

Habersham County Schools Wellness Policy Evaluation

Date: February 20, 2014

Evaluator's Name: Wellness Policy Committee

Complete evaluation by February. Return to School Nutrition Director.

Grade each section of the policy on a scale of 1-5 for level of compliance. 1=excellent, 2=good, 3= average, 4= needs improvement, 5= poor

Nutrition Education

2 Provides nutrition education that builds skills to increase awareness of healthy eating behaviors

2 Integrate nutrition education into other curriculum area

2 Involve community by sharing information to promote healthy lifestyles for students outside the schools

Physical Activity

1 Recommend that Habersham County Schools follow, for all grade levels, the recommended instruction patterned after the Georgia Standards for Physical Education instruction

1 Encourage individual improvement that does not discourage less athletic students or those with lower fitness levels

1 Recommend grade appropriate fitness level testing on an annual basis

School Nutrition Program

2 Nutrition administrator will administrate the program according to USDA's guidelines and recommendations as approved by the Board

2 Encourage students to consume more fruits, vegetables, whole grains, and dairy consistent with the Dietary Guidelines for Americans

2 Encourage students to eat a healthy breakfast each day

2 Complete recommended training for managers and staff as directed by the Georgia Department of Education's School Nutrition Division

Supplemental Foods

3 Prohibits the sale of “foods of minimal nutritional value” in all schools

2 Recommend that food and beverages, with the exception of water, not be sold outside the nutrition program during the school day in elementary schools

2 Encourage school fundraisers to offer only healthy food choices or non-food sales

2 Recommend setting nutritional standards for all vending machine foods

2 Have healthy food choices be available for extracurricular activities when food is sold

Healthy School Environment

1 Recommend that there be sufficient areas, seating, time and an environment conducive to socialization to encourage students to eat meals

1 For the safety and health of our students and staff, no food other than a sack lunch from home should be brought into the cafeteria from outside sources

1 Recommend that food is not used as a reward

1 Students should have access to safe, clean, hygienic restrooms

Evaluation

1 Wellness representatives from each school will monitor and evaluate the policy on an annual basis

Recommendations for any area that received a grade of 4 or 5. List the area, grade and recommendation:
