



## Satilla Elementary School Wellness Policy

Satilla Elementary School (hereto referred to as SES) is committed to the optimal development of every student. SES believes that for students to have the opportunity to achieve personal, academic, developmental, and social success, we need to create positive, safe, and health-promoting learning environments at every level, in every setting, throughout the school year. Research shows that two components, good nutrition and physical activity before, during, and after the school day, are strongly correlated with positive student outcomes. This policy outlines SES approach to ensuring environments and opportunities for all students to practice healthy eating and physical activity behaviors throughout the school day while minimizing commercial distractions.

### Nutrition Education

**Goal:** SES will educate all students about healthy eating habits. Nutrition education is designed to provide students with the knowledge and skills necessary to promote and protect their health.

**Goal:** Nutrition education will include enjoyable, developmentally-appropriate, culturally-relevant, and participatory activities, such as cooking demonstrations or lessons, promotions, taste-testing, farm visits, and school gardens.

- Nutrition education will be included in the Health curriculum **so** that instruction is sequential and follows the USDA Dietary Guidelines for Americans and the Georgia Public Schools Nutrition Policy. Nutrition education will also be integrated into other classroom instruction through subjects such as math, science, language arts, and social science .
- SES teaches students nutrition education using scientifically-based, up-to-date nutrition information consistent with the Dietary Guidelines for Americans. SES will include in the health education curriculum the following essential topics on healthy eating:
  - Food guidance from <https://www.choosemyplate.gov/>
  - Reading and using USDA's food labels
  - Balancing food intake and physical activity
  - Food Safety
  - Social influences on healthy eating, including media, family, peers, and



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culture .

→ How to find valid information or services related to nutrition and dietary behavior.

Resisting peer pressure related to unhealthy dietary behavior.

→ Influencing, supporting, or advocating for others' healthy dietary behavior

### Nutrition Promotion

**Goal:** SES will incorporate local and/or regional products into the school program.

**Goal:** SES will host a field trip to an agricultural center.

SES will promote healthy food and beverage choices for all students throughout the school campus, as well as encourage participation in school meal programs.

SES students and staff will participate in **National School Breakfast and Lunch Week** and receive consistent nutrition messages throughout the school, classrooms, gymnasium, and cafeteria. In addition, students will have the opportunity to help care for a school garden.

### Regular Physical Activity

**Goal:** SES will create a school environment that is conducive to being physically active for all students.

SES will **provide** opportunities for all students to maintain physical fitness by participating in physical fitness by participating in physical education class and/or recess every day. All SES students in grades K-5 will receive physical education for at least 90 minutes per week throughout the school year.

SES will offer at least 15 minutes of recess on all or most days during the year.

→ Outdoor recess will be offered when weather is feasible for outdoor play.

→ Active recess programming will be utilized to create universal participation



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by offering multiple activities at recess; designate different areas of play throughout the playground; provide equipment to decrease congestion on play structures.

- In the event that the school or district must conduct indoor recess, teachers and staff promote physical activity for students, to the extent practicable.

**Goal:** SES will offer students a variety of physical activity opportunities that are in addition to, and not as a substitute for, physical education.

- SES staff provides short (3-5 minute) physical activity breaks to students during and between classroom time. Brain Breaks will be encouraged.

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### Other School Based Activities

**Goal:** SES will integrate wellness activities across the entire school setting, not just in the cafeteria, and physical activity facilities.

- SES implements *Capturing Kids' Hearts* in our daily schedules to support wellness of the whole child.
- SES promotes the county's *Know Your Worth* Campaign.
- Nine Week Recognition Assemblies
- Jump Rope for Heart
- School Garden
- Ag Awareness Day Field trip (Pre-K & Kindergarten)
- National School Lunch Week
- National School Breakfast Week
- "Bulldog Bros."

**Goal:** SES will promote to parents/caregivers, families, and the community the benefits of and approaches for healthy eating and physical activity throughout the school year. Families will be invited to participate in school-sponsored events and will receive information about health promotion.



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- When feasible, SES will offer annual professional learning opportunities and resources for staff to increase knowledge and skills about promoting healthy behaviors in the classroom and school.
- SES hosts field days and water days that promote various outdoor activities.

### **Nutrition Standards and Guidelines**

SES will provide all students with meals and Smart Snacks that are USDA compliant. Satilla is committed to serving healthy meals to children, with plenty of fruits, vegetables, whole grains, and fat-free and low-fat milk; moderate in sodium, low in saturated fat, and zero grams *trans* fat per serving (nutrition label or manufacturer's specification); and to meet the nutrition needs of school children within their calorie requirements. SES will participate in the USDA child nutrition programs, including the National School Lunch Program (NSLP) and the School Breakfast Program (SBA). SES is committed to offering school meals through the NSLP and SBP programs.

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- All school meals are accessible to all students.
- Drinking water will be available to all students throughout the school day.
- Students will be allowed adequate time to eat breakfast and at least 20 minutes to eat lunch, counting from the time they have received their meal and seated.
- All school nutrition program staff will meet or exceed hiring and annual continuing education requirements in the USDA professional standards for child nutrition professionals.
- The foods and beverages sold outside of the school meals programs will meet the USDA Smart Snacks in School nutrition standards, at a minimum. Sodas will not be allowed during lunch.
- All food offered on the school campus will meet or exceed the USDA Smart Snacks in School nutrition standards. Exemptions may be allowed at the discretion of the school principal, but shall not exceed more than 20 exemptions allowed.



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SES will provide a list of healthy party ideas and snacks to parents and teachers, including non-food celebration ideas.

SES will provide staff and parents a list of foods and beverages that meet Smart Snacks nutrition standards; and a list of alternative ways to reward children.

Food and beverages will not be withheld as punishment for any reason, such as performance or behavior.

Only food and beverages that meet or exceed the USDA Smart Snacks in Schools nutrition standards may be sold through fundraisers on the school campus during the school day. Exemptions may be allowed at the discretion of the school principal, but shall not exceed the 20 exemptions allowed.

### **Wellness Committee Stakeholder Feedback & Awareness of Wellness Policy Implementation Goals**

Satilla will include representatives from the school food authority, PE teacher, school nurse, school counselor, academic coach, and school administrators as committee members to develop, implement, and periodically review and update the wellness policy.

SES will encourage parents and the general public to participate in the development, implementation, and periodic review and update of the wellness policy via our school website and end of year assemblies.

Satilla's School Governance Council members and Board Member Representative will be involved in an annual review and update of SES's Wellness Policy.

SES will solicit student feedback in the development, review and update of the wellness policy during monthly **Dog House** sessions.



## **Satilla Elementary School Wellness Policy**

SES wellness chairperson/school counselor will use our school website to share the school wellness policy, data showing how our wellness policy was implemented, updates to the policy, and three year assessment findings.

SES will conduct an assessment every three years of the wellness policy to ensure district alignment during a wellness committee meeting where wellness committee members and stakeholders will be invited to attend and provide suggestions to consider when updating the policy



**Satilla Elementary School Wellness Policy**

**Satilla Elementary School Wellness Meetings  
FY24**

**June 13, 2024**