

WELLNESS POLICY ANNUAL ASSESSMENT

2018-2019

A local school wellness policy is a written document that guides a school district's efforts to establish a school environment that promotes students' health, well-being, and ability to learn.

The purpose of the annual assessment is to determine how the district is implementing the wellness policy, how the district's policy compares to model wellness policies, and the progress made in attaining the goals of the district's policy

Wellness Policy Implementation and Progress:

Nutrition

- Marketing and advertising is limited to foods and beverages that meet Smart Snacks in School nutrition standards.
- Monthly nutrition promotions that encourage healthy eating: menu brochures, posters/signage, Try Day Friday, Aww Shucks day, and social media posts.
- Food based learning experiences that connect the classroom and cafeteria.
- Water fountains and/or bottle filling stations are available in every cafeteria.
- Monthly menus feature Georgia Grown fruits and vegetables across all school levels on a weekly basis.

Physical Activity

- Physical activity is promoted to make sure every student understands the importance of being physically active.

Other School Based Activities to Promote Student Wellness

- Work in partnership with the UGA Horticulture Department and UGarden, Keep Athens-Clarke County Beautiful, Athens Land Trust and Farm to School delegates, University of Georgia Extension, and other community stakeholders to promote nutrition activities.
- Clarke County School District 2nd Annual Health Fair
- Community School Lunch Challenge
- Hands on farm to school activities, school gardens, and student field trips that promote agriculture science.

Follow updates on the content and implementation of the wellness policy:

<https://www.clarke.k12.ga.us/Page/2534>

You can find more information on School Wellness Policies here:

<https://www.fns.usda.gov/tn/local-school-wellness-policy>



The extent to which the district's policy compares to model Wellness Policies:

Nutrition:

- Need to explicitly state special dietary need accommodations.
- Need to address staff qualifications and professional development.
- State that water fountains are available in every cafeteria.
- Snacks served at parties should meet USDA smart snack guidelines.
- Nutrition education of media literacy and training for teachers not explicitly stated.
- Essential healthy topics in health education not discussed.

Physical Activity

- Incorporate movement and kinesthetic learning approaches into core curricula.
- CCSD offers 15 minutes of recess instead of the recommended 20 minutes.
- Incorporate essential physical activity topics in health education.

Other School Based Activates to Promote Student Wellness

- Mention specific community partnerships.
- Staff wellness and health promotion activities not mentioned.
- All food or beverage products depicted on items/equipment on the school campus during the school day must meet the Smart Snacks nutrition standards.

Goals:

- School level healthy school assessment.
- Update Wellness Regulation EEE (R) to incorporate language consistent with model wellness policies.