***The Carroll County***

***Special Learning Center/Preschool Wellness Policy***

**Preamble**

The Carroll County Special Learning Center/Preschool is committed to the optimal development of every student. The school believes that for students to have the opportunity to achieve personal, academic, developmental and social success, we need to create positive, safe and health-promoting learning environments at every level, in every setting, throughout the school year.

This policy outlines the schools approach to ensuring environments and opportunities for all students to practice healthy eating and physical activity behaviors throughout the school day. Specifically, this policy establishes goals and procedures to ensure that:

* Students in the District have access to healthy foods throughout the school day ‒ through reimbursable school meals ‒ 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 during school;
* Schools engage in nutrition and physical activity promotion and other activities that promote student wellness;
* 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;

This policy applies to all students, staff at the Carroll County Board of education/Preschool. Specific measureable goals and outcomes are identified within each section below.

**School Wellness Committee**

***Committee Role and Membership***

Beth Fortner the Nutrition director will meet with the safety committee at least two times per year 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 (heretofore referred as “wellness policy”). ***Leadership***

The Superintendent or designee(s) will convene the DWC and facilitate development of and updates to the wellness policy, and will ensure compliance with the policy.

The designated official for oversight is the Coordinated School Health Director.

**Wellness Policy Implementation, Monitoring, Accountability and Community Engagement**

***Implementation Plan***

The District will develop and maintain a plan for implementation to manage and coordinate the execution of this wellness policy. The plan delineates roles, responsibilities, actions and timelines specific to our school; and includes information about who will be responsible to make what change, by how much, where and when; as well as specific goals and objectives for nutrition standards for all foods and beverages available on the school campus, food and beverage marketing, nutrition promotion and education, physical activity, physical education and other school-based activities that promote student wellness.

This wellness policy and the progress reports can be found at: www.carrollschools.com.

***Recordkeeping***

The Nutrition Director will retain records to document compliance with the requirements of the wellness policy at the Board of Education Office. Records maintained in this location will include but will not be limited to:

* The written wellness policy;
* Documentation demonstrating that the policy has been made available to the public;
* Documentation of efforts to review and update the Local Schools Wellness Policy; including an indication of who is involved in the update and methods the district uses to make stakeholders aware of their ability to participate on the DWC;
* Documentation to demonstrate compliance with the annual public notification requirements;
* The most recent assessment on the implementation of the local school wellness policy;
* Documentation demonstrating the most recent assessment on the implementation of the Local School Wellness Policy has been made available to the public.

***Annual Notification of Policy***

The District will actively inform families and the public each year of basic information about this policy, including its content, any updates to the policy and implementation status. The school will make this information available via the district website and/or district-wide communications. The school will provide as much information as possible about the school nutrition environment. Annually, the school will also publicize the name and contact information of the schools leading and coordinating the committee, as well as information on how the public can get involved with the school wellness committee.

***Triennial Progress Assessments***

At least once every three years, the District will evaluate compliance with the wellness policy to assess the implementation of the policy and include:

* The extent to which schools under the jurisdiction of the District are in compliance with the wellness policy;
* The extent to which the District’s wellness policy compares to the model wellness policy; and
* A description of the progress made in attaining the goals of the District’s wellness policy.

The position/person responsible for managing the triennial assessment and contact information is Mandy Drewry, Coordinated School Health Director, mdrewry@carrollschools.com.

The DWC, in collaboration with individual schools, will monitor schools’ compliance with this wellness policy.

The Districtwill notify households/families of the availability of the triennial progress report at www.carrollschools.com.

***Revisions and Updating the Policy***

The DWC will update or modify the wellness policy based on the results of the annual School Health Index and triennial assessments and/or as District priorities change; community needs change; wellness goals are met; new health science, information, and technology emerges; and new Federal or state guidance or standards are issued. **The wellness policy will be assessed and updated as indicated at least every three years, following the triennial assessment.**

***Community Involvement, Outreach and Communications***

The school is committed to making the community aware of the wellness policy. The school will communicate ways in which representatives of DWC and others can participate in the development, implementation and periodic review and update of the wellness policy through a variety of means appropriate for that district. The District will use the district’s website to ensure that all families are actively notified of the content of, implementation of and updates to the wellness policy.

The school will actively notify the public about the content of or any updates to the wellness policy annually, at a minimum. The school will also use these mechanisms to inform the community about the availability of the annual and triennial reports.

1. **Nutrition**

***School Meals***

Our school is committed to serving healthy meals to children, with plenty of fruits, vegetables, whole grains, and fat-free and low-fat milk; that are moderate in sodium, low in saturated fat, and have zero grams *trans* fat per serving (nutrition label or manufacturer’s specification); and to meeting the nutrition needs of school children within their calorie requirements. The school meal programs aim to improve the diet and health of school children, help reduce childhood obesity, model healthy eating to support the development of lifelong healthy eating patterns and support healthy choices.

* Are accessible to all students;
* Are appealing and attractive to children;
* Are served in clean and pleasant settings;
* Meet or exceed current nutrition requirements established by local, state, and Federal statutes and regulations. (The District offers reimbursable school meals that meet [USDA nutrition standards](http://www.fns.usda.gov/school-meals/nutrition-standards-school-meals).)
* Promote healthy food and beverage choices using at least five of the following [Smarter Lunchroom techniques](http://smarterlunchrooms.org/ideas):
  + Whole fruit options are displayed.
  + Sliced or cut fruit is available.
  + Daily fruit options are displayed in a location in the line of sight and reach of students.
  + Due to our student’s challenges in decision making, we alter the milk choices serving 1% low fat white milk and fat free chocolate milk every other day.
  + A reimbursable meal can be created in the service area available to students.
  + Daily announcements are used to promote and market menu options.

*Menus will be posted on the District website or individual school websites, School meals are administered by a team of child nutrition professionals.*

*The District child nutrition program will accommodate students with special dietary needs.*

*Students will be allowed 20 minutes to eat lunch, counting from the time they have received their meal and are seated.*

*Students are served lunch at a reasonable and appropriate time of day.*

*Participation in Federal child nutrition programs will be promoted among students and families to help ensure that families know what programs are available in their children’s school.*

***Staff Qualifications and Professional Development***

All school nutrition program directors, managers and staff will meet or exceed hiring and annual continuing education/training requirements in the [USDA professional standards for child nutrition professionals](http://www.fns.usda.gov/sites/default/files/CN2014-0130.pdf). These school nutrition personnel will refer to [USDA’s Professional Standards for School Nutrition Standards website](http://professionalstandards.nal.usda.gov/) to search for training that meets their learning needs.

***Water***

To promote hydration, free, safe, unflavored drinking water will be available to all students throughout the school day and throughout every school campus. The school will make drinking water available where school meals are served during mealtimes.

* *Water cups/jugs will be available in the cafeteria if a drinking fountain is not present.*
* *All water sources and containers will be maintained on a regular basis to ensure good hygiene and health safety standards. Such sources and containers may include drinking fountains, water jugs, or hydration stations.*

***Competitive Foods and Beverages***

*The Carroll County Board of Education has established a* ***No Sale*** *of competitive foods to students attending the Carroll County Special Learning Center/Preschool. Any snacks served during the day have made a positive contribution to the student’s diets and health. A list of appropriate snack and celebration foods is sent home annually with each student.*

***Celebrations and Rewards***

We encourage all foods offered on the school campus will meet or exceed the USDA Smart Snacks in School nutrition standards including through:

1. Celebrations and parties.
2. Classroom snacks brought by parents.
3. Rewards and incentives. Foods and beverages will not be used as a reward, or withheld as punishment for any reason, such as for performance or behavior.

***Fundraising***

*The Carroll County Special Learning Center/Preschool does no participate in fund raisers.*

***Nutrition Promotion***

Nutrition promotion and education positively influence lifelong eating behaviors by using evidence-based techniques and nutrition messages, and by creating food environments that encourage healthy nutrition choices and encourage participation in school meal programs. Students and staff will receive consistent nutrition messages throughout schools, classrooms, gymnasiums, and cafeterias. Nutrition promotion also includes marketing and advertising nutritious foods and beverages to students.

The school will promote healthy food and beverage choices for all students throughout the school campus, as well as encourage participation in school meal programs.

***Nutrition Education***

The District will encourage and support healthy eating by all students. Schools will provide nutrition education and engage in nutrition promotion that:

* Is designed to provide students with the knowledge and skills necessary to promote and protect their health;
* Promotes fruits, vegetables, whole-grain products, low-fat and fat-free dairy products and healthy food preparation methods;

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

The District is committed to providing a school environment that ensures opportunities for all students to practice healthy eating and physical activity behaviors throughout the school day while minimizing commercial distractions. The District strives to teach students how to make informed choices about nutrition, health and physical activity. These efforts will be weakened if students are subjected to advertising on District property that contains messages inconsistent with the health information the District is instilling through nutrition education and health promotion efforts. It is the intent of the District to protect and promote student’s health by permitting advertising and marketing for only those foods and beverages that are permitted to be sold on the school campus, consistent with the District’s wellness policy.

Any foods and beverages marketed or promoted to students on the school campus during the school day will meet or exceed the USDA Smart Snacks in School nutrition standards.

1. **Physical Activity**

*Although many of the students attending the Carroll County Special Learning Center/Preschool have physical limitations, daily recess and physical activities are incorporated into their daily curriculum Coordinated School Health has helped implement activities not only for the students, but for the staff to help with the overall physical fitness of our program.*

***Physical Education***

*Each month, students and parents are given statistics and educational materials regarding the effectiveness of a well rounded physical education program.*

**Outdoor recess** will be offered when weather is feasible for outdoor play.

In the event that the school or district must conduct **indoor recess,** teachers and staff will follow the indoor recess guidelines that promote physical activity for students, to the extent practicable.

***Professional Learning***

When feasible, the school will offer annual professional learning opportunities and resources for staff to increase knowledge and skills about promoting healthy behaviors in the classroom and school Professional learning will help staff understand the connections between academics and health and the ways in which health and wellness are integrated into ongoing district reform or academic improvement plans/efforts.