



Eastside Elementary School Wellness Policy

Eastside Elementary School staff believe in and promote proper nutrition, social-emotional well being, and academic readiness. Eastside Elementary School has a plan in place to meet throughout the year to address all students in an effort to ensure wellness across our campus. There will be multiple settings where all grade levels have opportunities to be a part of a healthy and safe school day. Our focus will be to minimize distractions and to optimize healthy eating and physical activity.

Wellness Committee

This committee organizes activities and events throughout the year that promote healthy living. They will oversee our monthly student advocacy sessions i.e. Eagle's Nest Cafe. This committee comprises one teacher from each grade level, the principal, the coach, and the school counselor.

Nutrition Education

- a) Goal 1: Students will participate in Health Education during PE. Lesson objectives will focus on nutrition education.
- b) Goal 2: Teachers will utilize opportunities in the classroom to educate students about healthy nutrition habits.

Nutrition Promotion

- a) Goal 1: Foods sold during the school day must meet the minimum nutritional requirements as set by the USDA.
- b) Goal 2: Foods sold during the school day will only be sold after each grade level's lunch period.

Physical Activity

- a) Goal 1: Times for daily physical activity will be protected as we recognize the wide range of benefits to the whole child. i.e. physical, emotional, academic, and social
- b) Goal 2: Each grade level will be allocated a P.E. session multiple times weekly. Pre-K is scheduled daily to include physical activity.
- c) Goal 3: Recess will be built into our daily master schedule.

Other School-based Activities

- a) Goal 1: Students will participate in daily topics that are aligned with our Capturing Kids Heart curriculum in an effort to promote character development and education across the campus through Morning Meeting.
- b) Goal 2: Daily statements will be announced over the intercom that promote student self-esteem and define the character word for each month.

Example: Our Big Idea this month is integrity. Nelson Mandela once said, “The first thing is to be honest with yourself. You can never have an impact on society if you have not changed yourself. Great peacemakers are all people of integrity, of honesty, but humility.” Integrity is choosing to be truthful in whatever you say and do. A person with integrity does the right thing, even behind closed doors.

Standards and Nutrition Guidelines for all foods and beverages sold to students during the school day on each school campus are consistent with School meal nutrition standards and Smart Snacks in School nutrition standards.

Eastside Elementary School consistently adheres to the nutritional guidelines set by federal and state entities, including but not limited to Smart Snacks in School nutrition standards.

Standards for All Foods and Beverages Provided, but not sold, to students during the school day (e.g., classroom parties, classroom snacks, rewards).

Eastside Elementary is committed to promoting healthy eating throughout our campus. We will provide a suggestion list of healthy snack choices for parties and non-food party favors. These will be listed in the Wellness section of our website.

Policies for Food and Beverage Marketing *that allow marketing and advertising of only those foods and beverages that meet the Smart Snacks in School nutrition Standards.*

Eastside Elementary staff will only market/advertise foods and beverages that meet the Smart Snacks in School nutrition standards.

Eastside Elementary entrusts our school nutrition staff with marketing healthy eating choices. They promote excellent nutrition options through multiple avenues.

- 1) School Breakfast Week
- 2) School Lunch Week
- 3) School Garden-to-Table Initiatives
- 4) School Milk Day
- 6) “Imagine Me” Cooking School
- 7) Ag Day

Responsible District and School Officials *Identification of the position of the district or school official(s) responsible for implementation and oversight of the wellness policy to ensure each school’s compliance with the policy.*

Eastside Elementary adheres to the requirements and standards set forth by the Coffee County Healthy School Environment and Wellness Policy. At the school level, Eastside Elementary relies on its Wellness Committee to align school goals with district and state

recommendations as well as to monitor its adherence to those standards.

Stakeholder Participation *A description of how the district permits parents, students, representatives of the school food authority, teachers of physical education, school health professionals, the school board, school administrators, and the general public to participate in the development, implementation, and periodic review and update of the wellness policy.*

Eastside Elementary will provide its wellness policy on its website for public review. The wellness policy will be referenced in Eastside Elementary School Governance Council meetings composed of stakeholders, local business owners, parent representatives, and school staff members. The School Governance Council will serve as a liaison between the community and the school so that all interested parties may participate in the development, implementation, and review of the wellness policy.

Measurement of Implementation and Reporting to the Public *A description of the plan for measuring the implementation of the wellness policy and for reporting wellness policy content and implementation to the public, as required.*

The Wellness Committee will report to the School Governance Council regarding compliance with the Wellness Policy. Compliance reports will be posted in the wellness section of the school website. A copy of purchase orders for snacks provided to students will be accessible for data collection purposes to document compliance with Smart Snacks in School nutrition standards.

Public updates *The wellness policy includes language specifying how the wellness policy, including any updates made to the policy, and the triennial assessment will be made available to the public.*

Eastside Elementary will publish the Wellness Policy, updates, and triennial assessment in the Wellness section of its website. This policy will be provided to the School Governance Council for review prior to publishing on the Eastside Elementary School website.

Triennial Assessment – *The wellness policy includes language that the district will conduct an assessment of the policy every 3 years, at a minimum.*

The Triennial Assessment will be evaluated each three year period to determine compliance and make sure appropriate revisions are made and updated.

Resources

1. USDA Nutrition Standards for All Foods Sold in School

https://fns-prod.azureedge.us/sites/default/files/resource-files/allfoods_summarychart.pdf

Parent and Public Feedback

Use the following QR code to provide feedback on Eastside's Wellness Policy.



Coffee Co. School Wellness Policy Year End Assessment

School: Eastside Elementary School SY: 2023-2024

Date Reviewed: 6-4-2024 SFA Reviewer Sign Off: _____

Nutrition Education Goal(s):	Goal Status (select one):	Notes:
1. Foods sold during the school day must meet the minimum nutritional requirements as set by the USDA.	Completed	EES adheres to the nutritional requirements when purchasing food items for our students.
2. Foods sold during the school day will only be sold after each grade level's lunch period.	Completed	Mrs. Nancy Harp coordinates snack sells to align with lunch period requirements.
Nutrition Promotion Goal(s):	Goal Status (select one):	Notes:
1. Students will participate in Health Education during PE. Lesson objectives will focus on nutrition education.	Completed	Mr. Kameron Collier ensures that nutrition promotion is included during PE and Health curriculum.
2. Teachers will utilize opportunities in the classroom to educate students about healthy nutrition habits.	Completed	EES teachers understand the importance of whole-child wellness and promote healthy living in daily activities.
Physical Activity Goal(s):	Goal Status (select one):	Notes:
1. Times for daily physical activity will be protected as we recognize the wide range of benefits to the whole child. Examples: physical, emotional, academic, and social	Completed	EES strives to implement CKH initiatives in our school to promote appropriate behaviors rather than removing a child from physical activities that are scheduled throughout the day.
2. Each grade level will be allocated a PE session multiple times weekly. PreK is scheduled daily to have physical activity included.	Completed	Master schedule is compliant with this goal.
3. Recess is built into daily master schedule.	Completed	Master schedule is compliant with this goal.

Other School-Based Activities that Promote Student Wellness Goal(s):	Goal Status (select one):	Notes:
1. Students will participate in daily topics that are aligned with our Capturing Kids Heart curriculum in an effort to promote character development and education across the campus through Morning Meeting.	Completed	Every homeroom begins the day with Morning Meeting time which includes daily topics that are aligned with our CKH curriculum.
2. Daily statements will be announced over the intercom that promote student self-esteem and define the character word for each month.	Completed	Mrs. Katherine Woodard meets this goal daily during morning announcements.
Nutrition Guidelines for All Foods and Beverages Sold to Students	Status (select one):	Notes:
1. Eastside Elementary school consistently adheres to the nutritional guidelines set by federal and state entities including but not limited to Smart Snacks in School nutrition standards.	Completed	Reviewed and in compliance.
Nutrition Guidelines for All Foods and Beverages Not Sold to Students <i>(i.e., classroom parties, foods given as reward)</i>	Status (select one):	Notes:
1. Eastside Elementary is committed to promoting healthy eating throughout our campus. We will provide a suggestion list of healthy snack choices for parties and non-food party favors.	Completed	Reviewed and in compliance.
Policies for Food and Beverage Marketing	Status (select one):	Notes:
1. Eastside Elementary staff will only market/advertise foods and beverages that meet the Smart Snacks in School nutrition standards.	Completed	Reviewed and in compliance.

Coffee Co. School Wellness Policy Year End Assessment

School: Eastside Elementary School SY: 2023-2024

Wellness Policy Leadership <i>Name of school official(s) who are responsible to ensure compliance.</i>	Title	Notes:
1. Misty Blaire	Lunchroom Manager	
2. Heidi Welch	Counselor	
3. Katherine Woodard	Principal	
4. Kameron Collier	PE & Health Teacher	
5. Michelle Jones	Nurse	
Wellness Committee Involvement <i>List of committee members' names</i>	Title and Organization	Notes:
1. David Miller	API, Eastside	
2. Yomeka Smith	Dean of Students, Eastside	
3. Tanner Knight	Kindergarten Teacher	A wing Hallway Representative
4. Jessica Farabow	1 st Grade Teacher	B Wing Hallway Representative
5. Amie Bennett	3 rd Grade Teacher	C Wing Hallway Representative
6. Mae Mae Neugent	4 th Grade Teacher	D Wing Hallway Representative
7. Kandi Anderson	Inclusion Teacher	SPED Representative

KEY	
Completed	select if you have met this goal at all schools
Partially Completed	select if one or more schools has met this goal
In Progress	select if you are working on the goal, but none of the schools have met the goal
Not Completed	select if you have not begun working on this goal

Local School Wellness Policy Compliance Checklist

A Local School Wellness Policy is a written document that guides a school district's efforts to establish a school environment that promotes students' health, well-being, and the ability to learn. Participation in the USDA National School Lunch and School Breakfast Programs requires compliance with Local School Wellness Policy requirements as written in 7 CFR 210.31. Full compliance with the requirements was due by June 30, 2017.

This optional checklist may be used to review and update your local school wellness policy to ensure compliance with all requirements. Local School Wellness Policy implementation will be reviewed during the Administrative Review process.

Date: 6-4-2024

School Food Authority: _____

Content of the current Local School Wellness Policy	
<input checked="" type="checkbox"/>	Specific goals (2-3) for: <ul style="list-style-type: none"> <input checked="" type="checkbox"/> nutrition promotion and education, <input checked="" type="checkbox"/> physical activity, and <input checked="" type="checkbox"/> other school-based activities that promote student wellness.
<input checked="" type="checkbox"/>	Standards and nutrition guidelines for all foods and beverages sold to students during the school day on each school campus that are consistent with: <ul style="list-style-type: none"> • School meal nutrition standards, and • Smart Snacks in School nutrition standards.
<input checked="" type="checkbox"/>	Standards for all foods and beverages provided, but not sold , to students during the school day (e.g., classroom parties, classroom snacks, rewards).
<input checked="" type="checkbox"/>	Policies for food and beverage marketing that allow marketing and advertising of only those foods and beverages that meet the Smart Snacks in School nutrition standards.
<input checked="" type="checkbox"/>	Identification of the position of the district or school official(s) responsible for implementation and oversight of the wellness policy to ensure each school's compliance with the policy.

Local School Wellness Policy Compliance Checklist

<input checked="" type="checkbox"/>	A description of how the district permits parents, students, representatives of the school food authority, teachers of physical education, school health professionals, the school board, school administrators, and the general public to participate in the development, implementation, and periodic review and update of the wellness policy.
<input checked="" type="checkbox"/>	A description of the plan for measuring implementation of the wellness policy and for reporting wellness policy content and implementation to the public, as required.
<input checked="" type="checkbox"/>	Public updates – the wellness policy includes language specifying how the wellness policy, including any updates made to the policy, and the triennial assessment will be made available to the public.
<input checked="" type="checkbox"/>	Triennial assessment – the wellness policy includes language that the district will conduct an assessment of the policy every 3 years, at a minimum. The triennial assessment must measure implementation of the local wellness policy and include: <ul style="list-style-type: none">• Each schools' compliance with the wellness policy• How the local wellness policy compares to model local wellness policies• A description of the progress in attaining the goals of the wellness policy

Required Documentation (will be examined during the Administrative Review)

- A copy of the current local school wellness policy that contains all the above requirements,
- Documentation demonstrating compliance with community involvement requirements,
- Documentation of the most recent triennial assessment,
- Documentation of the requirement to make the local wellness policy and triennial assessments available to the public.