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The Lamar County Board of Education recognizes that student wellness and proper nutrition are related to students' wellbeing, growth, development, and readiness to learn. The District 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 health school environment, students will learn about and participate in positive dietary and lifestyle practices that can improve student achievement.

### **DEVELOPMENT AND REVIEW OF LOCAL WELLNESS POLICY**

In accordance with federal law, the District involves parents, students, administrators, physical education teachers, school health professionals, and the public in developing the local wellness policy. The stakeholders named above will participate in implementation, periodic review, and update of the local wellness policy.

#### **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 that teach skills needed to encourage healthy eating habits by providing nutrition education opportunities.

#### **Physical Activity**

All students will have opportunities, support and encouragement to be physically active at school. The district will provide physical education consistent with federal and state requirements and encourage physical activity on a regular basis by providing structured opportunities.

#### **Other School-Based Activities**

The Superintendent or designee shall develop procedures that support and encourage healthy eating habits and overall wellness in school-based activities and in the home.

#### **Nutrition Standards**

All schools shall participate in available federal school meals programs. All foods and beverages made available or sold on campus during the school day shall be consistent with the requirements of federal and state law and local policy. Guidelines for reimbursable school meals shall not be less restrictive than regulations and guidance issued by the U.S. Secretary pursuant to the Child Nutrition Act and the Richard B. Russell National School Lunch Act, as those regulations and guidelines apply to schools. The Superintendent or designee shall develop procedures for the operation of school nutrition at each school during the day with the objectives of promoting school health and reducing childhood obesity. Each school shall provide school meals that are consistent with dietary guidelines and USDA standards for school meals.

#### **Competitive Foods**

In order to promote school health and life-long wellness habits, all competitive food sales will be in compliance with federal, state, and local rules and regulations.

### **Implementation and Public Notification of the Local Wellness Policy**

The Superintendent or designee shall be responsible for overseeing the implementation of the Local Wellness Policy. This Policy will be assessed annually for effectiveness and implementation. The system will inform and update the public about the content and implementation of the Local Wellness Policy.

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Lamar County Schools

Adopted Date: 9/9/2008

**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**

Rule 160-5-6-.01

#### **Federal Reference**

42 USC 1758

42 USC 1758b

#### **Description**

[Statewide School Nutritional Program](#)

#### **Description**

[Program requirements-School Lunch Program](#)

[Local School Wellness Policy](#)