



**LAMAR COUNTY SCHOOLS**

100 Victory Ln, Barnesville, GA 30204

phone 770-358-5891  
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**Lamar County Schools**  
**Wellness Plan**

**Lamar County Primary**

**Lamar County Elementary**

**Lamar County Middle**

**Lamar County Comprehensive High School**

## **Vision**

The Lamar County Board of Education recognizes that student wellness and proper nutrition are related to student's 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.

## **Mission of the School Level Wellness Plan**

Each local school will have a school level Wellness Council. This coordinated health advisory group will be representative of the eight areas of comprehensive school health which are: student health services; health education; physical education; nutritional services; counseling, psychological and social services; school environment; health promotion for staff; and family and community involvement. The council's purpose will be to address school health issues using a coordinated approach in order to improve student health and wellness.

The seven goals of the policy are: Nutrition Education, Nutrition Guidelines, Nutrition Promotion, Other School-Based Activities to Promote Student Wellness, Physical Education/Physical Activity, Communication (Public involvement and notification), and Implementation/Monitoring.

This plan establishes goals and procedures to ensure that:

- 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;
- Students receive quality nutrition education that helps them develop lifelong healthy eating behaviors;
- Students have opportunities to be physically active before, during, and after school;
- Schools engage in physical activities and other activities that promote student wellness at least 30 minutes per day.
- Schools engage in nutrition education activities and other activities that promote student wellness at least once a month in some sort of formalized instruction.
- Schools engage in nutrition promotion through the school cafeteria at least once a month.
- School staff are encouraged and supported to practice healthy nutrition and physical activity behaviors in and out of school;

- 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 healthy habits.
- The District establishes and maintains an infrastructure for management, oversight, implementation, communication, and monitoring of the policy and its established goals and objectives.

NOTE: The Wellness Council may be an independent council or committee incorporated into an existing school council or committee.

## **Introduction and Background Information**

On June 30, 2004, President George W. Bush signed Law 108-265, the Child Nutrition and WIC Reauthorization Act of 2004. This law requires that each local educational agency participating in a program authorized by the Richard B. Russell National School Lunch Act (42 U.S.C. 1751 et seq) or the Child Nutrition Act of 1966 (42 U.S.C. 1771 et seq) to establish a local school wellness policy by July 1, 2006.

- In September 2008, the Lamar County Board of Education adopted Policy EEE – Wellness Policy to address the requirements of the Child Nutrition and WIC Reauthorization Act of 2004.
- In December 2010, President Barack Obama signed The Healthy, Hunger-Free Kids Act of 2010. This law required the establishment of national regulations for all foods sold in the breakfast and lunch programs.
- In July 2014, the regulations of The Healthy, Hunger-Free Kids Act were expanded to cover the entire school building. This is known as the Smart Snacks Guidelines.

### **As required by law, the Lamar County Schools Wellness Policy includes:**

- I. Goals for nutrition education and promotion, physical education and activity, and other school-based activities that are designed to promote student wellness.
- I. Nutrition guidelines for all foods sold during the school day with the objectives of promoting student health.
- II. Guidelines for reimbursable school meals.
- III. A plan for fostering community involvement and notification, including parents, students, the school board, school administrators, and the public in the development and implementation of the school wellness policy.
- IV. A plan for monitoring and measuring implementation of the wellness policy.

## II. Whole School, Whole Community, Whole Child: School Level Wellness Council and/or School Level Councils

Whole School, Whole Community, Whole Child (WSCC) is a ten component model created by the Centers for Disease Control and Prevention addressing the emotional and physical needs of everyone in the school setting: students, teachers and administrators. The components include the following: Physical Education and Physical Activity; Health Education; Health Services; Counseling, Psychological & Social Services; Social and Emotional School Climate; Physical Environment; Employee Wellness; Community Involvement; Family Engagement; and Nutrition Environment and Services. Schools can modify the model to fit the needs of their schools, students and communities.



### **III. Goal Areas for School Level Wellness Plans**

- 1. Nutrition Education**
- 2. Physical Education**
- 3. Other School-Based Activities to Promote Student and Staff Wellness**
- 4. Implementation**
- 5. Public Notification: Communication Engaging Parents, School Board/  
Administrative Staff and the Community**
- 6. Nutrition Guidelines/Competitive Sales for Foods Available During the School  
Day**
- 7. Plan for Monitoring and Measuring Implementation**

The following objectives and standards are outlined for each goal area. The school level wellness council should comply with the goals of the district wellness policy and choose to implement one or more standards for each goal.

#### **1. Nutrition Education**

It is the intent of Lamar County Schools to teach and encourage healthy eating habits for its students.

- Physical Education classes will teach healthy eating behaviors along with the benefits of exercise
- Students will also be educated about the risks of unhealthy foods, snacks etc.
- Schools will market healthy eating by posting literature of healthy snacks as well as sending home flyers that give healthy eating tips to parents.
- Teachers will be familiar with the literature and discuss the value of healthy eating.

**Nutrition Promotions:** Students of Lamar County School's will participate in activities that promote and reinforce healthy school nutrition environments. Lamar County School Nutrition Staff will conduct promotions and nutrition activities that include students, staff and community.

**NOTE:** The cafeteria manager receives an annual promotions calendar and manual which can be reviewed and used to reinforce the promotions held in the cafeteria/school. Georgia Department of Education and Georgia Organics Harvest of the Month and Georgia Grown Items will be highlighted as appropriate in cafeterias and kitchens.

Examples:

<b>Month</b>	<b>Promotion</b>
August	Back To School Promotion
September	National Whole Grains Month
October	National School Lunch Week
November	School Specific - Thanksgiving
December	School Specific – Holiday
January	National Soup Month
February	American Heart Week
March	National School Breakfast Week

## **2. Physical Education**

- For the purpose of supporting students to be physically active, students will be physically active during their physical education classes.
- Through the P.E. class students will learn the proper skills and techniques associated with activities that increase flexibility and promote heart health.
- Recess will be another avenue that students will use for physical activity, and they can use this time to be creative with their free play.

## **3. Other School-Based Activities**

- The food service program and the cafeteria staff will provide access to nutritious foods.
- The school administration will provide time and scheduling for meals along with ensuring that the surroundings are in good sanitary condition.
- Lamar County School's along with the food service program will market healthy food and beverages throughout the school year.
- Custodial Services and Nutrition Services will insure that school meals are served in a clean and pleasant setting.
- Dining areas will be attractive and have sufficient space for seating.
- School staff will provide appropriate supervision in school cafeteria areas and serve as role models to students.
- Schools will provide safe, clean, and hygienic-supported restrooms. Hand-washing equipment, soap, and supplies will be placed in convenient places so that students and staff can wash their hands before eating and other appropriate times. Students will have the opportunity to wash hands or have access to hand sanitizing before they eat meals or snacks and at other appropriate times.
- Water fountains will be available for students to get water throughout the day.
- School classrooms will be kept clean and neat.
- Schools will have appropriate required safety plans.

- Schools will meet the district policy on staff being trained in CPR and AED equipment.
- Parents are encouraged to participate with students during the school year through luncheons and breakfast invitations to have an opportunity to enjoy the nutritious meals provided by the school.
- Student council will be encouraged to give suggestions for improving the school nutrition.

#### **4. Implementation**

- In conjunction with the food service program, the students, administration, and the faculty and staff of Lamar County School's will use student surveys to assess and give feedback toward ensuring the goals of a satisfactory nutritional program.

#### **5. Public Notification: Communication Engaging Parents, School Board/ Administrative Staff and the Community**

Promote clear and consistent messages that explain and reinforce healthy eating and physical activity habits. Messages will be directed to students, staff, parents, and the community. Examples of promotions are as follows:

- Healthy foods taste good and are good for you
- Fitness is fun
- Healthier students are smarter students
- Lamar County Schools provides healthy foods for our students and staff
- Lamar County Schools promotes healthy lifestyles
- Healthier lifestyles enable school employees to be happier and more productive

#### **6. Nutrition Guidelines for Foods Available During the School Day**

- Provide students with a variety of affordable nutritious meals and snacks. To plan all menus in accordance with federal, state, and local regulations, rules, and guidelines.
- Foods available during the School Day School meals and after-school snacks adhere to federal, state, and local regulations and guidance as issued by the Secretary of Agriculture under the U.S. Department of Agriculture (USDA), Georgia Board of Education, and Lamar County Board of Education. Local menus for breakfast, lunch and after-school snacks are followed as written with minimum menu substitutes.
- All foods sold in school adhere to federal, state, and local regulations and guidance as issued by the Secretary of Agriculture under the U.S. Department of Agriculture (USDA), Georgia Board of Education, and Lamar County Board of Education.
- Schools follow the existing Georgia State Board of Education Policy (Sales of Food on School Premises) regarding sales of food on school premises:

- As of July 1, 2016, schools that participate in the National School Lunch Program (NSLP) are required to abide by the nutrition standards laid out in the Final Rule on All Foods Sold in School. Effective July 1, 2016, any food or beverage sold to students on the school campus during the school day must meet federal “*Smart Snacks*” standards. This includes food or beverages sold in a la carte sales, vending machines, school stores, snack carts, and fundraisers. Any entity selling food to students is required to maintain records, such as nutrition labels and product specifications. In this context, 'school campus' refers to all areas of the property under the jurisdiction of the school that are accessible to students. 'School day' refers to the period of time from the midnight before until 30 minutes after the end of the official school day. *Courtesy of the State of Georgia School Nutrition Website.*
- Fundraisers: Schools are to follow the existing Georgia Board of Education *Fundraising* policy/procedure which states: In the State of Georgia, schools participating in the NSLB program must follow the following rule on fundraising/selling of competitive foods: The Georgia State Board of Education approved 30 exempted fundraisers per school per school year not to exceed 3 days in length. However, there are time and place restrictions. Exempted fundraisers cannot operate anywhere on the school campus 30 minutes before until 30 minutes after the end of breakfast and lunch meal services. Exempted fundraisers cannot be in vending machines, school stores, snack bars or a la carte sales. Fundraisers occurring in these venues must meet the Smart Snacks standards. The rule went into effect on September 10, 2014, exempted fundraisers prior to that date are not allowed.

**NOTE:** Foods available during the school day, and the extra food sales will be monitored by the SNP Director to determine compliance. Results will be provided to the school principal.

- Snacks served during the school day make a positive contribution to a student’s diet and conform to the *Smart Snack* requirements as outlined by the State of Georgia School Nutrition Program.
- A recommended list of healthy snack choices for service and consumption by students can be provided to all administrators through the LEA School Nutrition Director. This includes classroom snacks/instructional use of food, snacks offered during student meetings during the school day, and student celebrations and recognition.

### **Celebrations and Rewards**

Georgia School Board Rule states that all food and beverages served to students in grades K-8 must meet the USDA’s Smart Snacks in Schools guidelines.

It is the policy of Lamar County Schools that all food brought in from home for a celebration or party shall conform to smart snack rules.

- a. These guidelines apply to (check all that apply):
  - School-sponsored events

- ☒ Celebrations and parties
- ☒ Classroom snacks provided by parents
- ☒ Classroom rewards and Incentives

## **Food and Beverage Marketing in Schools**

Food and beverage marketing is defined as advertising and other promotions in schools. Food and beverage marketing often includes an oral, written, or graphic statements made for the purpose of promoting the sale of a food or beverage product made by the producer, manufacturer, seller or any other entity with a commercial interest in the product. All products marketed on the school campus must, at a minimum, meet the Smart Snacks guidelines. Vending machines that do not meet Smart Snack guidelines will be put on timers so that they are not accessible by students during the school day as specified in the State Board Final Rule of 2016. Timers will be set to lock the machines between the hours of 6:00 AM and 3:30 PM.

### **I. School Wellness Committee**

#### **Committee Role and Membership**

The District will convene a representative district wellness committee that meets 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.

- a. Meetings will be held quarterly.
- b. The Wellness committee will include at least one of each following (2022-2023 District Committee Members listed):
  - an administrator, 2022-2023: Mr. Knight, LCMS; Mr. Jeremy Hawkins, LCPS
  - a school nurse, 2022-2023: Ms. Lisa Smith, LCPS; Ms. Sharon King, LCMS
  - a teacher, 2022-2023 Ms. Julie Hawkins, LCPS, LCES, LCMS, LCHS
  - a school nutrition professional: 2022-2023 Ms. Sandy Spraggins, LCSNP
  - a parent representative: 2022-2023 Mrs. Christina Crane, LCPS
- c. The public will be notified about Wellness Committee meetings through the school Facebook page.

#### **Leadership**

The district has designated one or more LEA and/or school official(s) who have the authority and responsibility to ensure each school complies with the local wellness policy.

- d. The designated official for oversight of implementation at each school is: Ms. Dawndalyn St. Michel, Nutrition Director
- e. The designated official for convening the wellness committee is: Dr. Roberts, Assistant Superintendent.

- f. The person designated for informing the public about the wellness policy is: Ms. Sherelle Ogletree, Human Resources Director

## **II. Wellness Policy Implementation, Monitoring, Accountability and Community Engagement**

### **Implementation of the Wellness Policy**

- a. The Lamar County School District will perform a self-study at the end of every school year to assess the effectiveness and visibility of the Wellness Committee. The rubric for this self-study will be determined after input from each committee member.

### **Triennial Progress Assessments**

At least once every three years, the LEA must conduct an assessment of their wellness policy. To accomplish this, the District will evaluate compliance with their wellness policy and assess progress toward meeting the goals of the District Wellness policy. Additionally, USDA requires that the District will compare their policy to the Alliance for a Healthier Generation's model wellness policy.

- b. The District will assess compliance and progress of their local wellness policy at least once every 3 years.
  - i. The progress of the Wellness Committee will be determined through WellSAT2.0 scoring.
  - ii. The District will assess the school's compliance based on its WellSAT score.

### **Revisions and Updating the Policy**

The District will update or modify the wellness policy as appropriate.

### **Notification of Wellness Policy, Policy Updates and Triennial Assessment**

The District will inform families and the public each year of any updates to the wellness policy and every three years their compliance with the written wellness policy. The annual progress reports and updates can be found at; [www.Lamar.k12.ga.us](http://www.Lamar.k12.ga.us)

The District will make the Triennial Assessment available to the public at the end of each school year.



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**FUNDRAISING**  
**TRACKING**  
**FORMS**

## Let's Be Successful with Smart Snacks!

The Smart Snacks in School nutrition standards have been in effect since **July 1, 2014!** Here are a few reminders:

The U.S. Department of Agriculture finalized the rule for nutrition standards for all foods and beverages sold to students during the school day. The Smart Snacks in School nutrition standards apply to all foods and beverages **sold** to students outside of the school meals programs – including vending machines, a la carte, school stores, snack carts and in-school fundraising.

Smart Snacks are in effect for the entire school day (midnight before to 30 minutes after the end of the school day) across the entire school campus.

Smart Snacks applies to in-school fundraising. Foods and beverages sold to students **as fundraisers during the school day** must meet Smart Snacks nutrition standards. Our state agency has set the number of exempt fundraisers at 30 days per school year with each exempt fundraiser not lasting more than 3 consecutive days. There are no limits for non-food fundraisers or fundraisers that include foods and beverages that meet the Smart Snacks standards.

Smart Snacks does **not** apply to foods served, such as classroom celebrations and during evening, weekend or community events.

Our district is fully committed to insuring compliance with the Smart Snacks standards. We also want to make sure you have the tools you need to find compliant products. Check out the following tools from the Alliance for a Healthier Generation:

- [Smart Food Planner](https://www.healthiergeneration.org/our-work/business-sector-engagement/improving-access-to-address-health-equity/smart-food-planner)
  - <https://www.healthiergeneration.org/our-work/business-sector-engagement/improving-access-to-address-health-equity/smart-food-planner>
- [Smart Snacks Product Calculator](https://foodplanner.healthiergeneration.org/calculator/) (this is the only compliance tool verified by the USDA)
  - <https://foodplanner.healthiergeneration.org/calculator/>

Students who are well nourished are better prepared to learn. By implementing consistent nutrition standards throughout all corners of the school building, we are enhancing the learning environment and contributing to the overall health and well-being of our students.

In addition, consistently providing healthier foods and beverages outside of the cafeteria will build on the great strides being made **in** the cafeteria.

Dawn. St Michel  
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LAMAR COUNTY INDIVIDUAL SCHOOL SMART SNACK APPROVAL REQUEST

SCHOOL REQUESTING:

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PROPOSED SNACK:

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Purpose of Item/Request (award, celebration, fundraiser):

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Nutrition Label Provided and Attached:

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SMART SNACK CALCULATOR OUTCOME:

\_\_\_\_\_ Approved                      \_\_\_\_\_ Denied

Signature \_\_\_\_\_

Date \_\_\_\_\_

NOTES:

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