

# Southwest Georgia STEM Charter School

## Wellness Policy

Southwest Georgia STEM Charter School is invested in the well-being of our students, staff, and community. Healthy dietary and physical activity practices can lower the risk for heart disease and type 2 diabetes. Healthy eating choices and activity patterns are essential for students to achieve their full academic potential and a healthy lifestyle. Southwest Georgia STEM is committed to providing a school environment that promotes and protects our students' wellness, proper nutrition, and regular physical activity as part of the total learning experience. Southwest Georgia STEM shall organize a wellness committee with school employees, parents, and our community to participate, develop, and implement our wellness policy. A copy of this policy will be sent home with all students and published on our website for anyone to review.

### **Nutrition Promotion**

Southwest Georgia STEM participates in the federal school food program. Appropriate nutrition guidelines will be followed by the Nutrition department. All food and drinks that are provided will meet the federal school nutrition food program guidelines. Students will be given enough time to consume their meals in a clean eating environment.

***Wellness Goal for SY 2024:*** School nutrition will be promoted through posters, bulletin boards, daily Aggie News, and weekly Principal's newsletter.

### **Nutrition Education**

The students will learn the importance of healthy eating habits through menu options and bulletin boards in the lunchroom. School Nutrition Staff will continue training to ensure that all nutrition guidelines and requirements are met.

***Wellness Goal for SY 2024:*** Teachers will provide nutrition education for each of the foods planted in the school gardens.

All fundraisers that include selling of food during the school hours, will be approved by the Nutrition Director and meet Smart Snack guidelines.

### **Physical Activity**

Physical Education teachers will teach students the importance of physical activities in order to obtain a healthy lifestyle. The Physical Education curriculum will meet all state requirements.

Students will be encouraged to be involved in physical activity in the community, school sponsored events, and extracurricular activities. Some of these events might include the school's softball, baseball, and cheerleading teams.

***Wellness Goal for SY 2024:*** All classes will log the fitness gram. Results will be recorded twice a year. The goal for the students is to improve their fitness from November to April. The School Nutrition Director will spot check each class during the school year to determine success in meeting the goal.

### **Assessment**

The triennial assessment for wellness will be conducted by the wellness committee every three years starting in the school year 2020. The school wellness policy will be compared to the model wellness policy. Results of the assessment will be posted in the school entrance hall and presented at a parent/teacher meeting. The wellness committee will adjust the policy as needed to ensure that all requirements shown in the model wellness policy are in the school wellness policy.

### **Wellness Committee**

The Wellness Committee will be composed of School Administrators, School Nutrition Director, Physical Education teachers, parents, Board Members and community stakeholders. Triennial Assessments and annual updates will be processed. The Wellness Policy, along with any assessments, will be located on the school's website at <https://southwestgeorgiastem.schoolinsites.com> in the Nutrition section. Periodic assessments of the wellness policy will be conducted and updates will be administered as needed. Any volunteers (in the school and community) are welcome to participate in the implementation and assessment process.

#### **Member of the Wellness Committee**

- Kathy Hayes, Nutrition Director
- Sandi Henson, Physical Education Teacher
- Jay Tully, Physical Education Teacher
- Kristen Roland, School Nurse
- Lynn Bolton, Grandparent

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