

WALKER COUNTY WELLNESS GOALS

Rossville Elementary

2019-2020

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.
- a. **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 State of Georgia.
 - 3. The school will send home with students each month the "Nutrition Nugget" newsletter that is provided by Food Services each month.
 - 4. Wellness Team will work with Parent Involvement Coordinator to plan health events that encourage healthy eating and living habits.
 - 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, and upper body strength
 - 2. Students will participate in Jump Rope for Heart
 - 3. Students will be actively involved in the physical education for 90% of the 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. More active play has been placed on the playground for movement for the students
 - 8. Workout Challenges are in place for the students to move during the day

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 three days a week to help meet the needs and help maintain the well being of all students and staff.
- 3. Share healthy habit tips at Faculty Meetings.
- 4. 20 minutes of recess (at minimum) is offered to students daily.
- 5. Work towards providing a Family Health Night.
- 6. Provide health information to parents/students at each Parent Involvement Workshop/Meeting and PTO events.
- 7. Therapeutic Thursday is in place. On Thursdays staff is welcome to wear "workout wear" to play with their students in PE for the last 15 minutes.
- 8. Biggest Loser takes place every January for the teachers to support one another to eat healthy and lose weight. Walking Club also takes place beginning in January on Tuesday/Thursday to walk at least 20 minutes after school as a staff.

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. All food/snacks given to students will meet nutritional guidelines.
3. Students will participate in the Fruit and Vegetable Snack program three times a week.
4. Nutritional facts are announced each day during morning announcements or in the slideshow that is shown each day to students 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:

1. Water will be available during the day and at breakfast/lunch.
2. Sufficient time will be given for students to eat breakfast and lunch each day.
3. Water bottles are allowed in the classrooms.
4. Water is sold at lunch to students

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:

1. All students will have access to a variety of affordable and nutritional food.
2. Walker County Schools employ a Food Service Director who ensures that food codes are being followed effectively.
3. Food personnel are trained and follow all safety 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.

c. Action Plan:

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