

In accordance with Policy EEE and after considering input from various stakeholders interested in the promotion of overall student health and well-being, the Board establishes this procedure to promote student wellness.

Nutrition Education

As it is the intent of the Board that the district shall teach, encourage, and support healthy eating by students, school officials shall provide nutrition education consistent with federal and state requirements and engage in nutrition promotion aimed at attainment of the following goals:

- 1. PK-12 core curricula will include sequential nutrition education focusing on skills needed to adopt and maintain a healthy lifestyle.**
- 2. School Nutrition staff will coordinate with teachers to allow the school cafeteria to serve as a learning lab.**
- 3. All schools will be certified as USDA Team Nutrition Schools.**
- 4. All elementary schools will be recognized as Healthier US Schools.**
- 5. Traditional nutrition education to include food safety will be available to students, parents, teachers, community, and media by way of the School Nutrition Program Website.**

Physical Education

In order to insure that all students in grades K-12 shall have opportunities, support and encouragement to be physically active on a regular basis, the district will provide physical education consistent with federal and state requirements and engage in promotion of physical activities aimed at attainment of the following goals for each level:

Elementary School Goals

- 1. In addition to participation in recess and PE, students will engage in moderate to vigorous activity throughout the school day.**
- 2. Students will develop the knowledge, attitude, and skills needed to adopt and maintain a physically active lifestyle.**
- 3. Students will be provided a daily recess for no less than 20 minutes.**
- 4. School officials will work with families and community members to assist them with skills necessary to adopt and maintain a healthy, physically active lifestyle.**

Middle School Goals

- 1. All students will engage in physical education classes a minimum of one semester per school year. In addition to participation in PE, students will engage in moderate to vigorous activity throughout the school day.**
- 2. Students will develop the knowledge, attitude, and skills needed to adopt and maintain a physically active lifestyle.**

3. School officials will work with families and community members to assist them with skills necessary to adopt and maintain a healthy, physically active lifestyle.

High School Goals

1. All students will engage in a one semester physical education class that focuses on personal fitness. In addition to participation in PE, students will engage in moderate to vigorous activity throughout the school day.
2. Students will have access to elective physical education classes that promote lifelong health and wellness, including but not limited to aerobics, basketball, tennis, and weight training.
3. School officials will provide students and their families information to help encourage healthy habits and understand the benefits of adopting and living a healthy, physically active lifestyle.

Other School-Based Activities

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

1. School officials will periodically evaluate the effectiveness and efficiency of the implementation of the school nutrition program, assessing the time-schedule, the physical setting, and student participation.
2. The marketing of beverages and food outside the school nutrition program, specifically vending, fundraising, and concessions, will promote a lifestyle conducive to healthy consumption. Percentages of nutritional versus limited nutritional products will be adjusted annually, with a progressive decrease in non-healthy products.
3. Information and professional learning opportunities that enhance the wellness program for students and improve staff physical well-being will be provided in each school.

Implementation

Each school principal shall be charged with the operational responsibility for insuring that school faculty works toward meeting the goals set within the wellness procedure and the creation of a wellness committee. The committee shall be comprised of at least one physical education teacher, a classroom teacher, an administrator, a counselor, a school nurse, a parent, and a student at the middle and high school levels. The charge of the committee shall be to monitor the school's implementation of the wellness procedure throughout the school year and report the progress made toward meeting its goals as measured by the Wellness Program Checklist attached and a Fitness Gram Summary Report as applicable. The completed checklist and a plan of action for all goals not met will be submitted annually to the Assistant Superintendent of Student Support.

ADOPTED: 6/27/06

REVISED: 7/10/07

Columbia County Board of Education

**Wellness Program Checklist
Elementary School**

Rating Scale:

- 1- Has Not Met
- 2- Developing
- 3- Meets
- 4- Exceeds

Nutrition Education				
GOAL #1	1	2	3	4
1. New PK-12 core curricula include sequential nutrition education focusing on skills needed to adopt and maintain a healthy lifestyle.				
GOAL #2				
1. Teachers focus student attention on the important role of good nutrition.				
2. Teachers encourage and provide positive nutrition messages to students to make healthy food and physical activity choices.				
3. The school focuses on building parent and community support for creating a healthy school and home environment that are conducive to healthy eating and physical activity.				
4. The school is a Team Nutrition School.				
GOAL #3				
1. The school has been recognized as a <i>HealthierUS</i> School.				
2. The school offers lunches that demonstrate healthy menu planning practices that meet USDA nutrition standards.				
3. The school maintains an average daily lunch participation of at least 70%.				
4. The school adheres to USDA nutrition standards for foods and beverages served and sold.				
5. The school meets or exceeds criteria for competitive foods as defined by USDA's <i>HealthierUS</i> school challenge.				
GOAL #4				
1. School Nutrition staff coordinates with teachers to allow the school cafeteria to serve as a learning lab.				
GOAL #5				
1. The school's website provides a link to the School Nutrition Program Website.				
Physical Education				
GOAL #1				
1. Students receive a minimum of 120 minutes of PE per week with a certified PE teacher.				
2. Students engage in moderate to vigorous activity for a minimum of 50% of physical education class time.				
3. Students are provided adequate physical education equipment and facilities. Examples include a gym, a track, a basketball court, enough equipment for a 2:1 ratio between students and equipment, fitness equipment such as weights, bands, balls, pedometers, etc.				
4. Students participate in the Fitness Gram two times per year. Year one, third grade students tested, with two grade levels added each year thereafter until all students at each grade level are tested.				
5. Student fitness assessment results are sent home to parents with suggestions and strategies for the different components to improve the fitness of their children.				
GOAL #2				
1. All students are encouraged to engage in moderate to vigorous activities during recess.				
2. Students are provided safe and enjoyable activities and equipment for use during recess. Examples include jump ropes, hula hoops, basketballs, playground balls, etc.				

3. Recess is not used as a reward or punishment.				
4. When students have recess indoors during inclement weather, the Media center and PE Department provide items such as videos, CD's, tapes, DVD's, games to be used.				
GOAL #3				
1. In addition to recess and PE, classroom teachers engage students in moderate to vigorous activity throughout the school day.				
2. PE teachers provide classroom teachers with quick, physically active transition activities that engage all students and require minimal equipment.				
GOAL #4				
1. Information related to physical activity, health, and nutrition is sent home monthly in the school newsletter.				
2. An Activity/Health Teaching Calendar developed by the PE teachers and school nurse is sent home monthly, encouraging students and parents to participate in a minimum of three activities per week.				
3. The school invites community healthcare workers to visit and share information with staff and students. Examples include dental, medical, local wellness, and dietetic personnel.				
Other School-Based Activities				
GOAL #1				
1. The school's cafeteria environment and the school's daily time-schedule promote student participation in the school nutrition program.				
GOAL #2				
1. Vending machines with bottled water are available for students and staff.				
2. Non-water beverage machines contain a minimum of 65% healthy, 10% diet, and no more than 25% limited nutritional-value drinks.				
3. Healthy nutritional-value drinks are strategically marketed to promote their appeal and purchase.				
4. Beverage machine advertisements contain literature promoting healthful living.				
5. Food vending machines contain a minimum of 50% healthy food choice options.				
6. Healthy nutritional-value foods are strategically marketed to promote their appeal and purchase.				
7. School fundraising initiatives support the promotion of a healthy lifestyle.				
8. Extra-curricular concessions provide healthy alternatives and strategically market nutritional beverages and foods.				
GOAL #3				
1. Professional learning opportunities related to personal fitness and healthful living are provided periodically to staff.				
2. Teachers promote student wellness through reward systems that incorporate foods of nutritional value and non-food recognition strategies.				

Other School Wellness Program Initiatives (minimum of two annually):

**Wellness Program Checklist
Middle School**

Rating Scale:

- 5- Has Not Met
- 6- Developing
- 7- Meets
- 8- Exceeds

Nutrition Education				
GOAL #1	1	2	3	4
1. New PK-12 core curricula include sequential nutrition education focusing on skills needed to adopt and maintain a healthy lifestyle.				
GOAL #2				
2. Teachers focus student attention on the important role of good nutrition.				
3. Teachers encourage and provide positive nutrition messages to students to make healthy food and physical activity choices.				
4. The school focuses on building parent and community support for creating a healthy school and home environment that are conducive to healthy eating and physical activity.				
5. The school is a Team Nutrition School.				
GOAL #3				
1. The school has been recognized as a <i>HealthierUS</i> School (when applicable).				
2. The school offers lunches that demonstrate healthy menu planning practices that meet USDA nutrition standards.				
3. The school maintains an average daily lunch participation of at least 70%.				
4. The school adheres to USDA nutrition standards for foods and beverages served and sold.				
5. The school meets or exceeds criteria for competitive foods as defined by USDA's <i>HealthierUS</i> school challenge.				
GOAL #4				
1. School Nutrition staff coordinates with teachers to allow the school cafeteria to serve as a learning lab.				
GOAL #5				
2. The school's website provides a link to the School Nutrition Program Website.				
Physical Education				
GOAL #1	1	2	3	4
1. Each student is engaged in a minimum of one semester of PE with a certified physical education teacher per school year.				
2. Students engage in physical activity of at least a moderate to vigorous intensity level for a minimum of 50% of PE class time.				
3. Students are provided adequate facilities and equipment for participation in activities that enhance their personal fitness level.				
4. Students participate in a Fitness Gram assessment at least two times per year with a pre and post assessment.				
5. In addition to participation in PE, students will engage in moderate to vigorous activity throughout the school day.				
GOAL #2	1	2	3	4
1. Information relating to physical activity, over all health and nutrition will be sent home monthly in the school newsletter.				
2. The school invites community healthcare workers to visit and share information with staff and students. Examples include dental, medical, local wellness, and dietetic personnel.				
3. Student fitness assessment results are sent home to parents with suggestions and				

**Wellness Program Checklist
High School**

Rating Scale:

- 9- Has Not Met
- 10- Developing
- 11- Meets
- 12- Exceeds

Nutrition Education				
GOAL #1	1	2	3	4
1. New PK-12 core curricula include sequential nutrition education focusing on skills needed to adopt and maintain a healthy lifestyle.				
GOAL #2				
1. Teachers focus student attention on the important role of good nutrition.				
2. Teachers encourage and provide positive nutrition messages to students to make healthy food and physical activity choices.				
3. The school focuses on building parent and community support for creating a healthy school and home environment that are conducive to healthy eating and physical activity.				
4. The school is a Team Nutrition School.				
GOAL #3				
1. The school has been recognized as a <i>HealthierUS</i> School (when applicable).				
2. The school offers lunches that demonstrate healthy menu planning practices that meet USDA nutrition standards.				
3. The school maintains an average daily lunch participation of at least 70%.				
4. The school adheres to USDA nutrition standards for foods and beverages served and sold.				
5. The school meets or exceeds criteria for competitive foods as defined by USDA's <i>HealthierUS</i> school challenge.				
GOAL #4				
1. School Nutrition staff coordinates with teachers to allow the school cafeteria to serve as a learning lab.				
GOAL #5				
1. The school's website provides a link to the School Nutrition Program Website.				
Physical Education				
GOAL #1				
1. All students engage in a one semester personal fitness class taught by a certified physical education teacher.				
2. Fifty percent of PE daily class time must involve moderate to vigorous physical exertion, which will be determined by the individual fitness level of the child.				
3. In addition to participation in PE, students will engage in moderate to vigorous activity throughout the school day.				
4. Students are provided with adequate facilities and equipment for participation in activities that enhance their personal fitness level.				
5. Each physical education student participates in a fitness assessment at the beginning and end of the required semester.				
GOAL #2				
1. A certified PE teacher is the lead instructor in all physical education classes.				
2. Students are offered and encouraged to participate in physical education classes with the goal to enhance individual personal fitness. Examples include fitness walking, yoga, aerobics, basketball, weight lifting, and distance running.				
3. Pre and post assessments (determined by the PE teacher) are used to measure individual progress in cardiovascular fitness, muscular strength, endurance, flexibility, and body composition.				

