

Board Policy EEE: Wellness Program

Original Adopted Dates: 5/01/2016/ Last Revised Dates: 7/14/2020

Recognizing the importance of a learning environment where students and staff learn and practice healthy habits, the Butts County Schools developed a Wellness Plan that includes:

- Goals for nutrition education, physical activity and other school-based activities designed to promote student wellness
- Nutrition guidelines for all foods available on each school campus
- Establishes a plan that measures implementation of this policy
- Involves key stakeholders in the development of the system wellness plan
- It is required that all foods brought into schools for any type of student activity be purchased from a commercial entity with a nutritional label and unbroken seal on outside of package. It is also recommended that the following allergens be avoided: Peanuts and Shellfish.

The school superintendent and system nutrition director will be responsible for monitoring the compliance to this wellness policy.

**Butts County Schools Wellness Policy**

The Butts County School System is committed to providing a school environment that enhances learning and development of lifelong wellness practices.

To accomplish these goals:

- Butts County Child Nutrition Programs including Breakfast, Lunch and afterschool snack are accessible to all children and comply with federal, state and local requirements.
- Sequential and interdisciplinary nutrition education is provided and promoted in Health Education at all grade levels k-12.
  - This goal includes the inclusion of JHS/HMS Special Education Classes, Menu Nutritional Information made available upon request to students and parents, Student/Parent Advisory Meetings and Nutrition Advisory Clubs.
- Patterns of meaningful physical activity connect to students' lives outside of physical education. Proposal of:
  - Two school wide activities including physical activity planned and implemented for inclusion of both staff and students.
- All school-based activities are consistent with local wellness policy goals.
- All foods and beverages available on campus (including vending, a la carte, school stores, snack bars and fund raising) during the school day are consistent with the current Dietary Guidelines for Americans.
  - Adherence at all school grade levels of the USDA "All Foods Sold in School" Standards to be implemented July 2017 "Smart Snack Regulation Revision".
  - District will only market foods and beverages that meet the Smart Snack in Schools standards.
- All foods made available on campus adhere to food safety and security guidelines.
  - Food safety training is provided for any staff members selling or preparing food to students or written guidelines in place for time and temperature rules.
- The school environment is safe, comfortable, pleasing, and allows for ample time and space for eating meals. It is recommended that food and/or physical activity is not used as a reward or punishment.

## Updates Submitted for Board Approval from 5/16/2024 Triennial Wellness Policy Meeting

The Butts County School Wellness Plan will be assessed annually by SNP Director for effectiveness and implementation. The Wellness Team will review policy for effectiveness and applicability every three years. This review will help promote and encourage sound nutritional and physical activity practices by students and staff. It will also allow for new research and findings to be incorporated into the system plan for greater effectiveness. Butts County Schools believes strongly that healthy lifestyle habits help improve student and employee success. The Butts County Schools Wellness Plan insures focus on this end.

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