

Geneva City Schools

Wellness Policy

2023-24

In keeping with the current trend to curb the childhood obesity epidemic that is rampant in the state of Alabama, the Geneva City School System is committed to taking steps to help alleviate this problem in our schools and community. We realize that our schools can play a vital role in helping students to identify healthy eating habits and encourage them to make smart choices about nutrition and physical activity.

Goals for Nutrition Education

- **The primary goal of nutrition education is to provide the knowledge and skills necessary to promote health.**
- Nutrition education, especially in the elementary school, must be emphasized and instructional materials made available for teachers at all levels.
- Nutrition education is offered in the school dining room as well as in the classroom.
- All stakeholder groups shall work together to ensure that every school activity is consistent with the sound nutrition practices taught in the classroom and used in the school meal program.

Nutrition education will include lessons that help children acquire skills for reading food labels and menu planning. Body Quest, Learning About Nutrition thru Activity (LANA), Teen Cuisine and Teen Cuisine Encore will be utilized in elementary and middle school grades. Health class will teach a nutrition component with these skills to all high school students.

Goals for Physical Activity

- **The primary goal of physical activity is to inform students about the importance of maintaining a physically active lifestyle and the short and long term benefits of doing so. Opportunities shall be provided for every student to participate in appropriate physical activities.**
- Physical education shall be taught by certified personnel, and shall be an essential element of each school's curriculum.
- The physical education program shall be designed to stress physical fitness and encourage a healthy, active lifestyle.
- Teachers will be encouraged to incorporate physical activity into lessons or within the class time in the elementary and middle school grade levels.

Goals for Establishing Nutrition Standards for all Foods Available on Campus during the School Day

- **Schools must ensure that reimbursable school meals meet the program requirements and nutrition standards set forth under the Federal Guidelines.**
- **Standards for all foods and beverages sold or served to students will follow the Alabama Board of Education guidelines as well as the Federal non-competitive food regulations and foods of minimal nutritional values regulations.**
- **Foods served through the cafeteria shall adhere to the guidelines established by the U.S. Department of Agriculture.**
- Only approved food and beverages may be sold in vending machines, cafeterias, or promoted at sites accessible to students.
- All fundraising activities that involve the selling of food during school hours should reinforce food choices that promote good health.
- School parties will follow the guidelines set by the Alabama State Board of Education. **Any food or beverage that has sugar or high fructose corn syrup listed as the first ingredient is prohibited on the school premises during school hours.**

Goals for Other School-Based Activities Designed to Promote Student Wellness

- School meals shall be easily accessible to every child.
- School meals shall be properly supervised when served.
- Students will be given adequate time to eat.
- The lunchroom will promote healthy food options and will display information about those options.
- School cafeterias shall promote healthy food choices and maintain a healthy dining environment.
- Break time at the elementary school shall be taken after lunch is served to promote participation in the school food program.
- **Teachers are encouraged to use non-food rewards and are prohibited to withhold food as punishment.**

Community Involvement

The Geneva City School System is fortunate to reside in a community in which there are many stakeholders who are active partners in the development and promotion of our schools. Parents, Students, School food service personnel, School Board Members, Administrators, School Nurse, Teachers, and the Public have all contributed to the development of the Wellness Policy.

Plan for Measuring Implementation

The Superintendent of Geneva City Schools shall appoint an Advisory Committee consisting of members from the various stakeholder groups to address nutrition and physical activity programs in the School System. This committee will monitor and or revise these guidelines as needed.

Wellness Plan Advisory Committee Members

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|--------------------|----------------------------|
| 1. Cyndi Mitchum | School Nurse (Chairperson) |
| 2. Missy Pate | School Nurse |
| 3. Jami Seay | Elementary Principal |
| 4. Teresa Kunkle | Lunchroom Manager |
| 5. Gerid White | G.M.S. Principal |
| 6. Hanna Waldner | Teacher |
| 7. Jackson Bynum | High School Student |
| 8. Jomanda Johnson | Parent |
| 9. Heath McInnis | CNP Director |

2022-23 Plan for Wellness Programs and Events

NUTRITION

- Roasted Corn day with nutrition education. All elementary grades.
- Diabetes education yearly for all staff members at the beginning of each school year.
- “Teen Cuisine Encore” education for all 7th grade students x 6 weeks. Abigail Shehee
Nov 10-Feb 27
- Nutrition education component taught to all 10th grade at GHS in health class.
- Nutrition education is integrated into cooking lessons in Dietetics classes offered at GHS by Nancy Galloway.
- 4H for 4th grade.
- Body Quest Nutrition program for all third grade students. Aug-Nov Sicily Yarbrough
- LANA PROGRAM with PRE-K: Sicily Yarbrough
- Mrs. Green: Class to grow a garden and donate food to Meals on Wheels.
(suspended due to construction) Working with Sicily Yarbrough to resume.
- Breakfast program in place at all 3 schools.
- Menu announcements each morning at all schools.
- Water bottles in all classes for middle and high school except computer classrooms.
- Water bottle refill stations at all schools.
- Grab and go lunch options available for students and faculty at GMS/ GHS.
- Continuation of the fruit and vegetable grant at Mulkey.
- The Make My Plate program conducted with K and 1st grades on Feb 2, included a fruit and vegetable tasting. Sherri Burdell, Alabama Care Network Southeast
- Yearly fresh strawberry fundraiser by FFA.
- Yearly fresh citrus fundraiser by FFA.

ACTIVITY

- Field Day for all students K-5 and 6-8.
- Presidential fitness program in elementary, middle and high school classes.
- Jump rope for the heart event at Elementary, all grades. Feb 2023 Jomanda Johnson
- Boys and Girls Soccer team added to GMS/GHS.

STAFF

- Pack health resources made available for weight loss, blood pressure and diabetes prevention/treatment for staff/spouses.
- Resources made available for smoking cessation for staff/spouses.
- Prenatal resources made available for nutrition support/education during pregnancy for staff/spouses.
- WONDR nutrition program offered to all employees thru BCBS free of charge.
- Wellness screenings offered to all staff and spouses covered by PEEHIP 4 opportunities yearly.

MISCELLANEOUS

- Geneva County Cattle Battle, Career Development Events (Skill-a-thon, Interview, Poster, and Scrapbook) 9/9/23
 - Events support career development skills, but also include research on production and nutrition of beef
 - Students:
 - JAMES - 3
 - GMS - 2
 - GHS - 1
- Alabama Junior Cattlemen's Association (AJCA) Fall Field Day at CK Cattle in Hope Hull, Alabama
 - 9/14/23
 - Students became Beef Quality Assurance (BQA) certified, learned about silage production, learned about cattle/beef production, and had guest speakers (including information on medication)
 - Students:
 - JAMES - 1
 - GMS - 3
 - GHS - 7
- ABAC Field Trip (Agricultural College in Tifton Georgia)
 - 10/4/23
 - Students:
 - GHS - 7
- WBYLP Agriculture Day
 - 10/14/23
 - Purpose is to create a better understanding of our food supply and economic impact of agriculture. Students toured a peanut shelling facility, cotton field, peanut buying point, and watched a drone demonstration.
 - Students:
 - GHS - 6
- Health Science Guest Speakers

- o 2/3/23, 2/15/23, and 3/6/23
 - o I have recruited multiple guest speakers for Bridgett White's classes, including: ESCC Paramedic, ESCC Nursing, Flowers Hospital, and Wallace Nursing. Purpose is to educate students about careers in healthcare.
 - o Each class had 7 GHS students.
- Middle School Career Fair
 - o 11/2/23
 - o Multiple agriculture careers were represented, including Forestry, Fish & Wildlife, Cooperative Extension, Select Sires (Cattle) and Alabama Farmers Federation.
- Geneva County Farm-City
 - o November 2023
 - o Classroom presentations on sustainable agriculture with all 11th grade students.
 - o Essay contest - all 11th grade students
- WBYLP Healthcare Day
 - o 11/16/23
 - o Students toured Alabama College of Osteopathic Medicine and Flowers Hospital
 - o Students:
 - GHS - 6
- Cattle Class
 - o 2/7/24
 - o Purpose was to educate students about food supply (cattle/beef production), nutritional benefits of beef (had butcher and chef present), sustainability, and economic impact of cattle industry on Geneva County and Alabama.
 - Students:
 - GMS 6th grade - 108
- Bonnie Plants Tour in Union Springs
 - o 2/8/24
 - o Students learned about the growing process, as well as careers in growing, marketing, engineering, and management.
 - Students:
 - GHS - 22
- Bonnie Plants Cabbage Program
 - o 2/10/24
 - o All 3rd grade students at Mulkey were given a cabbage plant plug and growing sheet. I plan to return to read a book to them.
- Manners Lessons at Mulkey
 - o 2/17/24 and 2/19/24
 - o Purpose was to teach good manners and communication skills (foundation for future employability skills). Also covered basic hygiene practices (washing hands before meal, covering sneeze, etc.)
 - o Students:

- JAMES 2nd grade (approx. 100)
- Geneva Middle School Loves Good Manners (Lessons and Professionalism Luncheon)
 - 2/3/24, 2/10/24, 2/14/24
 - Purpose was to teach good manners and communication skills (foundation for future employability skills). Also covered basic hygiene practices (washing hands before meal, etc.)
 - Students:
 - GMS 7th grade (105)
- Alabama Farm-City Literacy Ag Day - Read book about strawberries to 2nd grade students
 - 3/21/24

OTHER

- Red ribbon week for Drug Awareness activities at Middle and Elementary. October
- Scoliosis screenings for 5th – 9th grades – opt in, March.
- Blood Drive for 10-12 grades. Feb 2
- Dental screening on all PREK students.
- Dental Education with Dr. Markham to K thru 3rd students.
- Puberty education by school nurse/ MD done in 5th grade for all boys/girls May 12.
- Flu Shot clinic provided for all Geneva City School Staff and students.
- Yearly athletic physicals provided at school. May
- CPR classes conducted for all coaches and optional for all other employees. August
- Anaphylaxis, food allergy, and standard precaution education for all employees yearly. August
- Vision Research K, 2, 4 grades