Fulton County Schools
Where Students Come First

SCHOOL LEVEL WELLNESS PLAN

Guidelines and Resource Materials for Implementation

FULTON COUNTY SCHOOL SYSTEM
SCHOOL WELLNESS PLAN

VISION

To support the Fulton County Schools District Wellness Policy EEE ensuring student wellness is a part of the total learning environment.

MISSION OF THE SCHOOL LEVEL WELLNESS PLAN

Each local school will have a school level Wellness Council. This coordinated health advisory group will be representative of the eight areas of comprehensive school health which are: student health services; health education; physical education; nutritional services; counseling, psychological and social services; school environment; health promotion for staff; and family and community involvement. The council's purpose will be to address school health issues using a coordinated approach in order to improve student health and wellness.

The seven goals of the policy are: Nutrition Education, Nutrition Guidelines, Nutrition Promotion, Other School-Based Activities to Promote Student Wellness, Physical Education/Physical Activity, Communication (Public involvement and notification), and Implementation/Monitoring.

This plan establishes goals and procedures to ensure that:

- Students in the District have access to healthy foods throughout the school day—both through reimbursable school meals and other foods available throughout the school campus—in accordance with Federal and state nutrition standards;
- Students receive quality nutrition education that helps them develop lifelong healthy eating behaviors;
- Students have opportunities to be physically active before, during, and after school;
- Schools engage in nutrition and physical activity promotion and other activities that promote student wellness;
- School staff are encouraged and supported to practice healthy nutrition and physical activity behaviors in and out of school;
- The community is engaged in supporting the work of the District in creating continuity between school and other settings for students and staff to practice lifelong healthy habits; and
- The District establishes and maintains an infrastructure for management, oversight, implementation, communication, and monitoring of the policy and its established goals and objectives.

NOTE: The Wellness Council may be an independent council or committee incorporated into an existing school council or committee.

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I. Introduction and Background Information

On June 30, 2004, President George W. Bush signed Law 108-265, the Child Nutrition and WIC Reauthorization Act of 2004. This law requires that each local educational agency participating in a program authorized by the Richard B. Russell National School Lunch Act (42 U.S.C. 1751 et seq) or the Child Nutrition Act of 1966 (42 U.S.C. 1771 et seq) to establish a local school wellness policy by July 1, 2006.

- Appendix – Child Nutrition and WIC Reauthorization Act of 2004

In June 2006, the Fulton County Board of Education adopted Policy EEE – Wellness Policy to address the requirements of the Child Nutrition and WIC Reauthorization Act of 2004.

- Appendix – Board Policy EEE – Wellness Policy

In December 2010, President Barack Obama signed The Healthy, Hunger-Free Kids Act of 2010. This law required the establishment of national regulations for all foods sold in the breakfast and lunch programs.

- Appendix – Healthy, Hunger-Free Kids Act of 2010

In July 2014, the regulations of The Healthy, Hunger-Free Kids Act were expanded to cover the entire school building. This is known as the Smart Snacks Guidelines.

- Appendix – Smart Snacks in School Nutrition Standards

As required by law, the Fulton County Schools Wellness Policy includes:

- **Goals for nutrition education and promotion, physical education and activity,** and **other school-based activities** that are designed to promote student wellness;

- **Nutrition guidelines for all foods sold during the school day** with the objectives of promoting student health;

- **Guidelines for reimbursable school meals**

- **A plan for fostering community involvement and notification**, including parents, students, the school board, school administrators, and the public in the development and implementation of the school wellness policy

- **A plan for monitoring and measuring implementation of the wellness policy**

II. Whole School, Whole Community, Whole Child: School Level Wellness Council and/or School Level Councils

Whole School, Whole Community, Whole Child (WSCC) is a ten component model created by the Centers for Disease Control and Prevention addressing the emotional and physical needs of everyone in the school setting: students, teachers and administrators. The components include the following: Physical Education and Physical Activity; Health Education; Health Services; Counseling, Psychological & Social Services; Social and Emotional School Climate; Physical Environment; Employee Wellness; Community Involvement; Family Engagement; and Nutrition Environment and Services. Schools can modify the model to fit the needs of their schools, students and communities.

III. Goal Areas for School Level Wellness Plans

1. Nutrition Education
2. Nutrition Guidelines for Foods Available During the School Day
3. Nutrition Promotion
4. Other School-Based Activities to Promote Student and Staff Wellness
5. Physical Education and Physical Activity
6. Communication Engaging Parents, School Board/Administrative Staff and the Community
7. Plan for Monitoring and Measuring Implementation

The following objectives and standards are outlined for each goal area. The school level wellness council should comply with the goals of the district wellness policy and choose to implement one or more standards for each goal.

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1. Nutrition Education And Promotion

Goal/Objective: To provide nutrition education experiences that support the instructional component to improve students' eating behaviors and help develop healthy lifestyle practices. To encourage and support nutritious eating by students and adults.

Standards:	**Choose All that Apply**
Educational Reinforcement (Public Involvement) Collaborate with other school and community groups to conduct nutrition education activities such as health fairs, career days, health/nutrition professional presentations, etc. Examples: • School wellness committee • PTA/PTO and other parent volunteer's organizations • Local health departments • Nonprofit health and community organizations	☐
Nutrition Promotions Students participate in activities that promote and reinforce healthy school nutrition environments. Staff conduct promotions and nutrition activities that include students, staff and community. NOTE: The cafeteria manager receives an annual promotions calendar and manual which can be reviewed and used to reinforce the promotions held in the cafeteria/school. Examples: need to update these Month — Promotion August — Back To School Promotion September — National Five-A-Day Month October — National School Lunch Week February — American Heart Week March — National School Breakfast Week	☐

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Curriculum Content Areas The school supports the comprehensive health education curriculum nutrition concepts and skills in accordance with curriculum standards.	☐
Education Links With School Staff create nutrition education lessons in the school cafeteria and classroom by coordinating with the school nutrition manager and teachers. Staff integrates nutrition education with other school health initiatives. NOTE: Lessons will be available from the School Nutrition Department.	☐
After-School Programs After-school programs should provide an ideal setting to provide nutrition and physical activity opportunities. The promotions manual and nutrition education lessons can be used as part of the after-school program. The promotions manual and nutrition education lessons can be used as part of the after-school program curriculum.	☐
Cafeteria-Based Nutrition Education The school cafeteria provides an ideal setting for students to practice healthy eating. Staff coordinate school nutrition programs with classroom lessons and allows students to apply critical thinking skills taught in the classroom. • Visit classrooms and explain how the school nutrition program ensures that meals served meet U.S. Department of Agriculture (USDA) nutrition standards and the Dietary Guidelines for Americans. • Invite classes to visit the cafeteria kitchen for a tour and demonstration on how meals are prepared. • Involve students in planning the school menus. • Offer foods that reinforce classroom lessons, such as whole grain rolls to reinforce a lesson on dietary fiber. • Display nutrition posters in the cafeteria and distribute nutrition information. Nutrition information can be obtained from the School Nutrition Department. • Invite School Nutrition Department staff to conduct training sessions, presentations and/or information about the School Nutrition Program for students, staff and parents.	☐

Describe any other Nutrition Education and/or Nutrition Promotion activities implemented at the school level:

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2. Nutrition Guidelines for Foods Available During the School Day

Goal/Objective: To provide students with a variety of affordable nutritious meals and snacks. To plan all menus in accordance with federal, state, and local regulations, rules, and guidelines.

Standards:	**Choose All that Apply**
Foods available during the School Day School meals and after-school snacks adhere to federal, state, and local regulations and guidance as issued by the Secretary of Agriculture under the U.S. Department of Agriculture (USDA), Georgia Board of Education, and Fulton County Board of Education. Local menus for breakfast, lunch and after-school snacks are followed as written with minimum menu substitutes.	☐
Extra Food Sales All foods sold in school adhere to federal, state, and local regulations and guidance as issued by the Secretary of Agriculture under the U.S. Department of Agriculture (USDA), Georgia Board of Education, and Fulton County Board of Education. • Appendix – Smart Snack Guidelines	☐
Vending/Student/Stores/Concession Stands Schools follow the existing Fulton County Board Policy (EED; Sales of Food on School Premises) regarding sales of food on school premises. • Appendix – Board Policy EED – Sales of Food on School Premises	☐
Fundraisers Schools follow the existing Fulton County Board of Education fund raising policy/procedure (KEB; Fund Raising). • Appendix – Board Policy/Procedure KEB – Fund Raising NOTE: *Foods available during the school day, and the extra food sales will be monitored by the SNP Area Supervisors to determine compliance. Results will be provided to the school principal.*	☐
Snacks Snacks served during the school day make a positive contribution to a student's diet. A recommended list of healthy snack choices for service and consumption by students is included as a resource for school staff, parents and administrators. This includes classroom snacks/instructional use of food, snacks offered during student meetings during the school day, and student celebrations and recognition. • Appendix – Recommended List for Healthy Snacks	☐

Describe any other Nutrition Guidelines for Foods Available during the School Day activities implemented at the school level:

3. Other School-Based Activities to Promote Student Wellness

Goal/Objective: To provide school-based activities that are designed to promote student and staff wellness.

Standards:	**Choose All that Apply**
Encourage student and staff members to improve their health and wellness through promotions and programs Examples of promotions/programs: ▪ Introduce wellness programs to staff members ▪ Health screenings ▪ Physical activity and fitness ▪ Nutrition education ▪ Weight management ▪ Tobacco Prevention programs ▪ Influenza vaccinations ▪ Stress management in-services/activities ▪ Present health and wellness information at regular staff meetings ▪ Place health information into newsletter articles, brochures and e-mail messages through the new Wellness Committee communication forums.	☐
Promote a clean, healthy, safe environment conducive to maximizing instructional focus. A healthy, clean and safe environment will promote a positive effect on students and the school staff. Examples: ▪ Environmental Services and Nutrition Services will insure that school meals are served in a clean and pleasant setting. ▪ Dining areas will be attractive and have sufficient space for seating. ▪ School staff will provide appropriate supervision in school cafeteria areas and serve as role models to students. ▪ Schools will provide safe, clean, and hygienic-supported restrooms. Hand-washing equipment, soap, and supplies will be placed in convenient places so that students and	☐

staff can wash their hands before eating and other appropriate times. Students will have the opportunity to wash hands or have access to hand sanitizing before they eat meals or snacks and at other appropriate times. ▪ Appendix – Hand-washing Training ▪ Appendix – Georgia School Administrators Restroom Checklist ▪ Water fountains will be available for students to get water throughout the day. ▪ School classrooms will be kept clean and neat. ▪ Schools will have appropriate required safety plans. ▪ Schools will meet the district policy on staff being trained in CPR and AED equipment.	

Describe any other School-Based Activities implemented at the school level:

4. Physical Education and Physical Activity

Goal/Objective: To provide students with opportunities for a quality physical education and daily physical activity. To provide these opportunities for each student in order to foster an understanding of the short and long-term benefits of a physically active and healthy lifestyle.

Standards:	**Choose All that Apply**
Sequential, standards-based, physical education instruction to include health related fitness components are available for students in grades K-12. (Health-related fitness focuses on activities which promote a healthy lifestyle). Extended periods of inactivity should be discouraged. When there are activities that make it necessary for students to be sitting for long periods of time, such as school-wide testing, students should have periodic "brain breaks," where they are encouraged to stand up and be moderately active. • Appendix – Board Policy IDB – Health and Physical Education	☐
Daily physical activity will be available for students in grades K-5. • Appendix – Board Policy IDB – Family, Life and Sex Education	☐
Schools are encouraged to provide physical activity opportunities before and after-school for students in grades 6-8. ▪ Appendix – Board Policy IDE – Extracurricular Activities	☐
Physical activity is neither used as punishment nor withheld as a punishment.	☐

Describe any other Physical Education and Physical Activities implemented at the school level:

5. Public Notification: Communication Engaging Parents, School Board/ Administrative Staff and the Community

Goal/Objective: To promote clear and consistent messages that explain and reinforce healthy eating and physical activity habits. Messages will be directed to students, staff, parents, and the community.

Standards:	**Choose All that Apply**
Public Notification The School Wellness Committee will use electronic (such as email or displaying notices on the school website) and/or non-electronic (such as newsletters or presentations) to ensure that all families are actively notified of the content of, implementation of, and updates to the wellness policy, as well as how to get involved and support the policy.	☐
Promote messages in school communications that exemplify: • Healthy foods taste good and are good for you • Fitness is fun • Healthier students are smarter students • Our school provides healthy foods for our students and staff • Our school promotes healthy lifestyles • Healthier lifestyles enable school employees to be happier and more productive	☐
Engage parents through activities that promote healthier lifestyles Examples: ▪ Walk Your Child to School days ▪ PTA/parent activity nights ▪ School, charity and foundation fun runs, walks, fund raisers ▪ Healthy eating seminars/workshops for parents ▪ Post nutrition tips on the school website ▪ Send home nutrition information with children ▪ Share information about local active events and/or education, through the website or take-home materials. ▪ Assign homework that prompts family discussion on healthy habits.	☐
Establish partnerships with community organizations and make outreach to groups that support the school's wellness goals	☐

<u>Communicate activities to news media that promote the school's wellness initiatives</u> Examples: ▪ News releases promoting school sponsored wellness activities ▪ Photographs of activities	☐

Describe any other Communications and/or Promotions implemented at the school level:

6. Implantation & Monitoring

Goal/Objective: To measure implementation of the local district nutrition and physical activity policies, including the designation of one or more persons with operational responsibility for ensuring that schools are addressing the policy.

Standards:	**Choose All that Apply**
Establish a plan for measuring, monitoring and completing the school level Fulton County Wellness Plan • Appendix – Wellness Policy Evaluation Checklist	☐
Submit a completed Wellness Policy Evaluation Checklist to the School Nutrition Department.	☐

The School Nutrition Department will be responsible for collecting and reporting the data to document the school level implementation of the Wellness Policy.

Appendices

I. Introduction and Background Information

- Child Nutrition and WIC Reauthorization Act of 2004
- Board Policy EEE – Wellness Policy
- Healthy, Hunger-Free Kids Act of 2010

II. Coordinated School Health Council = School Level Wellness Council and/or School Level Councils

- http://www.cdc.gov/healthyschools/wscc/index.htm

III. Goal Areas for Fulton County's Wellness Plan

1. **Nutrition Education**
   - www.choosemyplate.gov

2. **Nutrition Guidelines for Foods Available During the School Day**
   - Fulton County School Nutrition breakfast, lunch, and after-school snack menu standards
   - Board Policy EED – Sales of Food on School Premises
   - Board Policy/Procedure KEB – Fund Raising
   - Recommended List for Healthy Snacks
   - Smart Snacks in School Nutrition Standards

3. **Nutrition Promotion**
   - http://www.fns.usda.gov/healthierschoolday/tools-schools
   - http://www.fns.usda.gov/sbp/marketing-ideas

4. **Other School-Based Activities to Promote Student Wellness**
   - Hand-washing training
   - Georgia School Administrators Restroom Checklist

5. **Physical Education and Physical Activity**
   - Board Policy IDB – Health and Physical Education
   - Board Policy IDBA – Family, Life, and Sex Education
   - Board Policy IDE – Extracurricular Activities

6. **Communication Engaging Parents, School Board/Administrative Staff, and the Community**
   - Fulton County School Nutrition Program Website: FCSNutrition.com

7. **Measurement Tool/Program Assessment**
   - Wellness Policy Evaluation Checklist

Fulton County School Level Wellness Policy Evaluation Checklist

School Name: _____ Date: _____

1. Nutrition Education		
Goal/Objective: To provide nutrition education experiences that support the instructional component to improve students' eating behaviors and help develop healthy lifestyle practices. To encourage and support nutritious eating by students and adults.		
Educational Reinforcement (Public Involvement) Collaborated with other school and community groups to conduct nutrition education activities such as health fairs, career days, health/nutrition professional presentations, etc. Examples: *(Check All That Apply)* ▪ School wellness committee ▪ PTA/PTO and other parent volunteers/organizations ▪ Local health departments ▪ Nonprofit health and community organizations	Yes	No
Nutrition Promotion Students participated in activities that promoted and reinforced healthy school nutrition environments. Staff conducted promotions and nutrition activities that included students, staff and community.	Yes	No
Curriculum/Content Areas The school supported the comprehensive health education curriculum nutrition concepts and skills in accordance with curriculum standards.	Yes	No
Education Links with School Staff created nutrition education lessons in the school cafeteria and classroom by coordinating with school nutrition manager and teachers. Staff Integrated nutrition education with other school health initiatives.	Yes	No
After-School Programs After school programs provided an ideal setting to provide nutrition and physical activity opportunities. The promotions manual and nutrition education lessons were used as part of the after-school program.	Yes	No

Cafeteria Based Nutrition Education The school cafeteria provided an ideal setting for students to practice healthy eating. Staff coordinated school nutrition programs with classroom lessons allows students to apply critical thinking skills taught in the classroom. **Examples:** (*Check All That Apply)* ▪ Visited classrooms and explain how the school food service program ensures that meals meet U.S. Department of Agriculture (USDA) nutrition standards and the Dietary Guidelines for Americans. ▪ Invited classes to visit the cafeteria kitchen for a tour and demonstration on how meals are prepared. ▪ Involved students in planning the school menus. ▪ Offered foods that reinforced classroom lessons, such as whole wheat rolls to reinforce a lesson on dietary fiber. ▪ Displayed nutrition posters in the cafeteria and distributed nutrition information. Nutrition information can be obtained from the School Nutrition Department. ▪ Invited School Nutrition Department staff to conduct training sessions, presentations and/or information about the School Nutrition Program for students, staff and parents. **Comments:** _____	Yes	No
2. Nutrition Guidelines for Foods Available During the School Day **Goal/Objective:** To provide students with a variety of affordable nutritious meals and snacks. To plan all menus in accordance with federal, state, and local regulations, rules, and guidelines.		
Foods Available During the School Day School meals and after-school snacks adhered to federal, state, and local regulations and guidance as issued by the Secretary of Agriculture under the U.S. Department of Agriculture (USDA), Georgia Board of Education, and Fulton County Board of Education. Local menus for breakfast, lunch and after-school snacks were followed as written with minimum menu substitutes.	Yes	No
A La Carte Sales The School Nutrition Program adhered to federal, state, and local regulations and guidance as issued by the Secretary of Agriculture under the U.S. Department of Agriculture (USDA), Georgia Board of Education, and Fulton County Board of Education.	Yes	No
	Yes	No

Vending/Student Stores/Concession Stands Schools followed the existing Fulton County Board Policy (EED; Sales of Food on School Premises) regarding sales of food on school premises.		
Fundraisers Schools followed the existing Fulton County Board of Education fundraising policy/procedures (KEB; Fund Raising). No food or beverage may be sold as a fund-raising activity for consumption during the school day. **Snacks** Snacks served during the school day made a positive contribution to a student's diet. A recommended list of healthy snack choices for service and consumption by students is included as a resource for school staff, parents and administrators. This includes classroom snacks/instructional use of food, snacks offered during student meetings during the school day, and student celebrations and recognition. **Comments:** _____	Yes Yes	No No
3. **Other School-Based Activities to Promote Student and Staff Wellness** **Goal/Objective: To provide school-based activities that are designed to promote student and staff wellness.**		
Promotions/Programs: Encouraged student and staff members to improve their health and wellness through promotions and programs. Examples: *(Check All That Apply)* ▪ Introduced wellness programs to staff members ▪ Health screenings ▪ Physical activity and fitness	Yes Yes	No No

▪ Nutrition education ▪ Weight management ▪ Tobacco Prevention programs ▪ Influenza vaccinations ▪ Stress management in-services/activities ▪ Presented health and wellness information at regular staff meetings ▪ Placed health information into newsletter articles, brochures and e-mail messages through the new Wellness Committee communication forums		
Environment The school promoted a clean, healthy, safe environment conducive to maximizing instructional focus. Examples: (*Check All That Apply)* ▪ School meals were served in a clean and pleasant setting. ▪ Dining areas were attractive and had sufficient space for seating. ▪ Appropriate supervision was provided in school cafeteria areas and serve as role models to students. ▪ Hand-washing equipment and supplies were placed in a convenient place so that student and staff could wash their hands before eating, or students will had access to hand sanitizing supplies before they ate meals or snacks. ▪ Drinking fountains or water stations were available for students to get water at meals and throughout the day. **Comments:**_____	Yes	No

4. <u>Physical Education and Physical Activity</u> **Goal/Objective: To provide students with opportunities for quality physical education and daily physical activity. To provide these opportunities for each student in order to foster an understanding of the short and long-term benefits of a physically active and healthy lifestyle. (IDBA; Family Life and Sex Education).**		
Standards ▪ **Elementary**-Elementary schools shall provide a minimum of 90 contact hours of instruction at each grade level in health and physical education. ▪ **Middle**-Middle school shall include nine weeks of health and nine weeks of physical education at each grade level. ▪ **High**-High schools shall require one .5 credit in health and one .5 credit in physical education. Three (3) units of credit in JROTC (Junior Reserve Officer Training Corps) may be used to satisfy this requirement when JROTC courses include Comprehensive Health and Physical Education Rule requirements.	Yes	No
<u>Physical Activity Opportunities are Available Before and/or After School for Students in Grades 6-8</u> Examples: *(Check All That Apply)* ▪ Walk Your Child to School Days ▪ School pedometer activities ▪ PTA/parent activity nights ▪ Fun runs (school or community sponsored) ▪ School or Charity sponsored Fun Runs ▪ School sponsored physical activity events used as fundraisers ▪ Established a Wellness Council	Yes	No
<u>Physical Activity is not used as punishment.</u> ▪ (Example: A student should not be required to do push ups for non completion of a class assignment)	Yes	No
<u>Physical Activity to include the community</u> **<u>Examples</u>**: *(Check All That Apply)* ▪ Walk Your Child to School Days ▪ School pedometer activities ▪ PTA/parent activity nights ▪ Fun runs (school or community sponsored)		

▪ School sponsored physical activity events used as fundraisers ▪ Established a Wellness Council **Comments** _____ _____ _____		
5. Public Notification The School Wellness Committee used electronic (such as email or displaying notices on the school website) and/or non-electronic mechanisms (such as newsletters or presentations) to ensure that all families are actively notified on the content of, implementation of and updates to the wellness policy as well as how to get involved and support the policy .	Yes	No
6. Implementation: Monitoring The school Wellness Committee reported on implementation of this policy by completing this Wellness Policy Evaluation Checklist.	Yes	No

List additional wellness components include at the school:

Principal Signature: _____ Date: _____

Wellness Contact: Print Name: _____

Wellness Contact Signature: _____ Date: _____

Cafeteria Manager Signature: _____ Date: _____