

WALKER COUNTY WELLNESS GOALS

Rock Spring Elementary

2019-20120

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.

- b. **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:**
 - 1. Provide nutritional meals that meet state guidelines
 - 2. All food given or sold during school, by school employees will meet the nutrition/portion guidelines set by the State of Georgia.
 - 3. The school will send home the "Nutrition Nugget" newsletter with students each month. This is a newsletter provided by Food Services monthly.
 - 4. Wellness Team will work with Family Engagement Coordinator and PTO to make sure healthy snacks are provided for the student activities they sponsor.
 - 5. PE will incorporate a 10-minute Nutritional/Health/Wellness lesson each week during PE.

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:**
 - 1. Fitness Gram will be used to prepare all students for state assessment including BMI, aerobic activity, core strength, cardiovascular endurance and upper body strength.
 - 2. Students will participate in a variety of school promoted physically engaging activities including; "Heart Healthy" and Field Day.
 - 3. Students will be actively involved in the physical education for 90% of each gym class period.
 - 4. Students will participate in PE with a certified Physical Education teacher who will implement state physical education standards.
 - 5. Students and teachers are encouraged to participate in Relay for Life each year.
 - 6. Each class has a minimum of 20 minutes for recess each day.
 - 7. Walking Club will be done every morning in the gym so students can get extra exercise in the morning.
 - 8. Fitness on Fridays will be utilized every Wednesday and Thursday during PE. Students have an opportunity to work on Fitness Gram skills while motivating music is played.
 - 9. Teachers will utilize "Go Noodle" for physical activity and "brain breaks" each day within their classrooms.
 - 10. Coach Scoggins develops a "Summer Exercise Plan" that is sent home with students so that they can have a tool to help them exercise over the summer.
 - 11. A student basketball hoop and concrete pad were added to the RSE Playground during the summer of 2019. Students play on it daily at recess.

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:

- 1. Establish a school Wellness Committee
- 2. School nurse will be available daily to help maintain the wellbeing of all students and staff.
- 3. 20 minutes of recess (at minimum) is offered to students daily, outside weather permitting. Students who have discipline issues will not "miss" recess outside. Rather, they will walk several laps.
- 4. This year RSE will utilize the Tele Health system. Our full time nurse will be able to test for illnesses such as strep throat and be able to provide consultations with physicians online with parent permission. If prescriptions are needed, they can be called into the parents' choice of drug store for pick up after their child is picked up for school.
- 5. Faculty and Staff will be able to utilize Tele Health also for illnesses, and for items such as flu shots.

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.

c. Action Plan:

- 1. Health education in the classroom will complement nutrition/wellness lessons that are taught in PE class.

2. Students in need will be able to participate in the weekly “Snack Pack” program to have nutritional snacks over the weekend.
3. Nutritional facts and helpful hints will be displayed on posters in the cafeteria.
4. Cafeteria will prepare healthy meals that teachers can purchase such as salads, baked potatoes and low fat sandwiches.
5. This year RSE has been awarded the USDA Fresh Fruit and Vegetable grant. This creates a healthy environment that focuses on healthy habits and increases the consumption and variety of fruits and vegetables students eat.
6. Teachers were trained on the grant by Walker County nutrition workers on how to present information on the fruits and vegetables to teach students about them. Teachers are encouraged to also sample the fruits and vegetables.

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. Water will be available during the day and at breakfast and lunch at the water fountain or students can bring their water bottles.
2. Students will be provided with 30 minutes of eating time daily.
3. Sufficient time will be given for students to eat breakfast and lunch each day. “Breakfast on the Go” will also be utilized.
4. Pre-Kindergarten eats breakfast in the cafeteria with the other grade level students.
5. Water bottles are allowed in the classrooms and the cafeteria, and can be refilled at the sink/water fountain.
6. With the support of PBIS, the RSE Cafeteria is even more inviting. It includes a birthday table and “Lunch with a View” table. The cafeteria staff decorate the doors and use Holiday decorations on the line to get students excited about school lunch.
7. An extra cart will be utilized for fourth and fifth grade students in their hallways. This will expedite the breakfast line and encourage students to eat breakfast since it will be more convenient.

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. All students will have access to a variety of affordable and nutritional food. Students are allowed to go back and get breakfast once they reach their classrooms if they are hungry in the morning. Students can take breakfast to classes after 7:25.
2. Free breakfast is provided to ALL students.
3. Walker County Schools employ a Food Service Director who ensures that food codes are being followed effectively.
4. Food personnel are trained and follow safe food procedures.

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. Food provided for school activities meet all state and local guidelines.
2. State and local food safety and sanitation regulations will be followed.
3. Access to the food service operations will be limited to Child Nutrition staff.