

WALKER COUNTY WELLNESS GOALS

School Plan 2019-2020 School Year

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.

Action Plan:

1. Promote the menus in the LHS cafeteria by emailing this out to staff, and posting monthly menus on LHS Social Media sites, as well as LHS website. Weekly LHS LowDowns are posted in the hallways for student references, and emailed on Friday to the teachers – this has the posted lunch menu for the next week
2. Discuss and teach health and Nutrition weekly in PE / Health classes. Information is also sent home for parent to reference.
3. Nutrition is not only part of the H/PE classes, but also included in classroom discussions such as math, science, ELA and social sciences, as well as several

- pathway classes that discuss and promote a healthy lifestyle (HealthCare/Food and Nutrition)
4. Breakfast on the Go is being offered this year at LHS (available each day at 7:45 in first commons)
 5. Activities for LHS staff to get involved – use of the WT facility and Girls GYM area; Workouts offered by a trainer (para – Jeanie Bruce) each week to staff that desires to have a regimented weight training plan; informal walking groups that meet up and walk the track or run the stairs, or use the LHS nature trail
 6. Biggest Loser @ holiday – weigh in / monetary incentive offered to track/lose additional weight after the 2 major fall/winter holidays of Thanksgiving and Christmas.

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.

Action Plan:

1. PE department does drills/skills/ core exercises and promoted physical fitness in their classes. We offer beginning and advanced WT classes to both male and female students.
2. Health/PE classes are offered each semester, also Physical Education / Training is also a part of the routine in BAND, in Criminal Justice classes and in JROTC (LAB component).
3. Nutritional snacks are provided in the vending machines (off during lunch)
4. Fresh fruits are also optional at lunch for students to get extras (share your fruit)

5. Afternoon snacks are provided each day for all students that want a snacks going home.
6. Students in PE/Health participate each semester in a STATE FITNESS/Activity GRAM challenge.

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.

Action Plan:

1. PE department does drills/skills/ core exercises and promoted physical fitness in their classes. We offer beginning and advanced WT classes to both male and female students.
2. Health/PE classes are offered each semester, also Physical Education / Training is also a part of the routine in BAND, in Criminal Justice classes and in JROTC (LAB component).
3. Nutritional snacks are provided in the vending machines (off during lunch)
4. Fresh fruits are also optional at lunch for students to get extras (share your fruit)
5. Afternoon snacks are provided each day for all students that want a snacks going home.
6. Students in PE/Health participate each semester in a STATE FITNESS/Activity GRAM challenge.

NUTRITION STANDARDS

- a. **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.
- b. **Objectives** are stated below:

Nutrition Guidelines for All Foods on Campus

- i. 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.
- ii. 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.
- iii. Nutrition information for products served should be available.
- iv. Classroom snacks provided by the school should be healthy snacks. Families should be educated and encouraged to provide healthy snacks/choices.
- v. 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.

Action Plan:

1. All Federal / State and Local guidelines regarding food /prep and service will be followed per state sanitation regulations.
2. Parents have been informed with a 1st day back to school letter that outside food is not allowed to be brought in to students during lunch time. Front office ladies will triage each individual situation and call for an administrator if there are any specific problems.
3. NO outside food will be allowed to be brought in after 8am – or before 3:15pm without direct permission from the principal.
4. Teachers providing treats or snacks to students must obtain permission from the principal, and these treats must be AFTER school lunch hours of 11: 40am - 1:40pm daily.
5. Fundraising requests for any CLUB/Organization that plans to compete with cafeteria food, must be approved by the principal and specific dates agreed upon with the manager.

Eating Environment

- i. 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.
- ii. Dining areas should be attractive and have enough space for seating the students who will be dining.
- iii. Drinking water should be available for students at meals.
- iv. 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).

Action Plan:

1. Breakfast line opens up almost every day @ 7:25/7:30 and main cafeteria line remains open until the 7:47 bell rings to for students to head to first block. Breakfast on the Go is set up and ready for 7:45 and catches the over flow and

students who are arriving on campus (running late) or those needing a quick breakfast.

2. Seats have adequate seating in the main cafeteria, and Breakfast on the Go is carried in trays to the individual room/desks.
3. Water is available to students, for sale in the cafeteria, school store, or by water fountain.

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.

Action Plan:

1. Students are encouraged by bus drivers, LHS staff and teachers each morning to participate in the free breakfast services offered at LHS.
2. We have a very supportive cafeteria manager and staff that serve our students and work to develop positive / supportive relationships with our kids so they feel comfortable eating the food in the cafeteria.
3. WCS staff and those who serve in the LHS cafeteria maintain high standards of training in the food service industry – yearly re-certification.
4. Students are encouraged to turn in the F/R lunch forms during first 2 weeks of school and follow up with #PitCrew (HR) teachers for those grade level students during these 2 weeks of 9/3 – 9/18, to follow up with kids needing to turn in F/R applications before the charge date occurs.

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.

Action Plan:

1. All Federal / State and Local guidelines regarding food /prep and service will be followed per state sanitation regulations.
2. Parents have been informed with a 1st day back tko school letter that outside food is not allowed to be brought in to students during lunch time. Front office

ladies will triage each individual situation and call for an administrator if there are any specific problems.

3. NO outside food will be allowed to be brought in after 8am – or before 3:15pm without direct permission from the principal.
4. Fundraising requests for any CLUB/Organization that plans to compete with cafeteria food, must be approved by the principal and specific dates agreed upon with the manager.
5. Teachers providing treats or snacks to students must obtain permission from the principal, and these treats must be AFTER school lunch hours of 11: 40am - 1:40pm daily.