

In support of the health and wellness of students, schools shall create healthy building environments and employ classroom management strategies that promote and encourage alternatives to food as a reward or punishment. Atlanta Public Schools shall promote healthy lifestyle choices and offer a nutrition and wellness program according to the following guidelines.

1. Nutrition Program Guidelines

- APS will offer an economically sustainable meal program that provides a healthy nutritious breakfast, lunch, and snack daily to every student at every school. APS will provide opportunities for additional meals, such as supper, to the greatest extent possible.
- The nutritional value of the food served by the Atlanta Public Schools and after school programs shall not be less restrictive than regulations and guidance as specified by United States Department of Agriculture (USDA) dietary standards.
- Meals offered within the federally reimbursable meal program will be designed to feature and increase the amount of fruits and vegetables and other healthy foods from local sources to the greatest extent possible.
- Foods served to students and employees of the Atlanta Public Schools during the day as a snack, an incentive, or in school offices, whether provided by parents or APS staff, shall be consistent with USDA standards.
- Fundraising activities occurring at any time on school grounds shall not involve any foods that do not meet USDA standards. This includes fundraisers for schools, PTAs/PTOs, Booster Clubs, student activity and athletics groups.

2. Nutrition Education and Promotion Guidelines

- Schools shall incorporate nutrition education into the curriculum at all grade levels, according to the state standards.
- To the greatest extent possible, APS will integrate farm-to-school programs in a cross-curricular manner to appropriately facilitate the nutritional and educational goals of the district. Farm-to-school programs encompass efforts that bring local or regionally produced foods into school cafeterias; hands-on learning activities such as school gardening, farm visits, and culinary classes; and the integration of food-related education into the regular, standards-based classroom curriculum.
- Marketing for all food or beverages in areas accessible to students during the school day must be consistent with nutrition guidelines (See Section 1).

3. **Physical Activity Guidelines**

- All schools shall provide physical education (PE) instruction taught by a certified educator. Course content will be based on state standards.
- In accordance with state law, schools shall conduct an annual fitness assessment program for all students enrolled in PE classes taught by certified PE teachers in grades 1 through 12.
- Schools shall not use physical activity or withhold opportunities for physical activity as punishment.

4. **Implementation** – Annually, each school shall develop a local school wellness plan that incorporates the program guidelines. The plan shall be submitted to the district wellness coordinator no later than the fourth week of each school year.

5. **Evaluation**

- The Chief Operating Officer and the Chief Academic Officer or their designees shall oversee the implementation of the wellness program.
- The School Nutrition Department will monitor and evaluate the district wellness program. An evaluation report will be published annually.

Adopted by APS Board: February 13, 2006

Last Revised: September 8, 2014