
The Troup County Board of Education recognizes that student wellness and proper nutrition are related to students' well-being, growth, development, and readiness to learn. The Board is committed to providing a school environment that promotes and protects student wellness, proper nutrition, nutrition education, and regular physical activity as part of the total learning experience. In a healthy school environment, students will learn about and participate in positive dietary and lifestyle practices that can improve student achievement.

Background

In 2004, Congress passed the Child Nutrition and Special Supplemental Nutrition Program for Women, Infants and Children (WIC) Reauthorization Act (Sec. 204 of the Public Law 108-205). This act required that Local Educational Agencies participating in the National School Lunch Program create local school wellness policies by SY 2006. In 2010, Congress passed the healthy, Hunger-Free Kids Act of 2010 (Sec. 204 of Public Law 111-296) and added new provisions for local school wellness policies related to implementation, evaluation, and publicly reporting on progress of local school wellness policies.

Development of Local Wellness Policy

In accordance with the federal law, the Troup County School System (TCSS) encourages involvement from parents, students, representatives of food services, Board members, school administrators and the public in developing and evaluating a district-wide wellness policy and procedures. TCSS has formed a District Wellness Committee that is comprised of representatives for elementary and secondary schools, parents, school administrators, and food service staff to develop and oversee this policy. This committee will meet at least twice per calendar year to review, discuss, and revise the contents of this policy and suggest any amendments required. Meeting dates and times will be published on the district's website and meetings will be open to the public.

Nutrition Guidelines

All schools in the district shall participate in the federal school breakfast and school lunch meal programs. These Child Nutrition Programs comply with federal, state, and local requirements and are accessible to all children.

In addition, other foods sold on campus will follow federal, state, and local regulations. The USDA recently published practical, science-based nutrition standards for snack foods and beverages sold to children at school during the school day. The standards are required by the Healthy, Hunger-Free Kids Act of 2010 and will allow schools to offer healthier snack foods to children, while limiting less healthy food choices.

Smart Snacks

Effective July 1, 2014, any food or beverage sold to students on the school campus during the school day must meet federal Smart Snack standards. This includes food or beverages sold in a la carte sales, vending machines, school stores, snack carts, and fundraisers. Any on-campus entity selling food to students is required to maintain records, such as nutrition labels and product specifications.

Nutrition Education and Promotion

It is the intent of the Board that the district shall teach, encourage, and support healthy eating by students. Schools shall provide nutrition education consistent with federal and state requirements. Nutrition education will be integrated into other areas of the curriculum such as math, science, language arts and social studies.

All students will have access to drinking water at all times in the cafeteria through access to the water fountain, if available, or a hydration station provided by the school nutrition department. Food will not be withheld from any student as punishment.

Physical Education

All students shall have opportunities, support, and encouragement to be physically active on a regular basis. The district will provide physical education consistent with federal and state requirements. Physical activity will be integrated across the curricula and throughout the school day.

Other School-Based Activities

The school dining environment is safe, comfortable, and allows time and space for eating meals. Fundraising efforts are supportive of healthy eating. Students on field trips will be offered a sack lunch at the regular lunch price. Classes will not be allowed to eat lunch at a restaurant without the permission of the principal. Continuous professional training and development is provided for food service staff and teachers in areas of nutrition and physical education.

Implementation

Each school will establish a Wellness Committee to develop and implement goals and activities that promote wellness for students and staff as a part of their school improvement plan. The school principal or his or her designee shall be charged with operational responsibility for ensuring that the school works toward meeting the wellness goals and activities set within the school improvement plan.

Policy Assessment

The school principal, or his or her designee, shall develop a report on the school's compliance which will include a description of the progress made in attaining the goals of the school, as well as the method and frequency of measurement of these goals. This report shall be delivered to the Director of School Nutrition, who will compile the reports for review and discussion with the Wellness Policy Committee. The committee will present the information to the Superintendent who will provide a report to the school Board.

The school nutrition department shall monitor compliance of nutrition guidelines within school nutrition areas. The Director of School Nutrition will report on this matter to the Superintendent through the Assistant Superintendent of Maintenance and Operations.

Original Adopted Date: 6/15/2006

Troup County Schools

Last Revised: 12/15/2016

Policy Reference Disclaimer: These references are not intended to be part of the policy itself, nor do they indicate the basis or authority for the board to enact this policy. Instead, they are provided as additional resources for those interested in the subject matter of the policy.

Note: *The State of Georgia has moved the Georgia Code. This new environment no longer allows us to link directly to the Georgia Code. For example enter 20-02-0211 in the search window and the Georgia Code will appear.*

Federal Reference	Description
Rule 160-5-6-.01	Statewide School Nutritional Program
Federal Reference	Description
42 USC 1758	Program requirements-School Lunch Program
42 USC 1758b	Local School Wellness Policy