

**Local School Wellness Goals (District Wide)  
2018 - 2019**

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| District Name                 | Effingham County   |
| School Nutrition Coordinator  | Jessica O'Leary  |
| Goals for nutrition education | <ol style="list-style-type: none"> <li>1. Nutritional Posters will be on display in the school cafeterias.</li> <li>2. Nutritional information will be displayed on the monthly school menus.</li> <li>3. The district's nutritional department will partner with curriculum administrators and other school staff in a partnership in the area of nutrition education and farm to school initiatives.</li> <li>4. The school district will support the development of farm to school programs that will help guide students to eat more nutritional foods and promote healthy lifelong eating patterns. Support the local economy with local farmers; and teach students about the origins of their foods and how their food is grown.</li> </ol> |
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| Goals for physical activity   | <ol style="list-style-type: none"> <li>1. Classroom health education will complement physical education by reinforcing the knowledge and self-management skills needed to maintain a physically active lifestyle and to reduce time spent on sedentary activities, such as watching tv.</li> <li>2. Schools shall promote families to provide physical activities outside the regular school day, such as</li> </ol>   |

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|   | <p>outdoor play at home, participation in sports, and in lifelong physical activities.</p> <ol style="list-style-type: none"> <li>3. Schools will allow staff to use school facilities outside of school hours for activities such as group fitness classes, walking programs, and individual use.</li> <li>4. Staff-led walking programs are utilized as well as programs and/or contests to encourage fitness and healthy eating. School staff members are encouraged to use fitness areas before or after school.</li> <li>5. School will use space available to offer indoor activities during inside recesses. Possibilities include but are not limited to games in the gym, fitness stations in the hallways, and exercise/dance videos or physical games within the rooms.</li> </ol> |
| Goals for other school-based activities to promote wellness | <ol style="list-style-type: none"> <li>1. Schools will host health clinics/fairs and screenings and encourage parent to enrol their children in Medicaid or in other children's health insurance programs for which they may qualify.</li> <li>2. School cafeteria staff will be provided continuing staff development that includes training programs for good child nutrition and appropriate training on any nutrition updates for revision to the policy.</li> </ol>  |
| Nutrition guidelines for all foods available on campus      |   |
| Plan for measuring implementation                           | <ol style="list-style-type: none"> <li>1. The District will conduct an Assessment Overview at the Initial District Wide Wellness Committee Meeting during the 2018-2019 School Year. The tentative date set will be on September 28th at 9:30</li> </ol>  |

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|   | <p>a.m. at Rincon Elementary School.</p> <p>a. The three-year assessment will measure:</p> <ul style="list-style-type: none"> <li>i. The implementation of the policy and its regulations.</li> <li>ii. The extent to which each school is in compliance with the policy.</li> <li>iii. The extent the policy compares to other model school wellness policies</li> <li>iv. Progress made in attaining goals of the wellness policy.</li> </ul>   |
| <p>Designation of one or more officials in charge of compliance oversight</p> | <p>Primary - Jessica O'Leary<br/>Secondary - Yancy Ford</p> <ul style="list-style-type: none"> <li>1. The school administrator will ensure compliance with established nutrition and physical activity wellness policies. In each school, the principal or designee will ensure compliance with those policies in his/her school and will report on the school's compliance.</li> <li>2. School food service staff will ensure compliance with nutrition policies and will report on this matter to the Cafeteria Manager.</li> <li>3. Principals shall ensure that their schools are in compliance with the district's wellness policy and procedures. The Principal or designee will complete each year the District Wellness Policy Goal Sheet for their school and provide a report to the Assistant Superintendent and School Nutrition Coordinator</li> <li>4. The report shall contain the following information: <ul style="list-style-type: none"> <li>a. The school's progress toward meeting the wellness goals over the previous year.</li> <li>b. The website address for the wellness policy</li> </ul> </li> </ul> |

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|   | <p>and how the public can receive a copy of the policy.</p> <ul style="list-style-type: none"> <li>c. A description of the progress in meeting the goals, a summary of the event or activities related to the implementation of the policy.</li> <li>d. The name, position, and contact information or the school official coordinating the district wellness committee.</li> <li>e. Information on how individuals and the public can get involved with the school's wellness committee.</li> </ul> <p>5. Principals will ensure that their schools are in compliance with the District Wellness Policy.</p> <p>6. Progress reports should be shared with the public using the following channels of communication:</p> <ul style="list-style-type: none"> <li>a. School newsletters, websites, school messenger, and other forms of social media.</li> </ul> |
| Question 1002- When and how does review and update of the LWP occur | September 28, 2017<br>October 4, 2017<br>May 22, 2018  |
| Documentation to support the response                               | Minutes & Agendas are posted on the ECSD Website   |