

The Franklin County Board of Education understands that a proactive, and comprehensive wellness plan is essential for student success and staff support. The Board is committed to creating a school environment that enhances the learning and development of lifelong wellness choices. Education plays a major role in helping students become academically equipped, healthy, and ready to learn. Well-planned and effectively implemented school nutrition and fitness programs have been shown to enhance students' overall health and academic achievement in school. Staff wellness is also a vital part of a healthy school environment and will be considered as a part of the district wellness plan.

The Franklin County School District pursues five goals and evaluation criteria as follows:

1. GOAL FOR NUTRITION EDUCATION:

The classroom, cafeteria, and school activities will provide clear and consistent messages that explain and reinforce healthy eating habits to the students, staff, and families.

- Post nutrition education information that promotes healthy eating behaviors.
- Utilize instruction in Family and Consumer Science (FACS) and Healthcare Science Technology (HCST) to build knowledge about healthy life choices.
- Develop call out messages with information about healthy eating and school success that will be delivered to families.

2. GOAL FOR SCHOOL NUTRITION PROGRAM/ PROGRAM INTEGRITY: Franklin County School Nutrition Program is mandated to follow the USDA School Meal Initiatives.

- School nutrition will evaluate and report on adherence to mandated USDA guidelines
- Use technology to assist in the communication with parents and staff about the food options being delivered through student meals
- Provide meals that are varied, healthy, and appealing that meet dietary guidelines
- Promote the need to begin each day with a healthy breakfast
- Each school will have a person credentialed in food safety

3. GOAL FOR PHYSICAL ACTIVITY/EDUCATION:

Develop an environment that promotes physical activity and establishes a healthy foundation increasing opportunities for students to reach their full academic potential.

- Recommend that all grade levels incorporate physical education instruction as a part of the daily school schedule and that PE be applied according to state curriculum standards.
- All schools will participate in the State School Health Survey and the results will be published through the school website.
- Physical Education in all grades will utilize researched based fitness tests to evaluate individual fitness levels.

4. GOAL FOR OTHER FOODS AVAILABLE ON CAMPUS:

Develop an environment that models healthy food choices as a valuable part of daily life.

- The sale of foods outside the school nutrition program will include healthy choices that are designed to satisfy taste and nutritional needs of the students
- School fundraising will be encouraged to use non-food items or offer food choices that promote good health.

5. GOAL FOR HEALTHY SCHOOL ENVIRONMENT:

Create an environment that enhances a healthy lifestyle encouraging behavior and academic achievement in school.

- Proactively reinforce a drug and alcohol free lifestyle.
- Drinking water will be available to students during meals.
- Food and physical activity will not be used as a punishment for student behaviors.
- Students will be provided with a clean facility that enhances the educational experience.

EVALUATION CRITERIA

1. GOAL FOR NUTRITION EDUCATION:

- Evaluate School Health Survey scores annually.
- Evaluate call out connection data to determine population that is receiving the message.
- Use class appropriate lesson plan evaluation to implement FACS and HCST Health Ed.
- Monitor and rotate informational posters each semester to develop a fresh appeal for healthy food choices.

2. GOAL FOR SCHOOL NUTRITION PROGRAM/ PROGRAM INTEGRITY:

- Annual Administrative review which encompasses the adherence to all guidelines.

3. GOAL FOR PHYSICAL ACTIVITY/EDUCATION:

- Evaluate School Health Survey scores on an annual basis
- Annual Fitness-gram Report,
- Report of Physical Education Participation Rates on an annual basis.

4. GOAL FOR OTHER FOODS AVAILABLE ON CAMPUS:

- Evaluate School Health Survey scores annually.
- Increase the number of healthy options that are available each year.

5. GOAL FOR HEALTHY SCHOOL ENVIRONMENT:

- Evaluate School Health Survey scores on an annual basis.

The Superintendent shall develop and maintain a wellness regulation and respective plans and/or programs that support this policy and is in compliance with federal law, including the Child Nutrition and WIC Reauthorization Act of 2004 and the Healthy, Hunger-Free Kids Act of 2010. This regulation shall address nutrition education, physical activity, use of nutrition guidelines, and other wellness-based activities in the schools and shall include measures for accountability and evaluation.