



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 during Eagle News 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 link or QR code to provide feedback on Eastside's Wellness Policy.

<https://forms.gle/3jKZH2c7b2G6KMj7>

