



## **Indian Creek Elementary School Wellness Policy**

**Indian Creek Elementary** is fully devoted to the health and wellbeing of all students and staff members. We strive to promote not only the educational wellbeing but also the physical and nutritional wellbeing for all. Our goal is for students to use our **THREE** Core Values in **ALL** areas of life: **Treat Others Right, Make Smart Decisions, and Maximize Your Potential.**

Our **Wellness Committee** consists of Mr. Alan Chancey (Principal), Mrs. Dana Miller (Assistant Principal), Mrs. Sumer Johnson (Dean of Students), Mrs. Kim Spain (Academic Coach and Parent Engagement Coordinator), and Mrs. Isadora Burnham (Counselor). Our committee recognizes that all students and staff members' physiological needs must be met in order to foster an environment in which positive learning experiences can take place. Our committee is devoted to ensuring that all nutritional and physical goals are monitored and met each academic year. Mrs. Dawn Lewis is the Coffee County Wellness Committee Chair and is responsible for the oversight and implementation of our Indian Creek Wellness Policy while Mrs. Isadora Burnham is the Wellness Committee Chair at Indian Creek Elementary and a member of the Coffee County Wellness Committee.

### **Indian Creek's Goals:**

1. Nutrition Promotion and Education- Indian Creek is dedicated to promoting health and nutrition daily.
  - a. Indian Creek will ensure all meals provided to students and staff members are compliant with USDA guidelines and meet the nutritional requirements set therein.
  - b. Snacks sold at Indian Creek Elementary during the school day, will **ONLY** be offered to students following their grade level's lunch period.
  - c. Indian Creek will celebrate nutrition education by attending or hosting at least 4 events in the 2023-24 Academic Year.
2. Physical Activity- Indian Creek will ensure physical activity daily for all students.
  - a. All students Kindergarten through 5th grade will have at least **ONE** break per day as well as **ONE** period per day devoted to Physical Education.
  - b. All Pre-K students will have at least **ONE** 1-Hour break or **TWO** 30-Minute breaks each day.

- c. Students with exceptionalities will have an opportunity for Adaptive Physical Education at least ONCE a week.
  - d. Students in Grades 3-5 will conduct the FitnessGram Assessment ONCE a year.
  - e. TWO students per grade level K-5 will be awarded quarterly for outstanding sportsmanship in Physical Education.
3. Promoting Student Wellness
- a. ALL 3rd grade students will participate in ONE Guidance Lesson per year specifically addressing Test-Anxiety and Stress.
  - b. Students will participate in FLIGHT Time using Core Essentials at least ONE time per month to educate students using character lessons.
    - i. ONE student per homeroom will be awarded monthly for demonstrating such character.
  - c. Administrators will visit EVERY classroom at least THREE times per week greeting students and teachers to promote a positive learning environment.
  - d. An administrator will make ONE morning announcement per day, welcoming students and teachers to school, reminding everyone of our Core Values, and encouraging everyone to have a great day.

***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 (GADOE School Nutrition Local School Wellness Policy Compliance Checklist):

Indian Creek Elementary will ensure we are upholding the requirements outlined above when looking for snacks and/or beverages to offer to students for fundraising purposes.

***Standards for All Foods and Beverages*** provided, but not sold, to students during the school day (e.g., classroom parties, classroom snacks, rewards) (GADOE School Nutrition Local School Wellness Policy Compliance Checklist):

Indian Creek Elementary staff members will strive to educate our students, parents, and community partners on making healthy nutrition decisions for our students.

***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 (GADOE School Nutrition Local School Wellness Policy Compliance Checklist):

Indian Creek Elementary is devoted to marketing and promoting healthy nutrition choices that meet the Smart Snacks 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 (GADOE School Nutrition Local School Wellness Policy Compliance Checklist):

Indian Creek Elementary is open to any recommendations and input given at our quarterly Governance Council Meetings in which the parents and stakeholders have elected representatives to work on their behalf to uphold our school values and guidelines with nutrition being one area addressed.

Mrs. Kim Spain, Parent Engagement Coordinator, also gives our stakeholders an opportunity to provide feedback through surveys given multiple times per academic year.

***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 (GADOE School Nutrition Local School Wellness Policy Compliance Checklist):

Indian Creek Elementary will utilize the Local School Wellness Policy Compliance Checklist to ensure all goals are being met and policy guidelines are being maintained. We will also discuss the Compliance Checklist with the School Governance Council as needed.

***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 (GADOE School Nutrition Local School Wellness Policy Compliance Checklist):

Indian Creek Elementary will publish our school Wellness Policy in the Front Foyer of the school for all parents to have ease of access for review as well as

encourage quarterly feedback through parent engagement opportunities using hardcopies of surveys, Kinvo, Facebook, or Coffee County Schools website.

***Triennial Assessment:*** *The wellness policy includes language that the district will conduct an assessment of the policy every 3 years, at a minimum.*

Indian Creek Elementary will take part in a Triennial Assessment which will be conducted every three-year period to determine compliance and ensure appropriate revisions are made.