

2019-2020 SR WELLNESS PLAN/GOALS

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:

- i. The school will send home the Nutrition Nuggets newsletter each month to our families.
- ii. Health conscious activities will be promoted throughout the school year by the SR Wellness Committee Team Members.
- iii. Breakfast procedures were adjusted to make breakfast time more appealing to Saddle Ridge students by allowing breakfast on the go after 7:20 a.m.

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.
- vi. Students will participate in the Power-Up for 30 program in which students and teachers alike dedicate 30 minutes of the school day in exercise.
- vii. Teachers will participate in numerous challenges/activities that will improve the health and well-being of our teachers.

c. Action Plan:

- i. Physical education is a required block class rotation for SR Students.
- ii. The Fitnessgram will be implemented in the physical education program.
- iii. Each grade level has a minimum of 30 minutes for recess every day.
- iv. SR participates in the Relay for Life campaign/walk in the spring.
- v. Staff members are encouraged to log daily exercise in a wellness log.
- vi. Staff members will have the opportunity to participate in weight loss challenges using FitBit or another type of pedometer (FitBit Challenges, Biggest Loser, Healthy Wage, etc).
- vii. After students eat breakfast, they will report to the gym on alternating days to get in 10-15 minutes of Power-Up for 30 physical activity.
- viii. SR will inquire about hosting an APEX Fun Run in order to promote healthy living.
- ix. SR will offer Cross-Country as an additional opportunity for our sports programs.

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:

- i. Saddle Ridge's School Council will meet to brainstorm activities to reinforce state health and wellness goals.
- ii. SR's PTO will work collaboratively with school administration to ensure that school activities/PTO activities encourage physical activity and nutritional soundness.
- iii. Saddle Ridge's school nurse will be available for staff and students as least one day per week to meet the well-being needs at our school.

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. We will continue use of a "Smart Snack Machine".
- 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:

- i. All snacks made available to SR's students will follow nutrition guidelines.
- ii. Nutrition facts will be announced during morning announcements to encourage healthy eating.
- iii. We will continue the use of a Smart Snack Machine to be used by students, faculty, and staff.

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).

c. Action Plan:

- i. Each classroom will have a set time for meals with 30 minutes on the schedule to allow for ample seating.
- ii. Water will be made available to all staff and students throughout the day.

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:

- i. A variety of nutritious foods will be offered to students daily.
- ii. Schoolcast calls will be made to encourage students to participate in school meals.
- iii. Walker County will employ a Food Service Director who ensures that food codes are being followed effectively.
- iv. Food service personnel will have adequate training in food service operations.

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:

- i. Food made available on campus will comply with the state and local food safety and sanitation regulations.
- ii. Access to food service areas will be limited to Child Nutrition staff and authorized personnel only. Signs are posted.