

## Westside Elementary School Wellness Policy

Westside Elementary School (hereto referred to as WES) is committed to the optimal development of every student. WES 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 good nutrition and physical activity before, during, and after the school day strongly correlate with positive student outcomes. This policy outlines our school 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.

### **Nutrition Education Goals**

WES will educate all students about healthy eating habits. Nutrition education is designed to provide students with the knowledge and skills necessary to promote and protect their health.

**Goal 1:** Nutrition education will be included in the Health education curriculum during PE. Nutrition education will also be integrated into other instructional content classes when appropriate.

**Goal 2:** Nutrition education will include enjoyable, developmentally appropriate, culturally relevant, and participatory activities, such as cooking demonstrations or lessons, promotions, taste-testing, farm visits, kitchen tours, and school gardens. School nutrition staff will be available as a resource to teachers and staff.

### **Nutrition Promotion Goals**

WES will promote healthy food and beverage choices for all students throughout the school campus, as well as encourage participation in school meal programs.

**Goal 1:** Nutrition promotion is evident in the Westside Cafe in the form of educational materials, bulletin boards, and cafeteria signage.

**Goal 2:** WES will participate in various promotions throughout the school year such as National School Lunch Week and National School Breakfast Week.

**Goal 3:** WES will implement at least one of the following four Farm to School activities:

- Local and/or regional products are incorporated into the school meal program;
- The school hosts a school garden;
- School hosts field trips to agricultural center;
- The school utilizes promotions or special events, such as tastings, that highlight local/regional products.

### **Physical Activity**

WES will provide multiple opportunities for all students to maintain physical fitness by

participating in physical education classes and/or recess every day. WES will offer students a variety of physical activity opportunities that are in addition to, and not as a substitute for, physical education.

**Goal 1:** Teacher daily schedules will include at least 15 minutes of recess daily.

- Outdoor recess will be offered when the weather is feasible for outdoor play.
- Active recess programming will be utilized to create universal participation by offering multiple activities at recess; designating different areas of play throughout the playground, and providing equipment to decrease congestion on play structures.
- If the school or district must conduct indoor recess, teachers and staff promote physical activity for students, to the extent practical. Indoor recess and physical activity break ideas are available through GoNoodle.

**Goal 2:** All WES students in grades K-5 will participate in physical education that meets or exceeds state standards. Teachers' daily schedules will include 45 minutes of physical education every day.

#### **Other School-Based Activities that Promote Student Wellness:**

**Goal 1:** Field day activities for grades K-5 will be advertised and planned during the school year to promote student health and wellness.

**Goal 2:** The PE department will promote the Jump Rope for Heart fundraiser.

**Goal 3:** WES will continue relationships with its community partners, including mental health agencies and our local hospital, in support of this wellness policy's implementation.

#### **Standards and Nutrition Guidelines**

WES consistently adheres to the nutritional guidelines set by federal and state entities.

All foods and beverages **sold** to students during the school day on campus are consistent with school meal nutrition standards and meet the USDA Smart Snacks in School nutrition standards, at a minimum.

WES is committed to promoting healthy eating throughout our campus for all foods and beverages including those **provided but not sold**, to students during the school day (e.g., classroom parties, classroom snacks, rewards). A suggested list of healthy party ideas and snacks, including non-food celebration ideas, will be provided for staff and students.

#### **Water**

WES will have access to free, safe, unflavored drinking water will be available to all students during mealtimes where school meals are served. All stakeholders will have access to drinking fountains and all drinking fountains will be maintained regularly to

ensure adherence to health and safety standards.

### **Policies for Food and Beverage Marketing**

WES will only market/advertise foods and beverages that meet the Smart Snacks in School nutrition standards. WES entrusts our school nutrition staff with marketing healthy eating choices. They promote excellent nutrition options through multiple avenues:

- 1) National School Breakfast Week
- 2) National School Lunch Week
- 3) Farm-to-School Initiatives
- 4) School Milk Day
- 5) offering Georgia Grown and locally grown foods when available
- 6) “Imagine Me” Cooking Classes

### **Responsible District and School Officials**

WES adheres to the requirements and standards set forth by the Coffee County Healthy School Environment and Wellness Policy. At the school level, the Wellness Committee will ensure our school goals align with district and state requirements as well as monitor policy compliance.

### **Stakeholder Participation**

WES will provide a copy of the wellness policy on the school website for public review along with contact information to provide input. The wellness policy will be referenced in school governance council 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 periodic review and update of the wellness policy.

### **Measurement of Implementation and Reporting to the Public**

The Wellness Committee will report to the School Governance Council regarding compliance with the Wellness Policy. Year-end summary 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**

WES 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 for review before publishing on the school website.

### **Triennial Assessment**

The school district will conduct an assessment of this 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](https://fns-prod.azureedge.us/sites/default/files/resource-files/allfoods_summarychart.pdf)