

CHICKAMAUGA CITY SCHOOLS WELLNESS PLAN

The Chickamauga City School Board believes that student wellness and proper nutrition are related to students' well-being, growth, development, and willingness to learn. The Board is committed to providing a school environment that promotes and protects student wellness, proper nutrition, nutrition education, and regular physical activity as part of the total learning experience. The Superintendent or designee will oversee local school compliance with federal guidelines regarding local school wellness policy requirements contained in Section 204 of Public Law 108-265, the Child Nutrition and WIC Reauthorization Act of 2004. The Designee will convene a District Wellness Committee. Committee membership will represent all school levels and include, but not limited to: parents and caregivers; students; representatives of the school nutrition program; physical education teachers; health education teachers; school nurse; school counselors; social workers, school administrators, school board members, health professionals; and the general public. The District Wellness Committee will participate in the development, implementation, and periodic review and assessment of school wellness policies.

Set Nutrition Education and Promotion Goals

The school system shall teach, encourage and support healthy eating and wellness habits by students and staff. The school system will:

- Promote healthy eating habits throughout the school environment as defined by Nutrition Standards for All Food Sold in School by the Healthy, Hunger-Free Kids Act of 2010. This includes cafeteria, a la carte, snack bars/school stores, classroom snacks, vending and fundraising.
- Promote Nutrition Education consistent with federal and state laws, standards and regulations. Nutrition Education will be age appropriate, reflect student cultures, and teach the life-skills they need to adopt lifelong healthy eating habits.
- School based marketing will be consistent with nutrition education and health promotion.

Set Physical Activity Goals

The school system shall provide students with appropriate opportunities, support, and encouragement to be physically active on a regular basis by:

- Providing students with opportunities for physical activity during the school day through daily recess periods and required and elective physical education (PE) classes.
- Encouraging students to be involved in physical activity in the community, school sponsored events, and extracurricular activities.

Set Nutrition Guideline Goals

The school system will follow all federal and state nutrition standards by ensuring that:

- All foods served in the school nutrition programs will meet regulations under the Child Nutrition Act and the Richard B. Russell National School Lunch Act.
- Vending machines, school stores, and a la carte sales from school cafeterias will provide foods and beverages that are compliant with the Federal Smart Snack regulations. Guidelines will be provided by the School Nutrition Program.
- All foods or beverages made available to students shall be in compliance with federal and state laws.

Other School-Based Activities Designed to Promote Student Wellness

The Superintendent or Designee shall develop procedures that promote the attainment of the following goals related to other school-based activities to promote wellness:

- Provide on-going professional training and development for foodservice staff and teachers in the areas of nutrition and physical education.
- Provide student and parent nutritional information of all foods sold at school in the SNMP. School nurse and SNMP manager will have a master list of foods and their nutritional information as well as posting on the school website.
- As part of the Federal Smart Snack regulations, Exempted Fundraisers will not exceed the number allowed by State Rule and will have board approval.
- Provide information on the school website that promotes nutrition education and healthy food selections at school and in the community.
- Encourage student participation in school extracurricular activities through student handbooks and school announcements.
- Provide opportunity for school nurses to conduct annual screenings of students for health related issues such as hearing, vision and scoliosis.
- Principals and/or school nurses build a school collection of health related media and information for parent, student and teacher use.
- School nurses facilitate annual training for health related instruction.

Implementation Annually

The Chickamauga City School Wellness Plan will be assessed annually for effectiveness and implementation by the Wellness Committee. School Principals will set wellness policy goals yearly, monitor policy compliance, and complete yearly assessments for their schools. The Wellness Committee will establish yearly goals and benchmarks to insure the most effective measures and standards are in place. This review will help promote and encourage sound nutritional and physical activity practices by students and staff. It will also allow for new research and findings to be incorporated into the system plan for greater effectiveness. Chickamauga City Schools believes strongly that healthy lifestyle habits help improve student and employee success.

Triennially

At least once every three years, the District will evaluate compliance with the wellness policy to assess the implementation of the policy and include:

- The extent to which schools are in compliance with the wellness policy

- The extent to which the District's wellness policy compares to model policies; and
- A description of the progress made in attaining the goals of the District's wellness policy.

Chickamauga City Schools will inform families and the public each year of basic information about this policy, including its content, any updates to the policy, implementation status, and how the public can get involved with the school wellness committee. This information, including triennial assessment reports, will be made available via the district website.

Policy Reference Disclaimer: These references are not intended to be part of the policy itself, nor do they indicate the basis or authority for the board to enact this policy. Instead, they are provided as additional resources for those interested in the subject matter of the policy.

State Reference	Description
O.C.G.A 20-02-0066	<u>School breakfast programs</u>
Rule 160-5-6-.01	<u>Statewide School Nutritional Program</u>
Federal Reference	Description
07 CFR 210.11	<u>Competitive Food Service and Standards</u>
07 CFR 210.12	<u>Student, parent, and community involvement</u>
07 CFR 210.18	<u>Administrative Reviews-School Nutrition</u>
07 CFR 210.31	<u>Local school wellness policy</u>
42 USC 1758	<u>Program requirements-School Lunch Programs</u>
42 USC 1758b	<u>Local School Wellness Policy</u>
42 USC Chapter 13	<u>School Lunch Programs</u>
42 USC Chapter 13A	<u>Child Nutrition</u>