

WALKER COUNTY WELLNESS GOALS

For Chattanooga Valley Elementary

Mission: The Wellness Promotion Policy creates a forum to educate the District and community partners to successfully collaborate in promoting healthier lives. With the District's ultimate goal of improving student performance, the direction of the Wellness Teams are to encourage a proactive approach to holistically address the health and wellness for all school children and staff, their parents, and the community.

Wellness Promotion Goals and Objectives

The following goals and objectives are to be used by the Wellness Teams to evaluate the strengths, weaknesses, and resources of the School District. The District is encouraging a positive and proactive approach to this exciting opportunity to impact students' health and their school environment.

NUTRITION EDUCATION

- a. **Goal:** To promote nutrition education with the objective of improving students' health and reducing childhood obesity.

- a. **Objectives:**
 - i. The school cafeteria should serve as a "learning library" to allow students to apply critical thinking skills taught in the classroom.
 - ii. Nutrition education should involve sharing information with families and the broader community to positively impact students and the health of the community.
 - iii. Nutrition education should be provided for all staff members. The District and each school should establish and maintain a staff wellness team. The team should develop, promote, and oversee a multifaceted plan to promote staff health and wellness.
 - iv. The District should provide information to families that encourage them to teach their children about health and nutrition and to provide nutritious meals for their families.
 - v. Students should be encouraged to start each day with a healthy breakfast.

- c. **Action Plan:**
 - Monthly menus will be posted in cafeteria and on the school website, listing daily menus plus alternative menus for students with food allergies.
 - "Nutrition Nuggets," which are nutrition information handouts and ideas for families, are sent home with each student every month.
 - Our School Council, plus additional students and select staff, will make up our "wellness team." This group meets quarterly and includes: administrators, teachers, parents, community members, a

county nurse, the cafeteria manager, parent involvement specialist, and students.

- A nutrition education library is provided in the parent center, which includes books and learning materials related to nutrition. Families may access these materials anytime.
- A daily breakfast program is accessible to all students. “Breakfast on the Go” is utilized at CVE to increase participation and allow students the opportunity to begin with a healthy start, while maximizing instructional time.

PHYSICAL ACTIVITY

- a. **Goal:** To promote physical activity with the objective of improving students’ health and reducing childhood obesity.
- b. **Objectives:**
 - i. Physical education courses should be the environment where students learn, practice, and are individually assessed on developmentally appropriate motor skills, social skills, and knowledge, which will support life-long benefits of physical activity.
 - ii. Physical activity participation should take into consideration the "balancing equation" of food intake and physical activity.
 - iii. Physical education should include the instruction of individual activities as well as competitive and non-competitive team sports to encourage life-long physical activity, which provides outlets for stress-reduction.
 - iv. The school should provide a physical, social, and emotional environment that encourages safe and enjoyable activity for all students and staff including those who are not athletically gifted.
 - v. Information should be provided to staff and families to help them incorporate physical activity into their students’ lives.
- c. **Action Plan:**
 - All students at CVE will be scheduled to physical education once every week at a minimum. The physical education teacher will stress skilled movement, individual activities, strength and flexibility activities, team building games, and lifetime fitness activities.
 - The teacher monitors current levels of fitness and progress toward developmentally appropriate goals through Fitness Gram. Fitness Gram is not an assessment of athletic ability; rather, it focuses on good health. Fitness Gram is administered to all students grades 1-5. Additionally, kindergarteners are assessed using gross motor components of GKIDS (which are administered by a certified

Physical Education teacher). Annual individualized reports of each student's current levels of fitness are provided to parents.

- Field Day- this special physical activity event is planned during the school day, with 100% of students and staff participating. Field Day includes a variety of outdoor teamwork games and physical activities and is scheduled annually. Parents are encouraged to attend the event with their children.
- 20 minutes of recess is provided daily for all students.

OTHER SCHOOL-BASED ACTIVITIES

a. Goal: To promote the health and wellness of students and staff.

b. Objectives:

- i. The District and each school should establish and maintain a staff wellness team. The wellness-promotion teams should be comprised of families, teachers, administrators, school health staff, community representatives and students to plan, implement, and improve nutrition and physical activity in the school environment.
- ii. The committee should develop, promote, and oversee a multifaceted plan to promote staff health and wellness.
- iii. After-school programs should encourage physical activity and health-habit formation.
- iv. Wellness-Promotion Policy goals should be considered in planning all school-based activities (such as school events, field trips, dances, and assemblies).
- v. Support for the physical, social, and emotional health of all students and staff should be demonstrated by hosting health clinics, health screenings, and helping to enroll eligible children in Medicaid and other state children's health insurance programs.
- vi. The District and each worksite shall provide information about wellness resources and services to assist in identifying and supporting the health, safety, and well-being of all students and staff.

c. Action Plan:

- A wellness-promotion policy will be implemented with help and input from administrators, teachers, community representatives, school health staff, and students. This policy will encourage physical activity and healthy snacks for after-school programs, field trips, dances, and assemblies.
- Health programs/assemblies and screenings for students will be held annually in conjunction with community health clinics, colleges, or hospitals. Vision and hearing screenings are conducted annually for all 1st, 3rd, and 5th graders. Visitors are invited each year to speak to students about health related topics (ex. dentists, orthodontists, dental truck, etc.)
- Career guidance lessons follow the Georgia Career Clusters, which include introduction of health related career opportunities.

- Parent Involvement activities follow specific healthy snack requirements to promote healthy snack choices.

NUTRITION STANDARDS

- Goal:** To promote nutrition guidelines, a healthy eating environment, Child Nutrition Programs, and food safety and security on each school campus with the objective of promoting student health and reducing childhood obesity.
- Objectives** are stated below:

Nutrition Guidelines for All Foods on Campus

- In addition to providing healthful meals in the cafeteria, schools will provide a healthy selections of foods and beverages on campus (e.g. in vending machines, concession stands, a la carte, student stores, parties/celebrations, and fundraising) during the school days. The selections will be in accordance with the Smart Snack Regulations.
- Food providers should take measures to ensure that student access to foods and beverages meets federal, state, and local laws and guidelines. Food providers should offer a variety of age appropriate healthy food and beverage selections for elementary schools, middle schools, and high schools.
- Nutrition information for products served should be available.
- Classroom snacks provided by the school should be healthy snacks. Families should be educated and encouraged to provide healthy snacks/choices.
- Nutrition education should be incorporated during classroom snack times and not just during meals. Foods and beverages sold at fundraisers should include healthy choices and provide age appropriate selections for elementary schools, middle schools, and high schools.

c. Action Plan:

- CVE will provide a healthy selection of foods and beverages on campus.
- Food providers will give access to foods that meet federal, state, and local laws and guidelines.
- Nutrition education will be incorporated in PE/health and guidance classes.

Eating Environment

- Meal periods should be scheduled to provide enough time for students to eat. An additional option for breakfast could be an in-class breakfast program.
- Dining areas should be attractive and have enough space for seating the students who will be dining.
- Drinking water should be available for students at meals.
- Food should not be used as a reward or a punishment for student behaviors, unless it is detailed in a student's Individualized Education Plan (IEP).

c. Action Plan:

- Meal periods will be twenty-five minutes in duration to provide enough time for students to eat healthy lunches.
- Dining areas and the cafeteria will be cleaned daily; the food preparation area will be sanitized daily.

Child Nutrition Operations

- i. The child nutrition program should ensure that all students have affordable access to the varied and nutritious foods they need to stay healthy and learn well.
- ii. The school should strive to increase participation in the available federal Child Nutrition programs (e.g. school lunch, school breakfast, after-school snack, and summer food service programs).
- iii. The District should employ a Food Service Director who is qualified to administer the school food service program and satisfy reporting requirements.
- iv. All food service personnel should have adequate training in food service operations.

c. Action Plan:

- The school will strive to increase participation in the available federal Child Nutrition programs including school lunch and school breakfast.
- The child nutrition program will ensure that all students have access to nutritious foods.

Food Safety/Food Security

- i. The foods made available on campus provided by the School Food Authority, should comply with the state and local food safety and sanitation regulations.
- ii. For the safety and security of the food and facility, access to the food service operations should be limited to Child Nutrition staff and authorized personnel.

c. Action Plan:

- All foods served at school will be provided by the School Food Authority and will comply with federal, state, and local regulations.
- Access to the food services operations will be limited to Child Nutrition staff and authorized personnel.