

CHATTOOGA COUNTY SCHOOLS



WELLNESS POLICY

2024-2025

The Chattooga County School District does not discriminate on the basis of race, color, religion, sex, national origin, age, or disability in its programs, activities, or employment practices.

The Chattooga County School Board believes that students who begin each day as healthy individuals can learn more, learn better, and are more likely to complete their formal education. The Board also believes that a healthy staff can more effectively perform their assigned duties and model appropriate wellness behaviors for students. This policy encourages a holistic approach to staff and student wellness that is sensitive to individual and community needs.

Federal Law 108-265 requires each school system to have in place a Wellness Policy. Chattooga County Schools developed a Wellness Plan that includes:

- Goals for nutrition education and promotion, physical activity and other school-based activities designed to promote student wellness.
- Nutrition guidelines for all foods available on each school campus
- Establishes a plan that measures implementation of this policy.
- Involves key stakeholders in the development of the system wellness plan.

Representatives from the following stakeholder groups were encouraged to assist in developing the Chattooga County Schools Wellness Plan: school nurses, students, parents, school council members, school board members, physical education/health educators, school nutrition director, school nutrition managers, school administrators, and community representatives.

The Wellness Plan incorporates all the federally required components.

WELLNESS PLAN—CHATTOOGA COUNTY SCHOOL SYSTEM

Component 1: Set Nutrition Education and Promotion Goals

- Nutrition education will be evident in the school dining room through posters, table tents, and sneeze guard signage.
- State and local district health education curriculum standards and guidelines will include focus on nutrition and health.
- Nutrition is integrated into the health education and core curriculum at all school levels/grades.
- Involve students in the choices of new and available foods in the school nutrition meal planning by conducting taste tests.

Component 2: Set Physical Activity Goals

- Students will be given opportunities for physical activity during the school day through daily recess periods and required and elective physical education classes.
- Students will be encouraged to be involved in physical activity in the community, school sponsored events, and extracurricular activities.

Component 3: Establish Nutrition Standards for All Foods Available on School Campus During the School Day

- The School Nutrition Program will ensure daily that reimbursable school meals meet the school nutrition program requirements and nutrition standards set forth under the federal USDA Healthy Hunger Free Kids (HHFKA) regulations and state requirements.
- Nutritious meals will be provided to all students during mealtimes. This includes students who may have brought a meal from home; they may still enter the cafeteria line to receive a meal from the cafeteria.
- All students must go through the cafeteria line to receive a meal unless a meal has been provided from home.
- Vending Machines, School Stores, and a la carte sales from school cafeterias will provide foods and beverages that are compliant with the Federal Smart Snack Regulations. Outside food brought onto school campuses for individual student consumption during mealtimes must adhere to regulations surrounding competitive food and competitive food sales. This means no outside food or beverage items, specifically items purchased at

restaurants, will be permitted on campus in outside (restaurant) branded containers for individual student consumption. Additionally, there should be no sale of food or beverage items on the school campus that competes with meal service times.

- All foods served in the school nutrition programs will meet regulations under the Child Nutrition Act and the Richard B. Russell National School Lunch Act.

Component 4: Other School-Based Activities Designed to Promote Student Wellness

- Provide on-going professional training and development for foodservice staff and teachers in the areas of nutrition and physical education. These programs will be publicized to all employees.
- Provide student and parent nutritional information of all foods sold at school. School nurse and School Nutrition Menu Planning Manager will have a master list of foods and their nutritional information, as well as posting on the school web site.
- Provide information in student handbooks that promotes healthy food selections at school and in the community.
- Encourage student participation in school extracurricular activities through student handbooks and school announcements.
- Provide opportunities for school nurses to conduct annual screenings of students for health-related issues such as hearing, vision, and scoliosis.
- Principals and/or school nurses build a school collection of health-related media and information for parent, student, and teacher use.
- School nurses facilitate annual training for health-related instruction.

The Chattooga County Schools Wellness Plan will be assessed annually for effectiveness and implementation by the Wellness Committee and School Principals. The Wellness Committee will establish yearly goals and benchmarks to ensure the most effective measures and standards are in place. This review will help promote and encourage sound nutritional and physical activity practices by students and staff. It will also allow for new research and finding to be incorporated into system plan for greater effectiveness. The Chattooga County Schools Superintendent will give final review for compliance.

IMPLEMENTATION AND EVALUATION PROCEDURE

- Superintendent will appoint a Wellness Committee and Chair. Committee will include representation from faculty, staff, parents, and community, as defined on page 2 of this policy.
- Wellness Committee will meet at a minimum twice yearly. Purpose will be to review policy, update as needed, monitor progress, and report results to the public.
- A sign-in sheet and meeting minutes will be maintained by Wellness Committee Chair.
- Wellness Committee will send Wellness Goals form (attachment #1) to principals yearly for completion.
- Principal/Designee of each school will set Wellness Policy Goals (attachment #1) and return to School Nutrition by August 15.
- Principal/Designee of each school will complete Wellness policy Questionnaire/Goals Assessment (attachment #2) to School Nutrition by May 31.
- Wellness Chair, with the help of the committee, will summarize results of prior year assessment into a narrative report. The report will include information about ways the public may give input. The report will be shared with Board Members, PTO, School Councils, and posted on the District's website.
- Wellness Committee Chair will compile/maintain a documentation file (use attachment #3 checklist) and submit a copy to the Superintendent yearly.
- School Nutrition Director will ensure that all foods sold in school cafeterias meet the requirements for Smart Snacks and Meal Pattern Standards. Documentation will be Meal Production Records and Production Nutrition Labels.
- Principal of each school will ensure all foods sold meet Smart Snack Standards and Exempted Fundraisers are not exceeded. Documentation will be Product Nutrition Labels and List of Board Approved Fundraisers.
- Chattooga County Schools will market/advertise only those foods and beverages that meet nutrition and Smart Snack standards.

Attachment #2

WELLNESS POLICY QUESTIONNAIRE AND YEAR END GOAL ASSESSMENT

*Principal/Designee will complete annually and submit to School Nutrition by **MAY 31** each year.*

Nutrition Education:

1. Was nutrition information included in the curriculum consistent with state and federal guidelines? YES NO
2. Was behavior practiced enhancing health and/or reduce health risk? YES NO
3. Was nutrition information provided system-wide through various means? Examples: websites, newsletters, public announcements, activities, bulletin boards, student handbook, posters, wellness clubs, wellness fairs and/or staff development workshops. YES NO

Physical Activity:

1. Did all students regularly participate in age-appropriate health and physical fitness activities? YES NO
2. Were federal and state physical education requirements met during this past year? YES NO
3. Is physical wellness deemed as important as academic wellness in your school? YES NO
4. Does the physical education program stress healthy lifestyle choices and fitness for life activities? YES NO
5. Did each school conduct an annual fitness assessment program, as approved and funded by the State Board of Education? YES NO

Other School Based Activities:

1. Did the health and wellness committee collaborate with other school staff to promote a healthy school environment? YES NO
2. Did the committee meet at least twice this year? YES NO
3. Did the health and wellness committee promote health and wellness awareness to staff, students, and families? YES NO
4. Did the school learning community cultivate a climate of wellness? YES NO
5. Does our school, grounds, and equipment support personal health and safety? YES NO

Nutrition Guidelines:

1. Do all foods made available on the school campus comply with the Federal Smart Snack regulations and Local Wellness Policy? YES NO
2. Did fundraisers comply with the Federal Smart Snack regulations and Local Wellness Policy? YES NO
3. Were there any fundraising programs this past year that promoted physical activity? YES NO
4. Did all foods available on the school campus adhere to food safety standards? YES NO

School Nutrition Program Guidelines for Reimbursable School Meals:

1. Were students with special dietary needs accommodated according to USDA guidelines? YES NO
2. Did production records provide evidence that federal guidelines are being met for all reimbursable school meals? YES NO

What success did you see?

What are the barriers to meeting goals?

What resources do you need to meet target or maintain improvement?

SUBMITTED BY: _____

Attachment #3

LOCAL WELLNESS POLICY COMPLIANCE CHECKLIST

Participation in the USDA School Meals program requires compliance with Local Wellness Policy requirements. The Local Wellness Policy will be reviewed during the Administrative Review process.

Utilize this checklist to ensure that your district is in compliance with all requirements as written in the Healthy, Hunger Free Kids Act of 2010 Section 204: Local School Wellness Policy Implementation.

- Wellness Policy and Procedures are attached.
- District has designated at least one official charged with the responsibility to ensure each school complies with the wellness policy. (Page ____)
- District permits involvement of the following people in the development, implementation, review, and modification of the wellness policy: (Page ____)
 - Parents
 - Students
 - School Food Service Staff
 - Physical Education Teachers
 - School Health Professionals
 - School Board Members
 - School Administrators
 - General Public
- District informs and updates the public on the content and implementation of the wellness policy. List how and when.
- A system is in place to periodically measure implementation of the wellness policy. (Page ____)
- District makes the wellness policy implementation assessment available to the public, including:
 - The extent to which schools under the jurisdiction of the local educational agency are in compliance with the local school wellness policy;
 - The extent to which the local school well policy of the local educational agency compares to model local school wellness policies;
 - A description of the progress made in attaining the goals of the local school wellness policy. List how and when.
- District Wellness Policy:
 - Has clearly specified goals for nutrition promotion. (Page ____)
 - Has clearly specified goals for nutrition education. (Page ____)
 - Has clearly specified goals for physical activity. (Page ____)
 - Has nutrition guidelines for all foods available on each school campus. (Page ____)
 - Has nutrition guidelines that promote student health. (Page ____)