

Coffee County Educational Academy Wellness Policy

Developed August 6, 2024

BELIEF STATEMENT

CCEA 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, mental health wellness, 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, mental health wellness, 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, teachers, and the community mentors 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 participating 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.

The link between nutrition and learning is well documented. Healthy eating patterns are essential for students to achieve their full academic potential, full physical and mental

growth and lifelong health and well-being. Healthy eating is demonstrably linked to reduced risk for mortality and development of many chronic diseases. Well-planned and well-implemented wellness programs have been shown to positively influence children's health.

This plan is divided into four categories.

Setting Nutrition Education Goals

Goal 1:

CCEA will make an effort to eliminate any social stigma attached to, and prevent the overt identification of, students who are eligible for free and reduced-price school meals.

- All students will be provided free breakfast and lunch.
- All students will be encouraged to participate in the breakfast and lunch program.

Goal 2:

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

- All students will be required to complete a Health/P.E. course before graduating from 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.
- For the students that are not enrolled in a PE//Health course, they will be required to do a certain number of laps a week.

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 will be required to complete a Health/P.E. course before graduating from 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.
- Teachers are encouraged to allow students brief stretch breaks (3 minutes) in class.

Goal 2:

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

- The school schedule provides a 10-minute break in the morning and afternoon where students are encouraged to walk outside and be moderately active.
- When activities, such as mandatory school-wide testing, make it necessary for students to remain indoors for long periods of time, teachers will implement periodic breaks during which students are led to stand and be moderately active.
- Teachers are encouraged to allow students brief stretch breaks (3 minutes) in class.

Standards and Nutrition Guidelines for All Foods and Beverages Sold

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
- Not allow soda during lunch
- Will not allow students to leave for lunch
- Provide free/reduced lunch information to all students

Goal 2:

School-based marketing will be consistent with nutrition education and health promotion. As such, schools will limit food and beverage marketing to the promotion of foods and beverages that meet the nutritional standards for meals or 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.

Other Activities that Promote Student Wellness

Goal 1:

A wide variety of healthy, alternative rewards are used to provide positive reinforcement for students' behavior and academic performance.

- The incentive program used by CCEA incorporates a variety of incentives; most do not involve food.
- Gift cards given for incentives are from restaurants that have healthy options on their menu.

Goal 2:

Students will have access to free palatable drinking water during the school day.

- Students are allowed water bottles in all classrooms.
- Water fountains are available during class breaks.

Goal 3:

Faculty and staff wellness programs are incorporated to build effective school health initiatives.

- Step challenges will be held throughout the school year for faculty and staff with healthy prizes for winners.
- Walking goals will be implemented for faculty and staff to take a walk around the campus together to encourage moderate physical activity.
- Staff is encouraged to share healthy habits during faculty meetings. We often share recipes.

CCEA is determined to allocate time for mental health wellness along with nutritional health. We use our daily CKH meetings to address the needs of the individual student's mental health needs. Guest speakers are invited monthly to speak to the students about goal setting, self-esteem building (KYW), and other pertinent topics are discussed.

Wellness Committee:

Sarah Warren, Principal/ Implementation overseer

Portia Harris, Paraprofessional

Tonya Clemmons, Paraprofessional

Calvin Smith , Paraprofessional

Cindy Brown, Teacher

Megan Edge, Teacher

Bernice Martin, Teacher

LaShanda Harris, Teacher