

State Schools Wellness Policy

Georgia Academy for the Blind (GAB)
Atlanta Area School for the Deaf (AASD)
Georgia School for the Deaf (GSD)

Georgia State Schools

Atlanta Area
School
for the Deaf



Georgia School
for the Deaf



Georgia Academy
for the Blind



GAB



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Preamble

The State Schools District (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. 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 available 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.

School Wellness Committee

Committee Role and Membership

Each school will designate a school wellness policy coordinator, who will ensure compliance with the policy. Refer to Appendix A for a list of school level wellness policy coordinators. Each school within the State Schools District will convene a school wellness committee (hereto referred to as the SWC) that leads and coordinates at least two times per year 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 SWC membership will represent all school levels (elementary and secondary schools) and include (to the extent possible), but not be 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, vice principal), school board members; health professionals (ex., dietitians, doctors, nurses, dentists); and the general public. To the extent possible, the SWC will include representatives from each school building and reflect the diversity of the community.

The SWC will convene and facilitate development of and updates to the wellness policy, and will ensure each school's compliance with the policy.



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Wellness Policy Implementation, Monitoring, Accountability, and Community Engagement

Implementation Policy

The District will develop and maintain a policy for implementation to manage and coordinate the execution of this wellness policy. The policy 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 the school campus, food and beverage marketing, nutrition promotion and education, physical activity, physical education, and other school-based activities that promote student wellness. It is recommended that the school use the [Healthy Schools Program online tools](#) to complete a school level assessment based on the Centers for Disease Control and Prevention's School Health Index, create an action policy that fosters implementation, and generate an annual progress report.

This wellness policy and the progress reports can be found at:

<http://www.gadoe.org/Curriculum-Instruction-and-Assessment/State-Schools/Pages/default.aspx>

Recordkeeping

Each school within the District will retain records to document compliance with the requirements of the wellness policy at the local School Nutrition Coordinator's office file

Revisions and Updating the Policy

The SWC will update or modify the wellness policy based on the results of the annual progress reports, 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.**

Nutrition

School Meals

Our school district 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 within the District participate in USDA child nutrition programs, including the National School Lunch Program (NSLP), the School Breakfast Program (SBP). 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 and pleasant settings;
- 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](#).)
- Promote healthy food and beverage choices using at least ten of the following [Smarter Lunchroom techniques](#):
 - Whole fruit options are displayed in attractive bowls or baskets (instead of chaffing dishes or hotel pans)
 - Sliced or cut fruit is available daily
 - Daily fruit options are displayed in a location in the line of sight and reach of students



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- All staff members, especially those serving, have been trained to politely prompt students to select and consume the daily vegetable options with their meal
- White milk is placed in front of other beverages in all coolers
- A reimbursable meal can be created in any service area available to students (e.g., salad bars, snack rooms, etc.)
- Student surveys and taste testing opportunities are used to inform menu development, dining space decor, and promotional ideas

Menus will be posted on the individual website or individual school websites, and will include nutrient content and ingredients.

- *The District child nutrition program will accommodate students with special dietary needs.*
- *Students will be allowed at least 10 minutes to eat breakfast and at least 20 minutes to eat lunch, counting from the time they have received their meal and are seated (meets HSP Gold level). Students are served lunch at a reasonable and appropriate time of day.*
- *Participation in Federal child nutrition programs will be promoted among students and families to help ensure that families know what programs are available in their children's school.*

Water

To promote hydration, free, safe, unflavored drinking water will be available to all students throughout the school day* and throughout every school campus* ("school campus" and "school day" are defined in the glossary).

Competitive Foods and Beverages

The District is committed to ensuring that all foods and beverages available to students on the school campus* during the school day* support healthy eating. The foods and beverages sold and served outside of the school meal programs (i.e., "competitive" foods and beverages) will meet the USDA Smart Snacks in School nutrition standards, at a minimum. Smart Snacks aim to improve student health and well-being, increase consumption of healthful foods during the school day, and create an environment that reinforces the development of healthy eating habits. A summary of the standards and information are available at: <http://www.fns.usda.gov/healthierschoolday/tools-schools-smart-snacks>. The Alliance for a Healthier Generation provides a set of tools to assist with implementation of Smart Snacks available at www.healthiergeneration.org/smartsnacks.

The 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 the midnight (12:00 am) 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:



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- ° 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 limit:

- ° ≤ 35% of weight from total sugars in foods

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

• Fundraisers

- The sale of food items that meet nutrition requirements at fundraisers are not limited in any way under the standards Fundraisers foods will not be sold in the state schools cafeterias.
- 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.

• Exempted Fundraisers

- Per the State Board Rule 160-5-6-.01, the Board of Education for the _State schools District will allow 20 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.

To support healthy food choices and improve student health and well-being, all foods and beverages outside the reimbursable school meal programs that are sold to students on the school campus during the school day* will meet or exceed the USDA Smart Snacks nutrition standards These standards will apply in all locations and through all services where foods and beverages are sold, which may include, but are not limited to, a la carte options in cafeterias, vending machines, school stores, and snack or food carts.



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Wellness Goals for Georgia Academy for the Blind (GAB)

GAB Wellness Committee Members

Name	Title	Email address	Role
Rosemary Knight	GAB Social Worker	rknight@doe.k12.ga.us	Chairperson- Food Service Supervision
Ivan Watkins "Glynn"	GAB Health Educator	iwatkins@doe.k12.ga.us	Health Education/Student Activities
Kai Bertois	Interim Food Service Manager	kbertoia@doe.k12.ga.us	Menus and SNO policies and procedures
Nikki Smith	Student and Student Council President	nikki.smith@gaggle.net	Student Leader
Allison Hawkins	Occupational Therapist	ahawkins@doe.k12.ga.us	Direct Services to Students

GOAL #1 Students will obtain a minimum 30 minutes of cardio/strength training 3 of 5 school days.

GOAL #2 Students will identify health benefits to the fruits and vegetables that they choose.

GOAL#3 Students will practice principles of hygiene before during and after dining.

Wellness Goals for Georgia School for the Deaf (GSD)

GSD Wellness Committee Members

Name	Title	Email address	Role



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GOAL #1

GOAL #2

GOAL#3

Wellness Goals for Atlanta Area School for the Deaf (AASD)

AASD Wellness Committee Members

Name	Title	Email address	Role

GOAL #1

GOAL #2

GOAL#3

GOALS FOR OTHER FOODS AVAILABLE ON STATE SCHOOLS CAMPUS STATE SCHOOLS: We create an environment that models healthful eating as a valuable part of daily life.

- The sale of foods and beverages outside of the school nutrition program is prohibited until after the school day in elementary schools, middle schools, and senior high schools with the exception of water and nutritionally sound beverages, which may be sold throughout the school day. See Appendix A.
- Healthy food choices shall be available at extracurricular activities when food is sold.
- School fundraising shall be encouraged to offer healthy food choices or non-food sales. See Appendix B.
 - Food and beverages are not used as a reward or punishment
- Nutrition standards will be set for vending by the School Nutrition Department.
- Proactively reinforce a drug and alcohol free lifestyle.

GOALS FOR HEALTHY SCHOOL ENVIRONMENT STATE SCHOOLS: We create an environment that enhances a healthy lifestyle encouraging behavior and academic achievement in school.



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- Cafeterias include enough serving areas and seating areas to prevent students from having to spend too much time waiting in line.
- Drinking water is available to students during meals.
- Food and/or physical activity are not used as a reward or punishment for student behaviors. See Appendix C.
 - Students have access to safe, clean, hygienic restrooms.
- All foods available on campus adhere to food safety and security guidelines.

Snacks

Best	Acceptable	Not Acceptable
Animal Crackers, graham crackers, whole grain crackers	Granola bars, whole-grain fruit bars	Cookies (including lowfat)
		Candies, candy bars, chocolate bars, toaster pastries, marshmallow/cereal treats
Pretzels	Baked chips, corn nuts, rice cakes, cereal/nut mix	Regular chips, cheese-flavored crackers, cracker sandwiches
Nuts and seed- plain or with spices	Nuts with light sugar covering; honey coated	Candy-yogurt-coated nuts
Trail mix (plain)	Popcorn/ nut mix	Trail mix with chocolate, yogurt, or candy
Fresh fruit and vegetables, single serve canned fruit, dried fruit	Fruit-flavored snacks, fruit leathers	Candy- or- sugar coated dried fruit
Fat-free popcorn	Light popcorn	Buttered popcorn
Beef jerky 95% fat free		
Yogurt, preferably non-fat, low-fat or light		
	Sugar-free gelatin, fat-free pudding	

Beverages

Best	Acceptable	Not Acceptable
Milk, any flavor – preferably non-fat or low fat (1%)	Milk, 2%, whole	
Juice – Fruit and vegetable that contain 100% juice	Juice- fruit or vegetables that contain at least 50% juice	



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WWW Water, pure	Flavored or vitamin-enhanced fitness water, sparkling water	
	Low- calorie, diet sodas	Regular soft drinks, sports drinks, sweetened tea

Appendix A: School Level Contacts

School	Name	Title	Email Address	Role
Atlanta Area School for the Deaf	Karla Stovall	School Nutrition Manager	kstovall@doe.k12.ga.us	Nutrition Services Manager
Georgia Academy for the Blind	Kai Bertoia	Interim School Nutrition Manager	kbertoria@doe.k12.ga.us	Nutrition Services Interim Manager
Georgia School for the Deaf	Sharion Gooden	School Nutrition Department Head	Sharion.gooden@doe.k12.ga.us	Department Head