Challenge school.

- f. Students shall have the opportunity to practice behaviors that enhance health and/or reduce health risks during the school day and as part of before or after school programs.
- g. Students shall be taught communication, goal setting, and decision making skills that enhance personal, family, and community health.
- h. Appropriate nutrition education training shall be provided for school staff.
- i. Physical activity will be integrated into the classroom to support student achievement when opportunities arise.

III. Physical Education and Activity

Physical education shall be taught by a certified physical education teacher. Physical activity shall be provided by a qualified staff member. Physical education and physical activity shall be an essential element of each school's instructional program. The program shall provide the opportunity for **all** students to develop the skills, knowledge, and attitudes necessary to participate in a lifetime of healthful physical activity. The physical education program shall be designed to stress physical fitness and encourage healthy, active lifestyles. The program shall consist of physical activities of at least moderate intensity and for a duration that is sufficient to provide a significant health benefit to students, contingent upon the differing abilities of students.

Time Allotment

The content and time allotment for physical education classes shall be consistent with state objectives and requirements. Each school shall provide Physical Education courses based on the requirements of the State of Georgia Board of Education.

1. A minimum of 90 contact hours in health and physical education for students in grade levels K -5.
2. Physical education and health will be available for students in grades 6 - 12.
3. In addition, students will be required to complete ½ unit of health and ½ unit of physical education in order to graduate from Bremen high School.

Testing

In accordance with the official Code of Georgia 20-2-777, Bremen City Schools will administer the Fitnessgram to students in grades 1 to 12 who

are enrolled in a physical education class taught by a certified instructor. The Fitnessgram assesses student health-related fitness, provides individual prescriptive reports, and offers tools to promote lifelong health and fitness.

Physical Education and Physical Activity Promotion

1. Teachers in P.E. classes should not use physical activity (i.e., running laps, pushups) as punishment, and classroom teachers should not withhold opportunities for physical activity as punishment. Students should not be prevented from attending a regularly scheduled P.E. class for remediation or make-up work unless deemed necessary by the teacher and principal.
2. Physical education shall be complemented with classroom education which shall reinforce the knowledge and self-management skills necessary to maintain a physically active lifestyle. As with nutrition education, training may be necessary for teachers to learn interactive and engaging health lessons at the elementary level.
3. Bremen City Schools shall collaborate with community health liaisons and resources to promote health and wellness for students, families, staff, and community.
4. In order for students to receive the nationally-recommended amount of daily physical activity (i.e., at least 60 minutes per day) and for students to fully embrace regular physical activity as a personal behavior, students need opportunities for physical activity beyond physical education class. Teachers of other academic classes are encouraged to find ways to integrate physical activity into the curriculum. Examples include, but are not limited to, monitoring and calculating heart rate as part of a math class, having students pair up and take a walking study break to review for a test, etc.
5. Bremen City Schools shall make every attempt to utilize physical activity (instead of food) as a reward or incentive whenever possible, example "Walk with the Principal" for Character Stars at the elementary school. Brief exercise breaks throughout the school day to enhance student focus and attention and to increase awareness of the importance of physical activity shall be provided at all grade levels. Schools are encouraged to incorporate interactive learning, such as Energizers Curriculum.

Recess

Elementary students shall have supervised recess time that includes physical activity providing that such time does not conflict with academic requirements as set forth by the State Department of Education. Teachers will incorporate various physical activities throughout the instructional day to promote a healthier lifestyle.

Integrating Physical Education Outside of School

1. Bremen City Schools shall support parents' efforts to provide their children with opportunities to be physically active outside of school. Students shall be supported in setting and meeting personal fitness goals that result in the achievement and maintenance of a health enhancing level of physical fitness.
2. Support for all students shall include sharing information pertaining to health and nutrition and physical activity through websites, newsletter, school paper, or special events such as walking/running clubs, Log It Program, Project ACES, Bike/Walk to School Days, Field Day, etc.

IV. Other Guidelines

1. Healthy and Safe Environment: A healthy and safe environment for everyone, before, during, and after school supports academic success. Safer communities promote healthier students. Healthier students perform better in school and make greater contributions to their communities.
 - a. School buildings and grounds, structures, buses, and equipment shall meet all current health and safety standards, including environmental air quality, and shall be maintained so as to be inviting, clean, safe, and in good repair.
 - b. Schools and central offices shall maintain an environment that is free of tobacco, alcohol, and other drugs.
 - c. Safety procedures and appropriate training for students and staff shall support personal safety and a violence and harassment free environment.
 - d. Each work site, school, and classroom shall work to create an environment where students, parents/guardians, and staff are respected, valued, and accepted with high expectations for personal behavior and accomplishments.
2. Social and Emotional Well-Being: Programs and services that support and value the social and emotional well-being of students, families, and staff build a healthy school environment.
 - a. Each school shall provide a supportive environment that includes guidance, counseling, and school social work services that encourages students, families, and staff to request assistance when needed and links them to school or community resources.
 - b. Students shall be provided the skills to express thoughts and feelings in a responsible manner and give and receive support from

others.

- c. Students shall be taught to understand and respect the differences in others and how to build positive interpersonal relations.
 - d. Students and staff shall be encouraged to balance work and recreation and assisted in becoming aware of stressors which may interfere with health development.
3. **Staff Wellness:** Bremen City Schools 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.

V. Policy Compliance:

Implementation and Monitoring

The Superintendent or designee will ensure the compliance and implementation with this wellness policy throughout the district. School principals shall be responsible for communicating the contents of this policy as well as implementing this policy in their respective schools. Principals shall report on their compliance as directed by the superintendent.

The School Nutrition Director for Bremen City 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.

Policy Review

The Wellness Committee will meet annually to assess this policy and to review compliance, assess progress, and determine areas in need of improvement. As a part of the 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.