



SY
18-19



WELLNESS REPORT

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SUMMARY

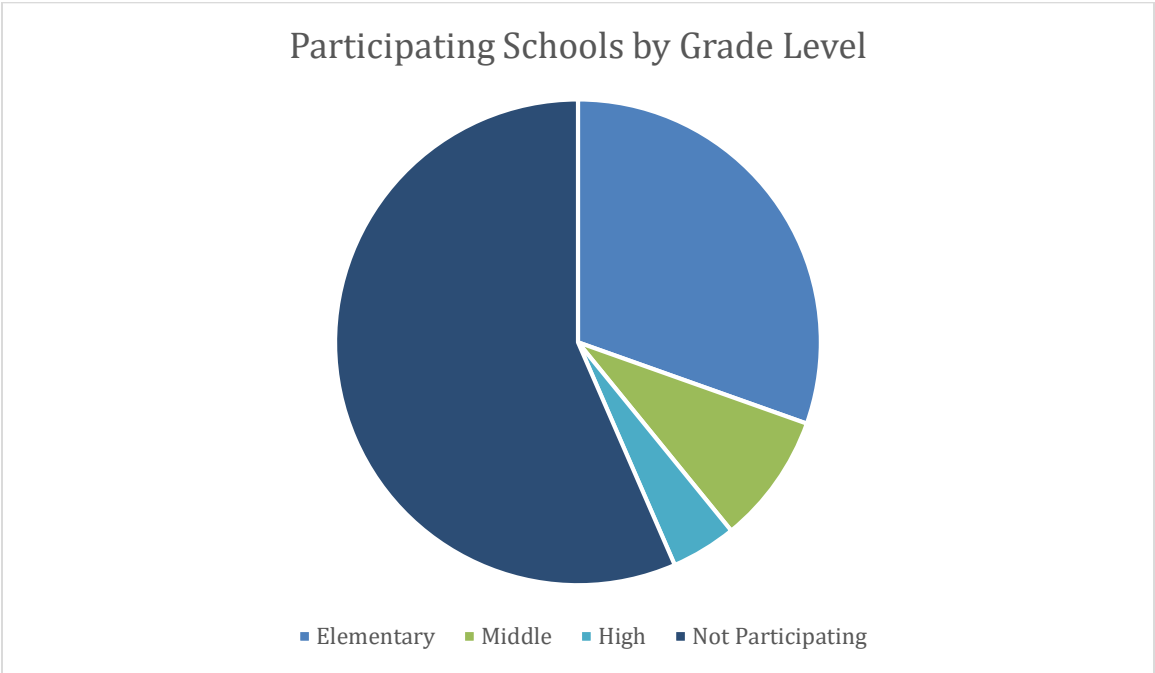
The following report shows the results of the school wellness evaluation provided by 10 participating schools.

TOTAL PARTICIPATION: 10 out of 23 schools (43.5%)

Elementary: 7 out of 14 (50%)

Middle: 2 out of 5 (40%)

High: 1 out of 4 (25%)



NUTRITION EDUCATION/PROMOTION

Nutrition Education is taught as part of the health education curriculum.

Highlighted Activities

- Proper nutrition was emphasized throughout health and food nutrition classes.
- Healthy habits are promoted in health and physical education classes.
- Nutrition education is incorporated in all science curriculums.
- Classroom teachers in K-5th grade teach nutrition education.
- Nutrition is taught as part of the 1st grade curriculum and some 3rd grade teachers use it as a supplement unit.
- On March 25th the “Give Peas a Chance” presentation was given to all students K-2nd grade.
- Physical education classes teach health and wellness throughout the year.

Percent Achieved

100%

A school wide program to promote healthy eating and physical activity is implemented.

Highlighted Activities

- Fresh food is offered daily.
- Spin classes, indoor and outdoor walking tracks, and a weight room are offered to employees throughout the year.
- Physical education is offered twice a week.
- Students participate in dance classes.
- Nutritional information is promoted and viewed in the cafeteria.
- Mighty Miler Running Club is offered to students.
- NCSS Nutrition plan is followed throughout the year.
- Family Fitness Night was implemented on March 5th.
- A Biggest Loser Competition for staff started on August 10th.
- Family and Consumer Science teachers promote proper nutrition and healthy eating.
- Education programs promote nutrition education throughout the year.

Percent Achieved

90%

After school programs (ASAP) incorporate nutrition education.

Highlighted Activities

- Cooking activities in the after school program teach students how to cook healthy meals.
- Nutrition and health related activities are offered throughout the 21st Century Program.
- Nutrition and cooking classes educate the students on healthy meals.
- College Students from Emory University assist in teaching nutrition education.
- The Young Chef's Academy is taught by teachers.
- Appropriate portion sizes for snacks and culinary arts lessons are taught by after school teachers.

Percent Achieved

70%

Community resources are utilized to provide nutrition education and/or physical activity opportunities before and/or after school.

Highlighted Activities

- Athletic fields and tracks are available for the community to use.
- The PTO is a liaison between the community and school for all wellness events.
- Morning exercise classes are available to students prior to school.
- Nutrition was promoted through various partnerships including NFL Fuel Up to Play 60, Action for a Healthier Generation, Dairy Alliance, and local doctors.
- Schools partner with Newton County Parks and Recreation to promote recreation sports.
- After school sports and clubs like the dance team are offered to all students.
- Community resources are promoted including the Oxford College farm, Newton County's Health Department, Newton Trails, and Rivers Alive.

Percent Achieved

80%

"Farm to School" activities are implemented.

Highlighted Activities

- School Nutrition Staff promote and serve local produce every month.
- Pre-K students interact in a vegetable garden on Farm Day.
- A Kindergarten class maintains and harvests vegetables from our school garden.
- Each grade level maintains and grows plants in our gardens.
- Pre-K students take a field trip to Berry's Farm.

- 1st graders take a trip in October to the Pumpkin Patch.
- 3rd graders are given a cabbage plant to grow throughout the year and participate in the Cabbage Contest.
- The Mobile Dairy Truck visits to talk to students about dairy cows and the importance of milk.
- A field trip to Mitcham Farms provides education on locally grown foods, honey, berries, and pumpkins.

Percent Achieved

70%

Students provide input on physical activity and/or school food options.

Highlighted Activities

- School Nutrition Staff conduct surveys, offer samples, and have an open door policy for student input on the menus.
- Physical Education classes allow students to provide input on different physical activities.
- Quarterly students are given a free choice physical activity day.
- During Family Fitness Night taste testing stations were offered to gather student and parent input.
- Free and organized play are available on the playground.
- Students are allowed input on what Athletic programs they want to be available.

Percent Achieved

90%

Students promote fruit and vegetable options on school menus.

Highlighted Activities

- Students share thoughts about fruit and vegetable choices with each other and the School Nutrition staff.
- Fruit and vegetable options are promoted each morning on STAR Kids TV.
- Student sign making contests help promote fruit and vegetable options on school menus.

Percent Achieved

70%

NUTRITION GUIDELINES FOR ALL FOODS AVAILABLE DURING THE SCHOOL DAY

School conducts fundraiser supportive to healthy eating.

Highlighted Activities

- Healthy food options are provided in vending machines and the nutrition staff does a fundraiser each year (this year they sold kitchen utensils).
- Fruit sales are sometimes chosen to promote extracurricular activities.
- All fundraisers that involve food items follow the guidelines.
- Kids Heart Challenge: online platform that promotes both physical activity and good nutrition.

Percent Achieved

60%

Middle and High Schools include appealing, nutrient-dense items in concession stands and student vending machines that meet USDA's "Smart Snacks" guidelines.

Highlighted Activities

- All food items must be approved before being sold in concession stands and vending machines.
- Currently sale granola bars, pickles, water, fruit snacks and other options are being explored for our concession stands.

Percent Achieved

100%

School encourages parents to send healthy snacks with students (elementary).

Highlighted Activities

- Healthy habits are promoted during Health and Physical Education class.
- Healthy habits information is sent home to parents.
- There is a statement in the staff handbook that encourages teachers to remind parents to send healthy snacks.

- Each grade level sends home a parent letter detailed with healthy snack options.
- Welcome letters to parents include healthy snack suggestions.
- Homeroom teachers send information out to parents regarding the snack procedures and examples of appropriate and healthy snacks.

Percent Achieved

100%

PHYSICAL ACTIVITY AND PHYSICAL EDUCATION

Physical activity opportunities are provided for students outside of physical education.

Highlighted Activities

- Sports, indoor/outdoor tracks, weight-rooms, and spin rooms are open for athletes and non-athletes.
- 7th grade students participate in Sports Day. They are allowed to go outside and play football, basketball, and a variety of other activities.
- On our annual “Fun Day” we incorporate a variety of sports.
- Students participate in recess and local 5ks.
- All teachers have recess time built into their daily schedules. Our after school programs also have a recess or gym rotation.
- Students and staff are encouraged to participate in our Mighty Milers Program.
- We have a Prime Time for Fitness Club and Power Up for 30 Fitness Club that meet weekly and are open to certain age groups.
- Fundraiser celebrations and field day include physical activity opportunities.

Percent Achieved

100%

Physical activity/movement is integrated across the curriculum.

Highlighted Activities

- CTAE and health classes incorporate physical activity and movement in their curriculum.
- Various courses utilize “up and moving” lesson activities.
- Brain breaks were created to introduce movement throughout the school day.
- Some classes include alternative seating to encourage movement throughout the day.

Percent Achieved

90%

Students participate in activities that involve walking and bicycling, as well as other physical activity outside of the school day.

Highlighted Activities

- Community events like the Annual Fuzz Run and Relay for Life are promoted for students to join.
- School wide activities like track, basketball, softball, football, soccer, tennis, wrestling, dance, and cheer are available after school and on weekends.
- Students participated in after school Walk-A-Thon.
- Many students participate in recreational sports and scouts.

Percent Achieved

90%

Physical activity, including recess, is neither denied nor required as a means of punishment.

Highlighted Activities

- Students are allowed to participate in recess after lunch and major testing.
- All students are eligible to participate in field day.
- Sometimes a timeout is needed to remind students of safety protocols, but physical activity and/or recess is never denied completely.

Percent Achieved

50%

OTHER SCHOOL BASED WELLNESS ACTIVITIES

Students are encouraged to wash their hands or use hand sanitizer before meals.

Highlighted Activities

- Educational signage are located throughout the school to teach students on the importance of washing their hands.
- Students are required to use the restroom before and after lunch to ensure cleanliness.
- SOAR restroom matrix reminds students that being accountable means being clean and washing hands.
- All teachers bring hand sanitizer to lunch and it is also available at the check out register in the cafeteria.

Percent Achieved

100%

School staff members participate in physical activity and/or healthy eating programs.

Highlighted Activities

- Events like faculty volleyball, spin classes, and basketball are available for staff to participate in throughout the year.
- Staff versus students in basketball and kickball are encouraged for physical activity benefits and to build relationships with students.
- Local 5ks and school fitness groups are offered to staff.
- A team and individual wellness challenge for staff was completed this year.
- Teachers participate in yoga three times a week.
- Teachers can join the Biggest Loser Challenge.

Percent Achieved

90%

IMPLEMENTATION, MONITORING, AND EVALUATION

The school has a wellness council composed of various stakeholders which plans and implements wellness activities at the school.

Highlighted Activities

- The wellness council is composed of faculty, administration, and students.
- A plan was developed by the wellness council to increase physical activity by conducting a Walk-A-Thon and raising money for Relay for Life.
- A representative from each grade level and area in the school is on the wellness council.
- Our wellness council met 6 times throughout the year to discuss, plan, and implement wellness activities.

Percent Achieved

90%

The wellness council meets at least biannually to develop, review, and revise wellness plans.

Highlighted Activities

- Meetings are held each semester.
- Meetings were held throughout the year and ended with evaluating the objectives.

Percent Achieved

90%