

Policy
Wellness Program

Descriptor Code: EEE

Federal Public Law (PL 108.265 Section 204) requires each school system to have in place a Wellness Policy by June 30, 2006. 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 recommended that all foods brought into schools for any type of activity be purchased from a commercial entity with a nutritional label on outside of package. It is also recommended that the following allergens be avoided:
Peanuts and Shellfish.

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 after school 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.
 - A. This goal includes the inclusion of Specials, Connection Classes, Electives, Menu Nutritional Facts posted on serving line, and Nutrition Advisory Clubs.
- Patterns of meaningful physical activity connect to students' lives outside of physical education. Recommendation of the inclusion of:
 - A. School wide activities including physical activity planned and implemented for 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, and **fund raising**) during the school day are consistent with the current Dietary Guidelines for Americans and current USDA Regulations.
 - A. Adherence at all school grade levels of the USDA "All Foods Sold in School" Standards to be implemented July 2014.
- All foods made available on campus adhere to food safety and security guidelines.
 - A. Food safety guidelines are provided for any staff members distributing 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.

The Butts County School Wellness Plan will be assessed annually for effectiveness and implementation. The Wellness Team will review policy for effectiveness and applicability. 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.

Butts County Schools

Date Adopted: 5/1/2006
Last Revised: 6/10/2014