

WALKER COUNTY WELLNESS 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.
- 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.
- b. **Action Plan**
 - i. Include wellness information and activities in the school calendar including activities that promote physical activity and displaying in student areas.
 - ii. Continue to distribute Nutrition newsletters and lunch menus to students.
 - iii. Encourage students to participate in the free breakfast program.
 - iv. Incorporate the mobile cart for easier access to breakfast. Educate students of the free breakfast program.(Implemented this year)
 - v. Nutrition department to continue offering snacks that fit the federal guidelines. (ongoing)

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

- i. Incorporate nutrition, physical and holistic wellness lessons in ECE, Health care, Health PE, and other courses as appropriate. (Done and ongoing).
- ii. Freshman are mandated to take Physical Education and the ADAP program.
- iii. Encourage nutrition/health related classes to provide projects that can be displayed to educate students.
- iv. Include wellness information and activities in school calendar including activities that promote physical activity and displaying in student areas (done and on-going)

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. Faculty and student involvement with intentional wellness.
- ii. Encourage student and faculty involvement with blood drives.

- iii. Offer faculty to become CPR certified.
- iv. Coordinate efforts with community resources to provide wellness support to students (for example, mental health services and dental care).
- v. Continue the usage of the clothing closet, hygiene, and food pantry for students in need.

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 healthy 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.
- 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. We are offering healthy snacks in our school store after lunch. All items sold meet the requirements of the federal food calculator.
- ii. Vending machines are appropriate snacks according to the Federal Food Calculator.
- iii. Fundraising food items that do not meet standards need an exemption form and can only last a total of 3 days. These items cannot be in competition with breakfast or lunch or within 30 min of each.
- iv. Food labels and substitution are offered upon medical need of students or faculty.
- v. All items sold from the ice cream freezer meet the federal food calculator standards.
- vi. Free breakfast and free snack programs are offered to every student daily.

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. Breakfast on the go is offered to every student from 7:15 am to 8:00 am daily.
- ii. Lunch is scheduled for 25 minutes daily.
- iii. All students are offered an afternoon snack between 3:15pm to 3:30 pm.
- iv. Water fountains are placed throughout the school and are available for use during class change.
- v. All students have available to them a place to sit and tables to use during lunch daily.

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. Breakfast on the go is offered to every student from 7:15 am to 8:00 am daily.
- ii. All students are offered an afternoon snack between 3:15pm to 3:30 pm.
- iii. Information about the summer food program is available on the school website.
- iv. School district offers summer food programs for students.
- v. RHS participates in the Backpack blessing program for students in need over the weekends.

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. Only food service personnel and administrators are allowed in our kitchen area. Custodial staff also help keep cafeteria trash empty.