

Cherokee Ridge Elementary

2019-2020

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:**
 1. The school cafeteria should serve as a "learning library" to allow students to apply critical thinking skills taught in the classroom.
 2. Nutrition education should involve sharing information with families and the broader community to positively impact students and the health of the community.
 3. 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.
 4. 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.
 5. Students should be encouraged to start each day with a healthy breakfast.
- c. **Action Plan:**
 1. 10 minute Nutrition/Health/Wellness lesson once a week in PE. With the new Lu projection system in the gym, this will allow Mr. Watson to utilize internet as a resource.
 2. Provide nutritional meals that meet State guidelines.
 3. All food given or sold at school and by school employees will meet the nutrition/portion guidelines set by State of Georgia.
 4. Wellness Team will work with teachers to plan activities in class that encourage healthy eating habits.

5. Offer a "Healthy Eating " Seminar for parents, students, and staff.
6. Parents and teachers are strongly encouraged to Implement healthy snacks for students during the day to combat hunger between meals.
7. Mr. Watson will continue sending out nutritional email out to staff with tips to help maintain healthy eating habits and leading a more healthy lifestyle. He will try to send bi-weekly emails to all staff.

PHYSICAL ACTIVITY

- a. **Goal:** To promote physical activity with the objective of improving students' health and reducing childhood obesity.
- b. **Objectives:**
 1. 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.
 2. Physical activity participation should take into consideration the "balancing equation" of food intake and physical activity.
 3. 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.
 4. 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.
 5. Information should be provided to staff and families to help them incorporate physical activity into their students' lives.
- c. **Action Plan:**
 1. Provide weekly PE with a certified Physical Education teacher who implements State Standards.
 2. Provide daily: Classroom teacher will encourage movement by students throughout the day as Brain Breaks. Mr. Watson will continue to send staff emails with websites and current information on brain breaks and brain activities for inside and outside the classroom.
 3. Participate in Power up for 30.
 4. Fitness Gram---Prepare all students for state assessment including BMI, aerobic activity, core strength, upper body strength.
 5. Use Adventuretofitness.com for rainy day recess as well as material provided by Georgia Shape Up program. Reminding teachers of GoNoodle.com as an alternative rainy day recess outlet.
 6. Students will be vigorously active for at least 60% of the physical education class time.

7. Participate in Mighty Miler Walk/ Run program.
8. Participate in Hoops for Heart.
9. Continue to promote the new track program. This was a great success and the kids and adults involved had a great time participating.
10. To continue learning and implementing the new Lu projector and software in the gym. This has so many capabilities that create new and different active learning challenges for the students

OTHER SCHOOL-BASED ACTIVITIES

a. Goal: To promote the health and wellness of students and staff.

b. Objectives:

1. 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.
2. The committee should develop, promote, and oversee a multifaceted plan to promote staff health and wellness.
3. After-school programs should encourage physical activity and health-habit formation.
4. Wellness-Promotion Policy goals should be considered in planning all school-based activities (such as school events, field trips, dances, and assemblies).
5. 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.
6. 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. The wellness committee has been enlarged by several members. The goal of adding students was not reached but we are looking to include some of our older 5th grade students. There is now at least one representative per grade level plus Cecelia Johnson and Bobby Watson and several other staff members.
2. This goal was not reached this year. However, we have several teachers that are wanting to participate in a Co-op Competition: Grade level physical activity competition-points awarded for different types of activities. Step trackers or pedometers would be used for this activity/competition. Mr. Watson is looking at grants to fund the pedometers for classroom use and encouraging teachers to utilize their smart watches to track their movements.
3. Share healthy habit tips at Faculty Meetings or via email every other week.

4. At least 20 minutes of recess is offered daily.
5. The implementation of the after-school track program did a tremendous job of encouraging students to participate in running and other fitness activities outside of the regular school day. There are numerous clubs that will be taking place after school next year that will include an exercise component encouraging more physical activity.

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

1. In addition to providing healthful meals in the cafeteria, schools will provide a healthy selection 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.
2. 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.
3. Nutrition information for products served should be available.
4. Classroom snacks provided by the school should be healthy snacks. Families should be educated and encouraged to provide healthy snacks/choices.
5. 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 taught in PE. The addition of the Lu projection system will allow easier access to health related materials via the internet.
2. All food/snacks given to students will meet nutritional guidelines.

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:

1. Students will be given adequate time to sit down for breakfast and lunch, especially those students that participate in band.
2. Water will be available at meals and students will be charged a reasonable amount.
3. The free breakfast initiative did not see an increase in the number of students eating breakfast. However, breakfast-on-the-go starting back up and continuing should show a rise in students getting breakfast.

Child Nutrition Operations

1. 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.
2. 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).
3. The District should employ a Food Service Director who is qualified to administer the school food service program and satisfy reporting requirements.
4. All food service personnel should have adequate training in food service operations.

c. Action Plan:

1. All students will have access to a variety of affordable and nutritional food.

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:

1. Food provided for school activities will meet all state and local guidelines.

Our school cafeteria prides itself on a 100 percent rating during the entire 2018-2019 school year.