

Bibb County Public School District

Comprehensive Wellness Policy

I. INTRODUCTION

If every student in the Bibb County School District (BCSD) knew how important it was to be conscious and proactive about their health and wellness, perhaps they would not currently be facing the increasing health and safety issues that affect their wellness, ability to learn, and ability to be productive members of society. It is important for students to understand that physical and mental health, social-emotional well-being, and positive development are indivisibly linked with academic success and lifelong health. The BCSD is working to transform the District's capacity to meet the health and wellness needs of children in Macon-Bibb County. The district is also committed to providing an environment where students can learn to make healthy choices for lifelong health and wellness.

To create a healthy school environment where the healthy choice is the easy choice, the District has developed a comprehensive wellness policy and guide for implementing a health and wellness plan. Knowing that schools play a critical role in promoting student health and wellness, this wellness policy will assist schools and the District in implementing a comprehensive wellness plan for students, families, and staff. There are ten components that are included in the WSCC (Whole School, Whole Community, and Whole Child) model, including Health Education, Curriculum and Instruction, Nutrition Environment and Services, Employee Wellness, Social and Emotional School Climates and Culture, Physical Education, Health Services, Counseling, Psychological and Social Services, & Community Involvement, Family Engagement and Physical Education and Physical Activity.

The Wellness Committee is comprised of District staff, teachers and students, as well as civic and community organizations that will work collaboratively to continue to address local and District-wide health and safety. The BCSD aims to actively promote the health and wellness of all students to advance both their healthy development and ensure readiness to learn. Together, with and honest effort, we can make a difference in the lives of our students, our staff, and their families.

II. POLICY

The Bibb County School District Board of Education is committed to instructing students about the importance of healthy schools and lifestyles. They are providing a total learning environment that enhances the development of lifelong healthy habits in wellness, nutrition, and regular physical activity. This should increase student academic achievement, and wellness.

Review and approval of proposals for wellness programs, events, or activities from community partners will be presented to, approved by, and/or implemented by the Assistant Superintendent of Student Affairs.

Review and approval by the Bibb County Board of Education of the Wellness Policy will replace:
Wellness Program Descriptor Code: EEE

III. PURPOSE

Specifically, this policy establishes goals and procedures to ensure that:

- A. 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;
- B. Students have access to quality nutrition education that helps them develop lifelong healthy eating behaviors;
- C. Students have opportunities to be physically active before, during and after school;
- D. Schools engage in nutrition and physical activity promotion and other activities that promote student wellness;
- E. School staff are encouraged and supported to practice healthy nutrition and physical activity behaviors in and out of school;
- F. 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 health habits.
- G. The District establishes and maintains an infrastructure for management, oversight, implementation, communication about and monitoring of the policy and its established goals and objectives.
- H. This policy applies to all students, staff and schools in the District. Specific measurable goals and outcomes are identified within each section below.

IV. DEFINITIONS

- A. Comprehensive Health and Nutrition Education Instruction (“Health Education”) – A planned sequential curriculum that addresses and contributes to the enhancement of physical, nutritional, emotional, and social dimensions of health; develops health knowledge, attitudes, and skills as it relates to the development of the student.
- B. Whole School, Whole Community, Whole Child (WSCC) model Coordinated School Health Program and Instruction – The WSCC model consists of ten interactive components. The components are Health Education, Curriculum and Instruction, Nutrition Environment and Services, Employee Wellness, Social and Emotional School Climates and Culture, Physical Education, Health Services, Counseling, Psychological and Social Services, & Community Involvement, Family Engagement and Physical Education and Physical Activity.
- C. District Wellness Committee – The District Wellness Committee (DWC) 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 (e.g.; school nutrition director); physical education teachers; health education teachers, school health professionals (e.g., health education teachers, school health services staff (e.g., nurses, health educators and other allied health personnel who provide school health services), and mental health and social services staff (e.g., school counselors, psychologists, social workers, or psychiatrists); school administrators (e.g., CEO/Superintendent, principal, assistant principal), school board members; health professionals (e.g., dietitians, nurses); and the general public.

When possible, membership will also include Supplemental Nutrition Assistance Program Education Coordinators (SNAP-EDEDSNAP-Ed). To the extent possible, the DWC will include representatives from each school building and engaged community partners which represent the ten components of the Whole School, Whole Community Whole Child model.

These individuals are dedicated to the health and well-being of all stakeholders, while influencing student academic achievement. The DWC will meet a minimum of two times per academic 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.

D. Food & Child Nutrition Services ("FCNS") — The BCSD Department responsible for administering the National Breakfast Program, National School Lunch Program, Fresh Fruit and Vegetable Program, After School Care Snack Program, Seamless Summer Meal Program and an a la carte program according to all applicable Federal and State guidelines and regulations. FCNS also provides catering services for school district-related functions and responsible for providing opportunities for families and community stakeholders to provide feedback regarding BCSD nutrition programs.

E. Foods of Minimal Nutritional Value ("FMNV") — Specified foods identified by the Secretary of the USDA: soda water (carbonated beverage); fruit drinks and water ices (with less than 10 percent fruit or fruit juices); chewing gum; jellies and gums; marshmallow; fondant; licorice; spun candy; hard candies and candy-coated popcorn.

F. Healthy and Safe Environment — a physically and psychologically safe school climate with a positive culture that is designed to promote the maximum health and safety of all students.

G. Interscholastic Athletics and Student Activities Office — This Department provides opportunities for the physical, social and emotional development of students through athletic and extra-curricular activities. The department governs the district-wide administration of a diverse selection of activities that promote an appreciation for an active academic career in the following areas: high school-baseball, basketball, bowling, cross-country, football, golf, soccer, softball, swimming, track and volleyball; middle school- basketball, soccer, track and volleyball; and for grades six through twelve cheerleader and R.O.T.C

H. Social Emotional Learning ("SEL") — an important component of BCSD's broader strategic plan. It is designed to address the conditions for learning so all students are academically and socially equipped to succeed. The department supports the use of evidence-based programs and best practices to ensure that all human resources in a child's school community function together to provide safe, supportive and orderly schools.

I. Nursing — Nurses ensure access to healthcare and try to and manage barriers to student education by providing emergency care, education, prevention, referrals, and management of acute and chronic health problems. Serving as an educational resource to students, staff and the community.

J. Nutrition Education Instruction — a component of the comprehensive school health education programs which teaches knowledge and skills related to nutrition and physical activity.

K. Obesity — Body Mass Index (BMI) in excess of 30 percent acceptable body weight.

L. Physical Activity — any bodily movement produced by skeletal muscles that result in an expenditure of energy. Brain Breaks are opportunities to provide short (3-5 minute) physical activity breaks to students during

and between classroom times. These physical activity breaks will complement, not substitute, for physical education class, recess, and class transition periods.

M. Physical Education Instruction — a planned sequential curriculum that teaches skills, knowledge, and attitudes that are needed to establish and lead a physically active life.

N. Recess — periods within the school day for physical activity and play. Recess will compliment, NOT substitute physical education class. All elementary schools will offer at least 20 minutes of recess on all or most days during the school year. Indoor recess will promote physical activity for students to the extent practicable. Outdoor recess will be offered when weather is feasible for outdoor play. Lunch will follow the recess period to better support learning and healthy eating.

O. Safe Routes to School — BCSD's Safe Routes to School program enables and encourages students in grades K-8 to safely walk or bicycle to and from school. To enhance this opportunity for physical activity, the district will support efforts to increase walking and bicycling to and from school, including implementing education, encouragement, engineering, enforcement, and evaluation strategies to make walking and biking safe and fun.

P. School Wellness Committee — a school based committee that consists of but not limited to the Principal, school nurse, physical education teacher, food service representative, media specialist, teachers, parents and student. The purpose of this committee is to ensure that all aspects of the School Wellness Plan/Policy are correctly implemented on a daily basis and reviewed on a yearly basis. NOTE: The Healthy Hunger Free Kids Act of 2010 (USDA, 7CFR, Parts 210 and 220) mandates the establishment and ongoing participation of a School Wellness Committee.

Q. School Wellness Plan — a school based plan that mirrors the District's Wellness Plan, allowing implementation and maintenance at the school level.

R. School Health Services/SEL — Services provided for students to appraise, protect, and promote health and health education. These services include, but are not limited to, prevention and control of communicable disease; provision of emergency care for illness and injury; administration of medication; and the evaluation of the school facility/environment for safe and sanitary conditions. Health services are provided by professional school nurses.

S. Standard-Based Curriculum — The prescribed programs and courses that state what students should know and be able to do, how they will meet learning objectives, and how they will be assessed. All programs and courses introduced or implemented for instruction will align with District, State and National requirements.

T. Tobacco — For the purpose of this policy "tobacco" is defined to include spit and spit-less tobacco, chewing tobacco, snuff and all lighted or unlighted cigarette, cigar, pipe, clove cigarette or other smoking products.

U. USDA — United States Department of Agriculture.

V. Wellness — A state of optimal health involving multi-dimensional approaches to change, improve or attain the state of physical, mental, social, intellectual, and spiritual well-being.

V. PROCEDURES

A. Physical Activity — National Standards indicate that children and adolescents should participate in 60 minutes of physical activity every day. A substantial percentage of students' physical activity can be provided through a comprehensive, school-based physical activity program (CSPAP) that includes these components: physical education, recess, classroom-based physical activity, walking and bicycling to school, and out of school time activities and the district is committed to providing these opportunities. Schools will ensure that these varied opportunities are in addition to, and not as a substitute for, physical education (addressed in "Physical Education" subsection). BCSD school communities that are engaging in recognition from the Alliance for a Healthier Generation or other national programs are encouraged to exceed State Physical Educational Instructional standards to be determined by the building leadership teams. All schools in the district will be encouraged to participate in recommended District Health and Wellness programs. To the extent practicable, the District will ensure that its grounds and facilities are safe and that equipment is available to students to be active and hydrated. The District will conduct necessary inspections and repairs as feasible.

1. Physical Activity Breaks (Elementary and Secondary)

a. Children and adolescents should participate in at least 60 minutes of physical activity every day. A substantial percentage of students' physical activity can be provided through a comprehensive school physical activity program (CSPAP). A CSPAP reflects strong coordination and synergy across all of the components; quality physical education as the foundation' physical activity before, during and after school; staff involvement and family and community engagement and the district is committed to providing these opportunities. Schools will ensure that these varied physical activity opportunities are in addition to and not as a substitute for physical education.

b. The District recognizes that students are more attentive and ready to learn if provided with periodic breaks when they can be physically active or stretch. Thus, the District will encourage and support building principals to provide students with opportunities to be active or to stretch throughout the day on all or most days during a typical school week. The District supports and encourages teachers to provide short (3-5 minute) physical activity breaks to students during and between classroom times. These physical activity breaks will complement, not substitute, for physical education class, recess, and class transition periods. All schools in the district will be encouraged to participate in The Alliance for a Healthier Generation Framework and in Let's Move, Active Schools (www.lestsmoveschools.org), in order to successfully address all CSPAP areas.

c. Physical Activity during the school day (including but not limited to recess, classroom physical activity breaks or physical education) will not be withheld as punishment for any reason. This does not include participation on sports teams that have specific academic requirements. The district will provide teachers and other school staff with a list of ideas for alternative ways to discipline students.

d. To the extent practicable, the District will ensure that its grounds and facilities are safe. The District will conduct necessary inspections and repairs.

2. The Director of Physical Education will provide professional development, resources, connection with external partners and links to resources, tools, and technology with ideas for physical activity breaks for classroom and/or content educators.

B. Physical Education Instruction

1. The Assistant Superintendent for Teaching and Learning and designee(s) will ensure that a comprehensive, sequential physical education and health education will be taught at each school by a licensed physical and health education teacher. The time allotted for physical education will be consistent with current research, national and state standards.
 - a. The physical education curriculum will promote the benefits of a physically active lifestyle and will help students develop skills to engage in lifelong healthy habits, as well as incorporate essential health education concepts
 - b. It is recommended nationally that all K-8 students in each grade receive physical education for at least 60-89 minutes per week throughout the school year. A substantial percentage of students' physical activity can be provided through a comprehensive, school-based physical activity program (CSPAP) that includes these components: physical education, recess, classroom-based physical activity, walk and bicycle to school, and out-of-school time activities and the district is committed to providing these opportunities. The District will support schools that meet or exceed 60 to 150 minutes per week per national and state recommendations.
 - c. All students will be provided equal opportunity to participate in physical education classes. The District will make appropriate accommodations to allow for equitable participation for all students and will adapt physical education classes and equipment as necessary.
 - d. The District physical education program will promote student physical fitness through individualized fitness and activity assessments (via the Presidential Youth Fitness Program and the Georgia Department of Education's Physical Education's State Assessments) and will use criterion-based reporting for each student.
 - e. The Director of Physical Education will provide a minimum of two District wide professional development opportunities per the union contract for all Physical Education Teachers.
2. The Assistant Superintendent for Teaching and Learning and designee(s) shall ensure that physical education and RSB instruction is reflected within the District's Scope and Sequence.
3. The Assistant Superintendent for Teaching and Learning will expect physical and health education teachers to implement all BCSD collaborated and approved programs, events, or experiences from external partners.
4. The Assistant Superintendent For Teaching and Learning will promote and support the Georgia Department of Education's Formal Physical Education required Assessment for School Districts. A variety of physical education/activity professional development opportunities will be available for all District staff to enhance personal and professional growth while striving to achieve greater student success. All physical education teachers in the District have access to attend a minimum of one content specific professional development per year.
5. At his or her discretion, the Assistant Superintendent for Teaching and Learning and designee(s) may provide professional development for integration of subject content.
6. The Assistant Superintendent of Human Resources will ensure that health and physical education teachers are qualified through certification or licensure and professional development.

7. Principals shall ensure that physical education instruction is listed on their master schedule and taught to their students. Students will be moderately to vigorously active for at least 50% of class time during most or all physical education class sessions.

8. The Assistant Superintendent for Teaching and Learning and designee(s) in conjunction with each elementary principal will support efforts and opportunities for daily physical activity lasting at least 20 minutes for all elementary children.

9. Principals shall ensure that physical education facilities on school grounds are safe and that the school provides a physical and social environment that encourages safe and enjoyable activity for all students, including offering opportunities for non-competitive physical activity.

10. The Director of Physical Education shall collaborate with the Macon-Bibb Parks and Recreation Department and the Macon – Bibb County Health Department to provide a bank of physical education resources for sharing information with families and community to positively impact health.

- a. Safe Routes to School: BCSDs Safe Routes to School program enables and encourages students in grades K-8 to safely walk or bicycle to and from school. To enhance this opportunity for physical activity, the district will support efforts to increase walking and bicycling to and from school, including implementing education, encouragement, engineering, enforcement, and evaluation strategies to make walking and biking safe and fun.
- b. Use of physical education, physical activity, or recess as a punishment is prohibited. Physical Activity during the school day includes recess, physical activity breaks, and physical education and it should not be withheld as punishment for any reason. It is encouraged that other classroom management techniques and alternative methods of student discipline be utilized. (This does not include participation on sports teams that have specific academic requirements). The Director of Physical Education will address classroom management skills and alternative methods of student discipline during professional development workshops and sessions. The Director of Physical Education will provide resources for alternative ways to discipline students.

C. Recess

1. All elementary schools will offer at least 20 minutes of recess on all days during the school year (this policy may be waived on early dismissal or late arrival days). If recess is offered before lunch, schools will have appropriate hand-washing facilities and/or hand sanitizing mechanisms located just inside/outside the cafeteria to ensure proper hygiene prior to eating and students are required to use these mechanisms before eating. Hand-washing time, as well as time to put away coats/hats/gloves, will be built in to the recess transition period/timeframe before students enter the cafeteria.

2. Outdoor recess will be offered when weather is feasible for outdoor play determined by District guidelines. In the event that a school/district must conduct indoor recess, promotion of physical activity for students to the extent practicable will be enforced by staff responsible/supervising recess.

3. Recess will complement, not substitute physical education class. Recess monitors or teachers will encourage students to be active, and will serve as role models by being physically active alongside the students whenever feasible.

D. Comprehensive Health and Nutrition Education Instruction ("Health Education")

1. The Assistant Superintendent for Teaching and Learning and designee(s) will ensure that a comprehensive, sequential Health Education curriculum will be taught at each school, and that the time allotted is consistent with current research, national, and state standards.
 2. The Health Education including nutrition education curriculum via programs and resources in the District's Pre-Kindergarten-8 ("PreK-8") and Kindergarten-8 ("K-8") schools will be aligned and implemented within the curriculum taught by classroom teachers.
 3. The Health Education including nutrition education curriculum in the District's high schools will be taught in grades assigned by certified health education teachers.
 4. Human Resources will ensure that District high school health education teachers are qualified through certification or licensure.
 5. The Assistant Superintendent for Teaching and Learning and designee(s) shall ensure that health education is reflected within the District's Scope and Sequence as follows:
 - a. PreK-8 and K-8 schools within the Science curriculum, and High schools within the Health Education curriculum.
 6. The Assistant Superintendent for Teaching and Learning will expect health and science education teachers to implement all BCSD collaborated and approved programs, events, or experiences from external partners.
 7. The Assistant Superintendent for Teaching and Learning and designee(s) will insure that the Science education teachers in grades PreK-8 and K-8 teach this curriculum in his/her classes as designated by the District's Scope and Sequence.
 8. The Assistant Superintendent for Teaching and Learning and designee(s) shall insure that health education instruction is included on District high school master schedules and taught to their students as designated by the District's Scope and Sequence.
 9. At his or her discretion, the Assistant Superintendent for Teaching and Learning and designee(s) may provide professional development for the District's high school Health Education curriculum and/or subject content integration for teachers identified in 5(a) above.
 10. [Effective 9/14/2016] Instruction in cardiopulmonary resuscitation and the use of an automated external defibrillator will be taught through high school staff.
- (A) As used in this section, "psychomotor skills" means the use of hands-on practice to support cognitive learning. Instruction shall include the psychomotor skills necessary to perform cardiopulmonary resuscitation and use an automated external defibrillator and shall be either of the following:
- (1) An instructional program developed by the American heart association or the American red cross that includes instruction in cardiopulmonary resuscitation and the use of an automated external defibrillator;

(2) An instructional program that is nationally recognized and based on the most current national, evidence based emergency cardiovascular care guidelines for cardiopulmonary resuscitation and the use of an automated external defibrillator.

E. Nutrition Education Instructions

1. Nutrition Education

- a. The Executive Director of School Nutrition Services shall be used as a resource for nutrition education.

2. School Nutrition Services Standards and Procedures

- a. Nutrition Standards and Procedures - All Schools within the District participate in USDA child nutrition programs, including the National School Lunch Program (NSLP), the School Breakfast Program (SBP), fifteen (15) schools participate in the Fresh Fruit & Vegetable Program (FFVP) and seventeen (17) schools in the After School Snack Program. In addition the School District participates in a city wide Seamless Summer Feeding Program.

The District's Child Nutrition Program operates various innovative nutrition-related programs and activities including Breakfast in the Classroom, Grab 'n' Go Breakfast along with a "Farm to School" School Gardens Program at 9 Elementary and 1 Middle School. Since 2015 the District has participated in the Community Eligibility Provision (CEP), a child nutrition program under the National School Lunch Program (a non-pricing meal service option for schools and school districts in low-income areas). CEP allows the nation's highest poverty schools and districts to serve breakfast and lunch at no cost to all enrolled students without collecting household applications. Bibb County is one of these districts and all students eat at no charge. This solidifies the District's commitment to offering healthy meals 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 In accordance with the USDA Public Law 111-296, Healthy Hunger-Free Kids Act of 2010 and 7CFR, Parts 210 and 220. These are all "intended to help school children increase their intake of whole grains, which provide nutrients beneficial for children's health and development."
- Meals will contain 30 percent or less calories from total fat, as a weekly average; Meals will contain 10 percent or less calories from saturated fat, as a weekly average; The minimum and maximum caloric range for each age group is met:
- For K-5 (550 to 650 Kcal); 6-8 (600 to 700 Kcal); 9-12 (750 to 850 Kcal).
- For Breakfast: K-5 (350 to 500 Kcal); 6-8 (400 to 550 Kcal); 9-12 (450 to 600 Kcal); meals will meet a gradual reduction in sodium content over the course of three (3) phases resulting in SY 2022/2023 an approximate 25% to 50% reduction from the baseline.
- Meals will meet or exceed Federal Regulations and be in accordance with the most recent Dietary Guidelines for Americans;
- The quality of purchased, prepared, and delivered foods served in the Bibb County School District meets all local Health Code standards;

- All a 'la carte offerings will meet SMART SNACK Beverage and Snack guidelines;
- Schools participating in the Alliance for a Healthier Generation's Healthy School Program will receive necessary adjustments on menus so that schools can meet recognition criteria;

- Nutrition standards will be met for specific age/grade groupings when averaged over a school week. A school week is defined as a minimum of three consecutive days and a maximum of seven consecutive days.

b. 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 where appropriate (apples, oranges)
- Daily fruit options are displayed in a location in the line of sight and reach of students
- All available vegetable options have been given creative or descriptive names
- Daily vegetable options are bundled into all grab and go meals available to students
- 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
- Alternative main options (e.g., salad bar, yogurt parfaits, etc.) are highlighted on posters or signs within all service and dining areas
- A reimbursable meal can be created in any service area available to students (e.g., salad bars, etc.)
- Student and parent surveys and taste testing opportunities are used to influence menu development, dining experiences, and promotional ideas
- Student artwork is displayed in the service and/or dining areas
- Daily announcements are used to promote and market menu options
- Menus and nutrient content and ingredient information will be posted on the School Nutrition and District websites and where possible on individual school websites, and nutrient content and ingredients
- Menus will be created by a Menu Team consisting of Managers, Supervisors, Dietitian and other School Nutrition Staff utilizing information from students. Menus will be reviewed by a Registered Dietitian or other certified nutrition professional
- School meals are administered by a team of child nutrition professionals
- The District Child Nutrition Program will accommodate students with special dietary needs. *The U.S. Department of Agriculture's (USDA) nondiscrimination regulation (7 CFR 15b), as well as the regulations governing the National School Lunch Program and School Breakfast Program, make it clear that substitutions to the regular meal must be made for children who are unable to eat school meals because of their disabilities, when that need is certified by a licensed physician*
- 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
- Principals will ensure that 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
- Principals will ensure that the eating environment will be pleasant and conducive to appropriate food consumption and socialization
- Use of food as a punishment or a reward is prohibited. The U. S. Department Agriculture prohibits the use of food as a form of reward or punishment
- The Director of Physical Education will assist as needed the School Nutrition Department in professional development resources, connecting with external partners linking to resources and tools that will assist schools personnel.
- Students will receive positive, motivating messages, both verbal and non-verbal, about healthy eating and physical activity throughout school setting.
- Schools will consider student need in planning for a healthy school nutrition environment.

- Students will be asked for input and feedback through the use of student surveys and focus groups, and attention will be given to their comments.
3. Guidelines for Food and Beverages Sold in Vending Machines, School Stores, and Concession Stands on School Campuses — 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. The Smart Snacks in School rule is a set of nutrition standards issued by the USDA for foods and beverages sold in schools. These guidelines ensure that snacks in vending machines, school stores, a 'la carte lines, are healthy and 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/health>
 - <http://www.ffis.usda.gov/healthierschoolday/tools-schools-smart-snacks>.
4. The Alliance for a Healthier Generation provides a set of tools to assist with the implementation of Smart Snacks (www.healthiergeneration.org/smartsnacks).
- Food sales by school-related groups must be in compliance with State and Federal Regulations per 7 CFR, Part 210.11(b).
 - The sale of competitive foods is prohibited during the District's School Nutrition Service's program service periods.
 - School vending machines must be on a timer and turned off from the beginning of the breakfast program to one (1) hour after the end of the lunch program.
 - The Principal will address issues and concerns around the types and kinds of foods available on campus, sufficient mealtime, nutrition education and physical activity.
 - Events that require the use of District kitchen facilities must be staffed by a School Nutrition Services employee who has taken and passed certification as a Person in Charge ("PIC") by the Bibb County, Board of Health.
 - Principals will be responsible for monitoring, controlling, and educating school groups on the merits of offering food and beverages that are healthy nutritional choices.
5. Guidelines for Food and Beverages sold as part of School - Sponsored Fundraising Activities
- Fundraisers of foods will meet the USDA Smart Snack in School standards and Alliance for a Healthier Generation's Healthy School Program guidelines.
 - All foods served in the Bibb County School District by entities other than School Nutrition Services are of high quality and meet all applicable safety, sanitation, and health laws and regulations.
 - Only food from licensed commercial vendors and sources is sold.
 - Food will not be sold until at least one hour after the end of the last lunch period.
 - Emphasis and promotion of fundraisers that have a physical activity component is strongly encouraged.
 - Principals and their site-based school wellness councils/teams will monitor fundraisers to ensure compliance with the BCSD Comprehensive Wellness Policy, USDA Smart Snack standards and Alliance for a Healthier Generation's Healthy School Program.
6. Guidelines for Food and Beverages Served at Classroom Parties, School Celebrations, and any School Meeting before, during, or after school hours.
- All foods must meet USDA Smart Snack nutritional standards for healthy beverages and snacks.
 - The District will provide a list of healthy party ideas to parents and teachers, including non- food celebration ideas. Healthy party ideas from the Alliance for a Healthier Generation and from the USDA may be found at <https://healthymeals.fns.usda.gov/local-wellness-policy-resources/wellness-policy-elements/healthy-fundraising>

- Efforts should be made to contact School Nutrition Services to arrange for catering service support for these types of events. School Nutrition Services will ensure that all catered items meet the same standards as those for school meals beverages, and snacks.
 - In the event that School Nutrition Services cannot meet the needs of the particular type of event, food served in schools must be from licensed commercial vendors to reduce the risk of food borne illness and allergic reactions.
 - The District will provide teachers and other relevant school staff a list of alternative ways to reward children. Foods and beverages will not be used as a reward, or withheld as punishment for any reason, such as for performance or behavior.
 - Principals will ensure that school-based activities are consistent with the BCSD Comprehensive Wellness Policy including school events, field trips, dances and assemblies.
 - Students will be given the opportunity to provide input on local, cultural and ethnic favorites.
 - Students will receive nutrition education that is interactive and teaches the skills needed to adopt healthy eating behaviors. Teachers are encouraged to integrate nutrition education into core curriculum areas such as math, science, social studies and language arts as applicable. Nutrition education will be offered in collaboration between school foodservice staff and teachers.
7. Water — To promote hydration, free, safe, unflavored drinking water will be available during meal service times to all students where school meals. Schools can offer water pitchers and cups on lunch tables, a water fountain, or a faucet that allows students to fill their own bottles or cups with drinking water. Water sources will be maintained on a regular basis to ensure good hygiene standards.
- F. Social Emotional Learning ("SEL") —The Assistant Superintendent For Teaching and Learning or designees promote, guide and support the work of the department through the following strategies:
1. The Quality Standards document is comprised of eight basic standards that are expected to be met for all supports that BCSD personnel and community organizations provide to students. These standards reflect the values and priorities of BCSD initiatives and its academic transformation plan by creating a direction of practice and a framework for evaluation of these practices.
 2. The Leader in Me and Positive Behavioral Intervention Support (PBIS) curriculum is an evidence-based classroom curriculum model designed to facilitate the social emotional development of children from Pre K through Grade 5. The program provides skill-building for students as well as teachers and has a strong parent component to encourage family involvement.
 3. All in school suspension facilitators in grades K-12 have been trained in programs used to deter and/or calm students down from situation that may otherwise escalate into violent behaviors.
 4. The Response to Intervention Team (RTI) is a problem-solving group of school staff located at each site. The RTI goal is to address students' problems, including academic, behavior and/or attendance, in a timely manner through evidence-based interventions to help them achieve in school.
 5. The Strive for Five Attendance initiative supports parents in monitoring their children's attendance with data and incentives.
 6. The BCSD has implemented behavioral programs throughout the district. The purpose of these selected programs serves as a means of deterring unwanted behavior such as bullying. These programs help to build social skills, building self-confidence, critical thinking, decision-making, and the acceptance of ethnic differences.

7. The Assistant Superintendent of Teaching and Learning will expect its designee(s) to implement all BCSD collaborated and approved programs, events, or experiences from external partners.

G. Nursing — The Assistant Superintendent of Student Affairs or designees in the Special Education Department promote, guide, and support the work of District Nurses as follows:

1. Provide health education to improve student health through behavior and preventing or reducing risk factors of incurring diseases.

2. The Assistant Superintendent Of Student Affairs will expect it's designees to implement all BCSD collaborated and approved programs, events, or experiences from external partners.

3. Encouraging staff and family health promotion by

a. Sponsoring disease prevention and health promotion programs such as but not limited to

- Blood pressure checks(Health Screenings)
- Blood-borne pathogen lectures, and students, staff and community education)
- Cancer awareness information; disease awareness and prevention.
- Sleep education (providing and conducting education on school readiness.)
- Serving on the building wellness committee.

b. Individual and group information sessions for health maintenance and emergencies.

4. Maintain a safe physical and psychological environment to support learning.

5. Create and maintain partnerships with families, schools, community groups, and individuals that allow sharing and maximizing resources to support the health and welfare of children.

a. Environmental health describes anything from whether a bathroom has soap, water, and paper towels to helping decide if a lunch time snack is considered healthy. It may also include the school environment such as temperature, ventilation, and smell. This may also include assessing the environment after a serious incident at the school such as fire or illness

H. 100% Tobacco-Free School Campuses — The Board of Education, in an effort to protect and promote the health and well-being of all students and staff, aware of the serious health risks associated with the use of tobacco products to users and non-users, and recognizing that School District personnel and school visitors serve as role models to students, adopts this policy to establish a 100% Tobacco-Free School Campuses Policy.

I. Tobacco Use Prohibited — The School District prohibits all students, staff members, volunteers, and school visitors is from using tobacco in any form, at any time (including non-school hours) in or on School District property, including;

- a. Any School District building or facility, including those leased by the School District;
- b. Any school grounds, athletic grounds, or parking lots; and
- c. Any vehicle owned, leased, rented, or chartered by the School District.

The School District further prohibits all students, staff members, volunteers, and school visitors from using tobacco in any form, at any time (including non-school hours) at any District-sponsored events, regardless of whether they occur on or off School District property.

Additionally, no student is permitted to possess tobacco products or tobacco paraphernalia on any school property or at any School District-sponsored event at any time.

The School District's prohibitions against tobacco use and possession are to be in effect at all times: twenty four (24) hours per day, seven (7) days per week, and year-round.

2. Tobacco Promotion Prohibited — The School District prohibits tobacco advertising on school grounds, in or on all school property including school vehicles, in all school-sponsored publications, at all school-sponsored events, and any publication or event under the control of the School District.
3. Notice — Appropriate signage indicating tobacco use is not permitted shall be posted throughout the School District's property and school campuses including at entrances and other appropriate locations on all academic buildings, administrative spaces, athletic fields, parking lots, and school vehicles. Students and District personnel will be provided notice of this policy annually.
4. Educational Reinforcement — Tobacco-use prevention education should be coordinated with the other components of the school health program.
5. Disciplinary Enforcement — The School District's prohibitions against tobacco use and possession may be enforced with respect to students and staff through the School District's applicable disciplinary processes. Disciplinary measures taken against students and staff for violations of this policy will comply with applicable requirements of Georgia law, related Board polices, and contractual agreements.

Disciplinary actions taken against school visitors found in violation of this policy may include a verbal notification of the policy for the first offense and removal from the school property or activity for a subsequent or continuing offense.

J. District Wellness Committee

1. The Bibb County School District will convene a representative district wellness committee (hereto referred to as the DWC or work within an existing school health committee) that meets at least two times per academic 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").
2. The DWC 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. nurses, mental health and social services staff); school administrators (ex., assistant superintendent, principal, assistant principal), school board members and the general public. To the extent possible, the DWC will include representatives from various school buildings and reflect the diversity of the community. In the event that school representatives or parents are not able to attend DWC meetings in person, opportunities for regular feedback will be made available through various mechanisms.
3. The Director of Physical Education or designee(s) will convene the DWC and facilitate development of and updates to the wellness policy, and will support each school's compliance with the policy.
4. It is a federal requirement that each school within the District will establish an ongoing School Wellness Committee (SWC) that convenes to review school-level health and wellness issues, in coordination with the DWC. (Healthy Hungry Free Kids Act of 2010, USDA, 7CFR, Parts 210 and 220).

5. Leadership — The Director of Physical Education or designee(s) will convene the DWC and facilitate development of and updates to the wellness policy, and will support each school's compliance with the policy.

Name	Title	Email address	Role
Mr. Eddie Ashley	Director of Physical Education	Edward.Ashleyii@bcsdk12.net	Responsible for the District Wellness Policy and all non-core curriculum standards implementations and trainings

It is required that each school will designate a school wellness policy coordinator, who will ensure compliance with the policy. Provide health and fitness information and opportunities to District personnel, students, families, and community to engage in health, wellness, nutrition and fitness activities.

- a. Work with the Strategic Communications and Family and Community Engagement offices to promote the Comprehensive Wellness Policy to District staff, students, parents, and the community.

K. Evaluation

1. Site Current District Evaluations— The District will develop and maintain a plan for implementation to manage and coordinate the execution of this wellness policy. The plan 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 health and 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 plan that fosters implementation, and generate an annual progress report. This wellness policy and the progress reports can be found at: <https://www.bcsdk12.net>

2. Recordkeeping — The District will retain records to document compliance with the requirements of the wellness policy at District's Administrative Offices; Curriculum & Instruction. Documentation maintained in this location will include but will not be limited to:

- a. The wellness policy; .
- b. Documentation demonstrating that the policy has been made available to the public;
- c. Documentation of efforts to review, update and align as applicable School Wellness Policy(ices); including an indication of who is involved in the update and methods the district uses to make stakeholders aware of the their ability to participate in the DWC;
- d. Documentation to demonstrate compliance with the annual public notification requirements;
- e. The most recent assessment on the implementation of district/school wellness policy;
- f. Documentation demonstrating the most recent assessment on the implementation of the District/School Wellness Policy had been made available to the public.

3. Annual Notification of Policy — The District will actively inform families and the public each year of basic information about this policy, including its content, any updates to the policy and implementation status. The

District will make this information available via the district website and/or district-wide communications. The District will provide as much information as possible about the school nutrition environment. This will include a summary of the District's events or activities related to wellness policy implementation. Annually, the District will also publicize the name and contact information of the District/school officials leading and coordinating the committee, as well as information on how the public can get involved with the school wellness committee.

4. Annual Progress Reports

a. The website address for the wellness policy and/or how the public can receive/access a copy of the wellness policy; and/or get involved with the DWC or SWC.

b. Schools in active participation in the Alliance of a Healthier Generation, work towards meeting building wellness goals throughout the academic year. Progress can be found via the Alliance for a Healthier Generation School Health Inventory.

5. The DWC, with engaged feedback from individual school wellness committee, will establish and monitor goals and objectives for the District's schools, specific and appropriate for each instructional unit (elementary or secondary as appropriate), for each of the content-specific components listed in Sections III-V of this policy.

a. The District with the collaboration and support of local research institutions, universities, external partners and interns where feasible will track, analyze, and report on any correlations between improvements in health-promoting environments with education outcomes, such as absenteeism, disciplinary referrals, test scores, average grades, or health measures such as consumption of whole grains, fruits, or vegetables through the school meal programs or BMI, Fitness gram or psycho-social measures such as self-reported "connectedness," or other school climate measures.

b. The District will also track and annually report other related information, such as findings from food safety inspections, aggregate participation in school meals programs, income reported from competitive food sales, fundraising revenues, and other such information, as feasible.

6. Triennial Progress Assessments — At least once every three years, the District will evaluate compliance with the wellness policy to assess the implementation of the policy and include:

a. The extent to which schools under the jurisdiction of the District are in compliance with the wellness policy;

b. The extent to which the District's wellness policy compares to the Alliance for a Healthier Generation's model wellness policy; and

c. A description of the progress made in attaining the goals of the District's wellness policy. The position/person responsible for managing the triennial assessment and contact information is:

Eddie Ashley, Director of Physical Education

7. The DWC, in collaboration with individual schools, will monitor schools' compliance with this wellness policy.

The Triennial Report as with any other evaluation reports will be accessible for all District employees, students, families and community via the District website at <https://www.bcsdk12.net/> Revisions and Updating the Policy — The DWC will update or modify the wellness policy based on the results of the annual progress reports and triennial assessments, 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 years, following the triennial assessment.

8. Community Involvement, Outreach, and Communications — The District is committed to being responsive to community input, which begins with awareness of the wellness policy. The District will actively communicate ways in which representatives of DWC and others can participate in the development, implementation, and periodic review and update of the wellness policy through a variety of means appropriate for that district. The District will also inform parents of the improvements that have been made to school meals and compliance with school meal standards, availability of child nutrition programs and how to apply, and a description of and compliance with Smart Snacks in School nutrition standards. The District will use electronic mechanisms, such as email or displaying notices on the district's website, as well as non-electronic mechanisms, such as newsletters, presentations to parents, or sending information home to parents, to ensure that all families are actively notified of the content of, implementation of, and updates to the wellness policy, as well as how to get involved and support the policy. The District will ensure that communications are culturally and linguistically appropriate to the community, and accomplished through means similar to other ways that the district and individual schools are communicating other important school information with parents.

9. The District will actively notify the public about the content of or any updates to the wellness policy annually, at a minimum. The District will also use these mechanisms to inform the community about the availability of the annual and triennial reports.

- a. The Bibb County School District in partnership with community organizations and governmental agencies will support programming that enhances academic health, social, and wellness programing for students, families, and District employees. Each activity or program will include an aggressive effort to assess and/or evaluate each program to determine the outcomes of the activity.
- b. Yearly Updates: The BCSD Wellness Committee will report to the Board of Education annually for its review, input and directives on the programs, collaborations, and initiatives from the Committee.

I. RELATED PROCEDURES AND REGULATIONS: Administrative Procedure

VII.MAINTANENCE AND UPDATE OF THESE PROCEDURES

These procedures originated with the Assistant Superintendent Of Student Affairs, and will be reviewed annually and updated as needed.

VII.CANCELLATIONS AND SUPERSEDURES:

This Administrative Procedure cancels and supersedes
Rule 160-5-6-.01 Statewide School Nutritional Program

Federal Reference	Description
42 USC 1758	<u>Program requirements –School Lunch Program</u>
42 USC 1758b	<u>Local School Wellness Policy</u>
Local Wellness Policy	Descriptor Code: EEE Revised 12-09-2014 Descriptor Code: EEE-R(1) Last Revised 10-15-2015

