

Houston County Wellness Policy

Houston County is committed to the wellbeing of our students, staff and community. In accordance with the Healthy Hunger Free Kids Act of 2010, this wellness policy provides the guidelines for a sustainable environment of wellness.

Nutrition Education

The Houston County School Nutrition Program will be responsible for implementing age appropriate nutrition education programming in the schools. These procedures are maintained and monitored by the SNP Dietitian and Area Managers throughout the year.

Nutrition Promotion

Nutrition promotion and marketing will encourage participation in the National School Lunch Program and School Breakfast Program. These procedures are maintained and monitored by the School Nutrition Program.

Physical Activity

Physical Activity is an integral part of developing healthy lifestyles. Houston County Physical Education Teachers will meet all state requirements in terms of physical education curriculum and will encourage recreational activities. School playground equipment will remain open to the public after school hours. This will be monitored by the HCBE Office of Special Programs.

Other School Based Activities

Other school-based activities will encourage wellness by promoting physical activity and healthy food choices. Teachers and administrators will be encouraged to find alternatives to food and physical activity as methods of reward or discipline strategies for student behavior. In addition, students will be given sufficient time to consume meals in a clean dining environment. These areas are maintained and monitored by each school site's administrator.

Nutrition Guidelines

Reimbursable meals will meet all federal guidelines as specified in 7 CFR Parts 210 and 220. The School Nutrition Program will be responsible for ensuring compliance with these regulations as required during the Administrative Review process. All foods sold on campus to students during school hours will meet the Smart Snacks guidelines as described in 7 CFR Parts 210 and 220. Fundraisers will be approved by the HCBE Office of School Operations in accordance with State Board Rule 160-5-6-.01. Records of competitive foods sold by school organizations will be maintained at each school location and will be monitored by the Office of School Operations. Records of competitive foods sold by the School Nutrition Program will be maintained at the SNP Central Office.

Sustainability and Assessment

HCBE Administration will support compliance and implementation of this policy. All departments will be encouraged to work together to achieve success in obtaining the aforementioned goals. The district Wellness Committee will be responsible for updating the policy as needed and informing stakeholders of important information and changes to the policy. The Wellness Committee will be composed of Student Representatives, Parents, School Nutrition Staff, School Administrators, Physical Education Teachers, Nursing Staff, and Board Members. This policy, and progress towards meeting the goals enumerated within, will be tracked using the Wellness Policy Progress Report Tool in which designated individuals acknowledge the extent to which particular goals have been met. This Wellness Policy, any updates, and the annual assessments will be available to the public on the Houston County Board of Education website at www.hcbe.net.