

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.

1

- 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 **greeting** students and teachers to promote a **positive** learning environment.

per
week

- 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.

2

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

3

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.

ICE

Indian Creek Elementary School Wellness Meetings FY24

August 21, 2023

October 2, 2023

February 26, 2024

April 8, 2024

**Local School Wellness Policy Compliance
Checklist**

A Local

School
Wellness
Policy **is a**
written
document
that guides
a school
district's
efforts to
establish **a**
school
environm
ent that
promotes
students'
health,
well-being,
and the
ability to
learn.

Participatio
n in the
USDA
National
School
Lunch and
School
Breakfast
Programs
requires
complianc
e with
Local
School
Wellness
Policy
requireme
nts as
written in
7 CFR
210.31.
Full
complianc

e with the
requireme
nts **was**
due by
June 30,
2017.

*This
optio
nal
chec
klist
may
be
used
to
revie
w
and
updat
e
your
local
scho
ol
**welln
ess**
polic
y to
**ensu
re**
comp
lianc
e
with
all
requi
reme
nts.
Local
Scho
ol
Welln
ess*

Policy implementation will be reviewed during the Administrative Review process.

Date:

5312024

School Food Authority:

Content of the current Local School Wellness Policy

Specific goals (2-3)

for: nutrition

o
m
o
t
i
o
n
a
n
d
e
d
u
c
a
t
i
o
n,

p
h
y
s
i
c
a
l
a
c
t
i
v
i
t
y
,
a
n
d

Other school-based activities that promote student wellness.

Standards and nutrition **guidelines for all foods and beverages sold to students during the school day on each school campus** that are consistent with:

S
c
h
o
o
l
m
e
a
n
u
t
r
i
o
n
s

a
n
d
a
r
d
s,
a
n
d

S
m
a
r
t
S
n
a
c
k
s
i
n
S
c
h
o
o
l
n
u
t
r
i
t
i
o
n
s
t
a
n
d
a
r
d
s.

Stan
dard
s for
all
foods
and
beve
rage
s
provi
ded,
but
not
sold,

to
stude
nts
durin
g the
scho
ol
day
(**e.g.**,
class
room
parti
es,
class
room
snack
s,
rewar
ds).

Polic
ies
for
food
and
beve
rage
mark
eting
that
allow
mark
eting
and
adve
rtisin
g **of**
only
thos
e
food
s
and
beve

rage
s
that
mee
t the
Smar
t
Snac
ks in
Scho
ol
nutriti
on
stand
ards.

Ident
ificati
on of
the
positi
on of
the
distr
ict
or
scho
ol
offici
al(s)
resp
onsi
ble
for
impl
eme
ntati
on
and
over
sight
of
the

wellness policy to ensure each school's compliance with the policy.

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.

G
e
o
r
g
i
a
D
e
p
a
r
t
m
e
n
t
o
f
E

a's

Local School Wellness Policy Compliance Checklist

A description of the **plan** for measuring implementation of the **wellness policy** and for reporting wellness policy content and implementation to the public, **as required**.

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.

**Trienni
al
assess
ment -**
the
wellnes
s policy
includes
languag
e that
the
district
will
conduct
an
assess
ment of
the
policy
every 3
years,
at a
minimu
m. The

triennial
assessment
must
measure
e
implem
entation
of the
local
wellnes
s policy
and
include:
Each
schools'
complia
nce with
the
wellnes
s policy

How
the
local
welln
ess
polic
y
comp
ares
to
mod
el
local
welln
ess
polic
es A
desc
ription
of
the

progress
in
attaining
the
goals
of
the
wellness
policy

Required Documentation (will be examined during the Administrative Review)

A copy of the current local school **wellness** policy that contains all **the** above requirements,

- Documentation demonstrating compliance **with** community involvement requirements,
- Documentation of the most recent triennial assessment.**
- Documentation of the **requirement to make** the local wellness **policy and** triennial assessments **available** to the public.

ge
2
of
2

T
h
i
s
i
n
s
t
i
t
u
t
i
o
n
i
s
a
n
e
q
u
a
l
o
p
p
o
r
t
u
n
i
t
y
p
r
o
v
i
d
e
r

F
u
e
l
i
n
g

e
o
r
g
i
a

Fu
tu
re