

Coffee Middle School Wellness Policy

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Belief Statement

Coffee Middle School is dedicated to fostering a learning environment that encourages wellness, good nutrition, and an active lifestyle. The school acknowledges the strong connection between these factors and students' ability to develop and learn effectively.

Intent

This plan aims to create a comprehensive school environment that promotes and supports student health and wellness. It includes objectives for nutrition education, physical activity, and other school-based activities designed to enhance student wellness. The plan outlines a strategy for measuring its implementation, including designating individuals responsible for its operation. Additionally, it involves parents, students, school food service providers, the school board, school administrators, and the public in the development process.

Rationale

A concerning number of children are inactive and have poor dietary habits, resulting in 16 percent of children and adolescents being overweight—a three-fold increase since 1980. In response, Congress passed the Child Nutrition and WIC Reauthorization Act of 2004 on June 30, 2004. This law recognizes the pivotal role schools play in health promotion and requires local education agencies participating in a program authorized by the National School Lunch Act or the Child Nutrition Act of 1966 to develop a local wellness plan. The wellness plan aims to improve the school nutrition environment, promote student health, and reduce childhood obesity.

Healthy eating patterns are crucial for students to reach their full academic potential, achieve overall physical and mental development, and ensure lifelong health and well-being. Healthy eating is strongly linked to a reduced risk of mortality and the development of many chronic diseases. Well-planned and well-implemented wellness programs have had a positive impact on children's health.

This plan is divided into four categories. This document, referred to as the “wellness plan” (the plan), is intended to implement policy FFA(LOCAL) [Section 9A(a) of the National School Lunch Act (NSLA), 42 U.S.C. 1758b; 7 C.F.R. Part 210]

The CMS Wellness Committee will act on behalf of the District to review and consider evidence-based strategies and techniques for developing and implementing the nutrition guidelines and wellness goals required by federal law.

Soliciting Involvement and Input

Federal law requires that certain stakeholders be involved in the development, implementation, and periodic review and update of the wellness policy. CMS Wellness Committee will seek involvement and input from parents, students, the District’s food service provider, physical education teachers, school health professionals, Board members, administrators, and members of the public by:

1. The Wellness Committee will be made up of parents, teachers, school nurses, and administration.
2. The Wellness plan will be made available to the public on CMS’s website and solicit input from the community.
3. The CMS Wellness Plan will be presented and discussed at CMS School Governance Council meeting for updates and improvement opportunities.

Responsibility for Implementation

Each campus principal or designee is responsible for implementing FFA(LOCAL) and this wellness plan at his or her campus, including submitting necessary information to the CMS Wellness Committee for evaluation and the District Director of Nutrition. At CMS David Medders, Assistant Principal will oversee the implementation of the Wellness plan and Wellness Committee.

Dawn Lewis, Director of Nutrition for the Coffee County School System, is the District official responsible for the overall implementation of FFA(LOCAL), including development of this wellness plan and any other appropriate administrative procedures, and for ensuring that each campus complies with the policy and plan.

Nutrition Education/Promotion Goals

Goal 1:

CMS will encourage and support healthy lifestyles and eating habits among students.

- All students will be encouraged to participate in the breakfast and lunch program. (Measured by participation rates)
- CMS will educate students about the required servings and reasons for those requirements at breakfast and lunch.
- CMS will share and promote program information that is provided by the Coffee County Nutrition Department.

Goal 2:

Nutrition education will be included in the advisement program to provide students with the knowledge, attitudes, and skills necessary to lead healthy lives.

- The Health portion of the course will include lessons on nutrition, diet, portion size, and healthy lifestyle choices.
- These lessons are conducted during homeroom and facilitated by homeroom teachers with guidance from our counselors.

Physical Activity

Goal 1:

Physical education classes are available for 6th, 7th, and 8th grades..

- Students have the opportunity to choose PE as one of their connection classes during each year at CMS.
- The Physical Education class works on healthy activities that promote cardio and physical wellness gains and knowledge.
- Students have the opportunity to participate in a “Life Skills” class that is taught as a 6-week Physical Education satellite class.

Goal 2:

Coffee Middle School promotes extracurricular activities such as sports, band, FFA, FCCLA, and more.

- These activities include wellness supports, either physical or nutritional.
- Coaches and facilitators are encouraged to link lessons, practices, and performances to learning and understanding how these activities contribute to health and overall wellness.

Standards and Nutrition Guidelines for All Foods and Beverages

Sold/Provided/Marketed

Goal 1:

School lunch programs will meet, at a minimum, nutrition requirements established by USDA for federally funded programs.

- Emphasize fruits and vegetables, whole grains, and low-fat dairy products
- Be appealing and attractive to students
- Be served in clean and pleasant surroundings
- Provide students adequate time to eat (at least 20 minutes)
- Promote school meal participation (Measure - Participation rates, student survey, and menu.)

- Foods provided for rewards/parties/other events should meet the School Nutrition Standards and Smart Snack Compliance in School Nutrition Standards.

Goal 2:

School-based marketing/food sales will be consistent with nutrition education and health promotion that meet School Nutrition Standards and Smart Snack Compliance in School Nutrition Standards. As such, schools will only allow food and beverage marketing to promote foods and beverages that meet the nutritional standards for meals and Smart Snack Compliance for foods and beverages sold individually.

- Posters of food will only feature fruits, vegetables, and whole grains.
- No food marketing will be allowed in classrooms or hallways of the school.
- Foods sold will be Smart Snack Compliant. (Measure - fundraiser request forms.)

Other Activities that Promote Student Wellness

Goal 1:

Various healthy, alternative opportunities for students' to participate in activities that promote wellness. .

- Students will have the opportunity to participate in a variety of physical education classes, athletic sports, and CTAE classes, which promote mental/ physical health and healthy lifestyle choices.

Goal 2:

Students can access free, palatable drinking water during the school day.

- Students are allowed water bottles in all classrooms.
- Water fountains are available during class breaks.

- Through our business partner, Premium Waters, bottled water is available to students throughout athletics.

Goal 3:

CMS will promote activities during the school year promoting mental health and awareness.

- A portion of advisement classes will be centered on mental health.
- Counselors and Nurses will work with students to promote mental health awareness.

Policy and Plan Evaluation

At least every three years, as required by law, CMS will measure and publicly share the results of an assessment of the wellness plan implementation. This "triennial assessment" will evaluate CMS's compliance with the wellness plan, the progress made in achieving the goals of the wellness policy, and how the wellness plan compares with any state or federally designated model policies. The CMS Wellness Committee will use evidence-based strategies when setting and evaluating goals and measurable outcomes

Public Notification

Annually, CMS will notify the public about the content and implementation of the wellness plan and any updates to these materials.

To comply with the legal requirement to annually inform and update the public about the content and implementation of the local wellness policy, CHS will create a wellness page on its website to document information and activity related to the school wellness policy, including:

1. A copy of the wellness policy [see FFA(LOCAL)];
2. A copy of this wellness plan, with dated revisions;

3. Notice of revisions to FFA(LOCAL);
4. The name, position, and contact information of the District official responsible for oversight and implementation of the wellness policy and wellness plan;
5. Notice of any Wellness Committee meeting at which the wellness policy or implementation documents are scheduled for discussion;
6. The Wellness Committee's triennial assessment; and
7. Any other relevant information.

CMS will also publish the above information in appropriate District or campus publication.