

Coffee High School Wellness Policy

Developed Sept. 18, 2022

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Belief Statement

CHS is committed to providing a learning environment that supports and promotes wellness, good nutrition, and an active lifestyle and recognizes the positive relationship between good nutrition, physical activity, and the capacity of students to develop and learn.

Intent

This plan aims to ensure a total school environment that promotes and supports student health and wellness. It includes goals for nutrition education, physical activity, and other school-based activities designed to promote student wellness; a plan for measuring implementation, including designating one or more persons charged with operational responsibility; and involving parents, students, school food service providers, the school board, school administrators, and the public in developing the plan.

Rationale

A disturbing number of children are inactive and do not eat well. The result is an alarming 16 percent of children and adolescents are overweight – a three-fold increase since 1980. Congress passed the Child Nutrition and WIC Reauthorization Act of 2004 on June 30, 2004. Recognizing the role schools can play in health promotion, this law requires local education agencies to participate in a program authorized by the National School Lunch Act or the Child Nutrition Act of 1966 to develop a local wellness plan. The objectives of the wellness plan are to improve the school nutrition environment, promote student health, and reduce childhood obesity.

Healthy eating patterns are essential for students to achieve their full academic potential, total physical and mental growth, and lifelong health and well-being. Healthy

eating is demonstrably linked to reduced risk for mortality and the development of many chronic diseases. Well-planned and well-implemented wellness programs have positively influenced 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]

CHS's Wellness Committee will work on behalf of the District to review and consider evidence-based strategies and techniques to develop and implement 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. CHS Wellness Committee will solicit 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. Parents, teachers, school nurses, and administration will comprise the Wellness Committee.
2. The Wellness plan will be made available to the public on CHS's website and solicit input from the community.
3. CHS will Solicit input from the community through PSED, HHS, FBIT, and EAM Academy partners.
4. The CHS Wellness Plan will be added to the CHS School Governance Council monthly agenda and be given updates.

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 CHS Wellness Committee for evaluation and the District Director of Nutrition. At CHS Chanc Logue, 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:

CHS 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)
- CHS will provide an opportunity for students to participate in farm-to-school activities such as agriculture field days, school gardens, etc. Measure- Participation in and number of activities)
- CHS will promote program information, including Farm to School and Georgia Grown. (Measure student and parent survey)

Goal 2:

Nutrition education is included in the health curriculum so that instruction is sequential and standards-based and provides students with the knowledge, attitudes, and skills necessary to lead healthy lives.

- All students must complete a Health/P.E. course before graduating high school.
- The Health portion of the course will include lessons on nutrition, diet, portion size, and healthy lifestyle choices.

- The Physical Education portion of the course mandates students participate in moderate to vigorous physical activity. (Measure - Course Completion)

Physical Activity

Goal 1:

Classroom health education will complement physical education by reinforcing the knowledge and self-management skills needed to maintain a physically active lifestyle and to reduce time spent on sedentary activities, such as watching television.

- All students must complete a Health/P.E. course before graduating high school.
- The Health portion of the course will include lessons on nutrition, diet, portion size, and healthy lifestyle choices. (Measure - Course completion)
- The Physical Education and Team Sports courses mandates students participate in moderate to vigorous physical activity. (Measure - Course completion)
- Teachers are encouraged to allow students brief stretch breaks (3 minutes) in class.
- Students have the opportunity to participate in a variety of physical education classes and athletic sports, which promote mental and physical health. (Measure - Participation rates, student and parent surveys)

Goal 2:

CHS prohibits extended periods (i.e., two or more hours) of inactivity.

- When activities, such as mandatory school-wide testing, make it necessary for students to remain indoors for long periods, teachers will implement periodic breaks during which students are encouraged to stand and be moderately active. (Measure - Testing training and observations)
- Teachers are encouraged to allow students brief stretch breaks (3 minutes) in class.

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 rewards reinforce students' behavior and academic performance.

- The CHS's incentive program incorporates various incentives, but most do not involve food.
- Gift cards for incentives will be from restaurants with healthy menu options.
- 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 can access free, palatable drinking water during the school day.
- Water fountains are available during class breaks.
- Through our business partner, Premium Waters, bottled water is available to students most of the school year.

Goal 3:

CHS 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. (Measure - Counselor and nurse notes and one advisement lesson per month)

Policy and Plan Evaluation

At least every three years, as required by law, CHS will measure and make available to the public the results of an assessment of the implementation of the wellness plan. This “triennial assessment” will evaluate the extent to which CHS is compliant with the wellness plan, the progress made in attaining the goals of the wellness policy, and the extent to which the wellness plan compares with any state- federally-designated model policies. The CHS Wellness Committee will consider evidence-based strategies when setting and evaluating goals and measurable outcomes.

Public Notification

Annually, CHS 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.

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