

The Effingham County Board of Education recognizes that student wellness and proper nutrition are related to student well-being, growth, development, and readiness to learn. The Board is committed to providing a school environment that promotes and protects student wellness, 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. Good health fosters maximum student attendance, optimal learning, and appropriate school behavior.

Obesity rates have doubled in children and tripled in adolescents over the last two decades and physical inactivity and unhealthy eating habits are the predominant causes of obesity. Obesity is a major risk factor for heart disease, cancer, stroke, and diabetes, diseases that are responsible for two-thirds of all death in the United States.

To the extent practicable, all schools in the district shall participate in available federal school meal programs. All food and beverages made available on campus during the school day shall be consistent with the minimum requirements of federal law and regulations and state requirements. Guidelines for reimbursable school meals shall not be less restrictive than regulations and guidance issued by the U.S. Secretary of the U.S. Department of Agriculture, as those regulations and guidance apply to schools.

Thus, the Effingham County Board of Education is committed to providing a school environment that promotes and protects childrens health, well-being, and ability to learn by supporting healthy eating and physical activity. The Superintendent or designee shall convene a wellness committee consisting of school system and community representatives from areas designated in federal law to participate in the development, implementation, and periodic review of the school wellness policy and guidelines. Therefore, it is the policy of the Effingham School District that such policies shall

contain, at a minimum:

- A. Specific goals for nutrition promotion and education, physical activity, and other school-based activities that promote student wellness;
- B. Standards and nutrition guidelines for all foods and beverages available on campus during the school day that:
 1. are consistent with federal meal pattern requirements and nutrition standards;
 2. prohibit the sale to students on the school campus during the school day of competitive foods that do not meet the federal criteria; and,
 3. adhere to the Healthy, Hunger-free Kids act of 2010 and state requirements regarding exempt fundraisers.
- C. Identification of the position of district or school official(s) responsible for the oversight to ensure school's compliance with the wellness policy;
- D. A description of the manner in which parents, students, and representatives of school food service, physical education teachers, school health professions, the school board, school administrators, and the general public are provided an opportunity to participate in the development, implementation, and periodic review of the wellness policy; and
- E. A description of the plan for measuring the implementation of the wellness policy and for reporting to the public its content and implementation issues.

The Superintendent or designee shall ensure that each participating school complies with the wellness policy; that periodic assessments and progress reports are conducted in accordance with state and federal timelines and other requirements; and, that appropriate updates or modifications are made as needed.