

Toombs County Wellness Policy

The Toombs County School system 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.

Continued assessment in key areas of Wellness including nutrition and physical activity will occur during the school year.

If you are interested in joining the Wellness team, contact Courtney Gay, School Nutrition Director, at (912) 526-3141, ext. 3209, courtney.gay@toombs.k12.ga.us.



PHYSICAL ACTIVITY

Toombs County Schools encourage students to engage in a variety of physical activity opportunities available to them. Evidence supports a correlation between academic achievement and the physical well-being of students.

Intense physical activity programs have positive effects on academic achievement, including increased concentration; improved mathematics, reading, and writing test scores; and reduced disruptive behavior.
-- Curricular Physical Activity and Academic Performance, *Pediatric Exercise Science*

| School Physical Activity Environment Assessment | | | |
|--|------------|------------------------------|------|
| Program/ Activity | Elementary | Middle | High |
| Provide daily recess | Yes | Yes | No |
| Provide physical education class at least twice per week | Yes | Yes but on rotation schedule | Yes |
| Assess students level of physical activity at least once per year | Yes | Yes | Yes |
| Provide classroom physical activity integrated into school day learning activities | Yes | No | Yes |
| Provide intramural physical activity opportunities | Yes | Yes | Yes |

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School Wellness Report Card

Nutrition & Physical Activity 2018 – 2019

Toombs County Schools are dedicated to serving nutritious meals and providing multiple physical activity opportunities as a means of helping our students reach proficiency.



Healthy Schools

Contact Us

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Visit us at www.toombscountyschools.org



Fresh Fruit and Vegetable Program

Through USDA’s Fresh Fruit and Vegetable Program (FFVP), Toombs County elementary schools receive a healthy snack of fresh fruit or vegetable daily. The FFVP not only creates a healthy school environment, but also broadens the student’s exposure to fruits and vegetables. It also provides an opportunity for nutrition education in the classroom.



The Toombs County School Nutrition program provides a variety of local produce items grown right here in Toombs County, as well as other Georgia Grown items throughout the school year.

Toombs County High School also operates their own school garden. The students participate in the planting, growing, and harvesting process of the produce grown. These items are also featured in the school meals.

National School Breakfast Program

Students who eat breakfast daily have significantly higher standardized achievement test scores than students who do not eat breakfast. Children with access to school breakfast also had significantly reduced absence and tardiness rates.

| 2017 – 2018 BREAKFAST REPORT | |
|------------------------------|---------|
| # Schools Participating | 5 |
| Total Breakfasts Served | 268,387 |
| Average Daily Participation | 1,625 |

National School Lunch Program

Federal regulations require that we offer minimum portion sizes of meat, fruit, vegetable, grains/breads and fluid milk during every lunch meal service. We offer fresh fruits and vegetables every day. Students are allowed to have all the fresh fruits and vegetables they will eat. The menu provides for variety and allows us to make the most efficient use of the donated commodities.

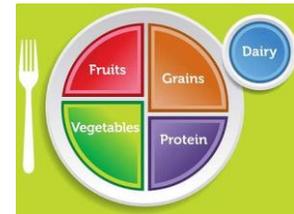
| 2017– 2018 LUNCH REPORT | |
|-----------------------------|---------|
| # Schools Participating | 5 |
| Total Lunches Served | 429,955 |
| Average Daily Participation | 2,587 |

School Nutrition Facts

The Toombs County School Nutrition Program is accredited in meeting the Healthy, Hunger-Free Kids Act (HHFKA) 2010 provisions. The federal nutrition standards have been implemented in stages, to ensure that meals are healthier, well balanced and provide students the nutrition they need to succeed at school. A student must take a minimum of a fruit or vegetable at breakfast and at lunch to complete their meal.

School meals offer daily:

- ✓ Variety of fruits
- ✓ Variety of vegetables
- ✓ Whole grain rich items
- ✓ Fat-free and 1% milk choices
- ✓ Low fat/low sodium meat alternatives
- ✓ Age-appropriate calorie limits and portion sizes



Toombs County Schools will continue participating in the Community Eligibility Provision (CEP) for the 2018-2019 school year. All students who attend Toombs County Schools are eligible to receive a healthy breakfast and lunch at school at **no charge** to them.