



WELLNESS PLAN

INTENT

This Wellness Plan is a collection of action steps or procedures intended to implement Newton County School System’s (NCSS) Wellness Policy. This Wellness Plan promotes life-long wellness behaviors and links healthy nutrition and physical activity to students’ overall health. NCSS believes healthy behaviors are essential for students to achieve their full academic and life potential. This Wellness Plan also supports employee life-long wellness behaviors, linking healthy behaviors to overall health, job performance and a positive work environment.

Specifically, each school in NCSS shall strive to accomplish the following wellness goals.

GOAL I: NUTRITION EDUCATION AND PROMOTION

OBJECTIVE I:

Nutrition education is taught as part of the health education curriculum.

Each school confirms meeting this objective and gives one or more examples of how nutrition education was included as part of the health education curriculum.

OBJECTIVE II:

Implemented school-wide program to promote healthy eating and physical activity.

Each school confirms meeting this objective and gives one or more examples of an implemented program.

OBJECTIVE III:

Afterschool programs incorporate nutrition education.

Each school confirms meeting this objective and gives one or more examples of how nutrition education was included in Afterschool programs.

OBJECTIVE IV:

Community resources utilized to provide nutrition education and/or physical activity opportunities before and/or after school.

Each school confirms meeting this objective and gives one or more examples of nutrition education and/or physical activity opportunities offered outside of school hours.

OBJECTIVE V:

Implemented “Farm to School” activities.

Each school confirms meeting this objective and gives one or more examples of implemented farm to school activities.

OBJECTIVE VI:

Students provide input on physical activity and/or school food options.

Each school confirms meeting this objective and gives one or more examples of how students provided input on physical activity and/or school food options.

OBJECTIVE VII:

Students promote fruit and vegetable options on school menus.

Each school confirms meeting this objective and gives one or more examples of promoting fruit and vegetables on school menus.

GOAL II: NUTRITION GUIDELINES

OBJECTIVE I:

School conducts fundraiser supportive to healthy eating.

Each school confirms meeting this objective and gives one or more examples of what fundraisers involved supporting healthy eating.

OBJECTIVE II:

Middle and high schools include appealing, nutrient-dense items in concession stands and student vending machines that meet USDA's "Smart Snacks" guidelines.

Each school confirms if their vending and concession stands are following "Smart Snacks" guidelines by using the resources provided by School Nutrition Administration.

OBJECTIVE III:

School encourages parents to send healthy snacks with students (elementary).

Each school confirms meeting this objective and gives one or more examples of how parents were encouraged to send healthy snacks.

GOAL III: PHYSICAL ACIVITY AND EDUCATION

OBJECTIVE I:

Physical activity opportunities are provided for students outside of physical education.

Each school confirms meeting this objective and gives one or more examples of implementing physical activity opportunities outside of physical education.

OBJECTIVE II:

Physical activity/movement is integrated across the curriculum.

Each school confirms meeting this objective and gives one or more examples of integrating physical activity across the curriculum.

OBJECTIVE III:

Students participate in activities that involve walking and bicycling, as well as other physical activity outside of the school day.

Each school confirms meeting this objective and gives one or more examples of how students participated in physical activities outside the school day.

OBJECTIVE IV:

Not denying nor requiring physical activity, including recess, as a means of punishment.

Each school confirms meeting this objective.

GOAL IV: OTHER SCHOOL BASED ACTIVITIES

OBJECTIVE I:

Students are encouraged to wash their hands or use hand sanitizers before meals.

Each school confirms meeting this objective and gives one or more examples of achieving this process.

OBJECTIVE II:

School staff members participate in physical activity and/or healthy eating programs.

Each school confirms meeting this objective and gives one or more examples of staff engaging in activities or programs.

GOAL V: IMPLEMENTATION, MONITORING, AND EVALUATION

OBJECTIVE I:

The school has a wellness council composed of various stakeholders which plans and implements wellness activities at the school.

Each school confirms meeting this objective and provide information about their wellness council.

OBJECTIVE II:

The wellness council meets at least biannually to develop, review, and revise wellness plans.

Each school confirms meeting this objective and provide information regarding the school-level meetings of the wellness council including, but not limited to agendas, sign-in sheets, informal and/or formal evaluation documentation (e.g., meeting notes).

EVALUATION

The NCSS will have an established wellness committee comprised of a diverse group of people that may include administrators, staff, community members, students, and/or other stakeholders. The NCSS' Wellness Committee and the Superintendent or designee will be responsible for implementing and evaluating NCSS' Wellness Plan as well as developing the annual district evaluation report including reported school-level activities.