

Satilla Elementary School Wellness Policy

Satilla Elementary School (hereto referred to as SES) is committed to the optimal development of every student. SES believes that for students to have the opportunity to achieve personal, academic, developmental, and social success, we need to create positive, safe, and health-promoting learning environments at every level, in every setting, throughout the school year. Research shows that two components, good nutrition and physical activity before, during, and after the school day, are strongly correlated with positive student outcomes. This policy outlines SES's approach to ensuring environments and opportunities for all students to practice healthy eating and physical activity behaviors throughout the school day while minimizing commercial distractions.

Satilla Elementary is committed to the healthy development of every student. Our school intends to provide opportunities for students to thrive in their environment. We aim to foster personal, academic, developmental, and social success.

**Italicized phrases are derived from the GADOE School Nutrition Local School Wellness Policy Compliance Checklist*

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. Satilla Elementary. This committee comprises school lunchroom manager, school case manager, academic coach, school nurse, one teacher from each grade level, the principal, the coach, and the school counselor.

Goals: (2-3 specific goals for each)

1) Nutrition (Promote Healthy Nutrition)

- 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.

2) 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.

3) 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 visit the gym for physical activity.

c) Goal 3: Recess will be built into our daily master schedule.

4) Other School-based Activities that Promote Student Wellness

a) Goal 1: Students will participate in monthly student advocacy lessons (i.e.) that promote character education. Monthly topics are aligned with our Capturing Kids Heart curriculum.

b) Goal 2: Daily statements will be announced over the intercom that promote student self-esteem and define the character word for each month.

i) Hello. Good morning. You belong here. You are loved and we believe in you! “ Have a PAWSOME Day!!! Satilla.” “If no one has told you that they love you, I do and I always will”.

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.*

Satilla Elementary School 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).*

Satilla 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.*

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

Satilla Elementary entrusts our school nutrition staff with marketing healthy eating

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choices. They promote excellent nutrition options through multiple avenues.

- 1) School Breakfast Week
- 2) School Lunch Week
- 3) Farm-to-Table Initiatives
 - *Local Ag Day
- 4) School Milk Day
- 5) Harvest of the Month
- 6) “Imagine Me” Cooking Classes
- 7) Muffins with Moms
- 8) Home Grown produce(The school planted a garden that has vegetables) helps nurture healthy kids, foster environmental stewardship, promote engaged learning and empower children to make change.

Responsible District and School Officials *The committee comprises school lunchroom manager, school case manager, academic coach, school nurse, one teacher from each grade level, the principal, the coach, and the school counselor) is responsible for implementation and oversight of the wellness policy to ensure each school’s compliance with the policy.*

Satilla Elementary adheres to the requirements and standards set forth by the Coffee County Healthy School Environment and Wellness Policy. At the school level, Satilla 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*

Satilla Elementary will provide its wellness policy on its website for public review. The wellness policy will be referenced in Satilla Elementary school governance council meetings and leadership team 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.*

Satilla 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 and/or Leadership Team for review prior to publishing on the Satilla 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
 - a. https://fns-prod.azureedge.us/sites/default/files/resource-files/allfoods_summarychart.pdf