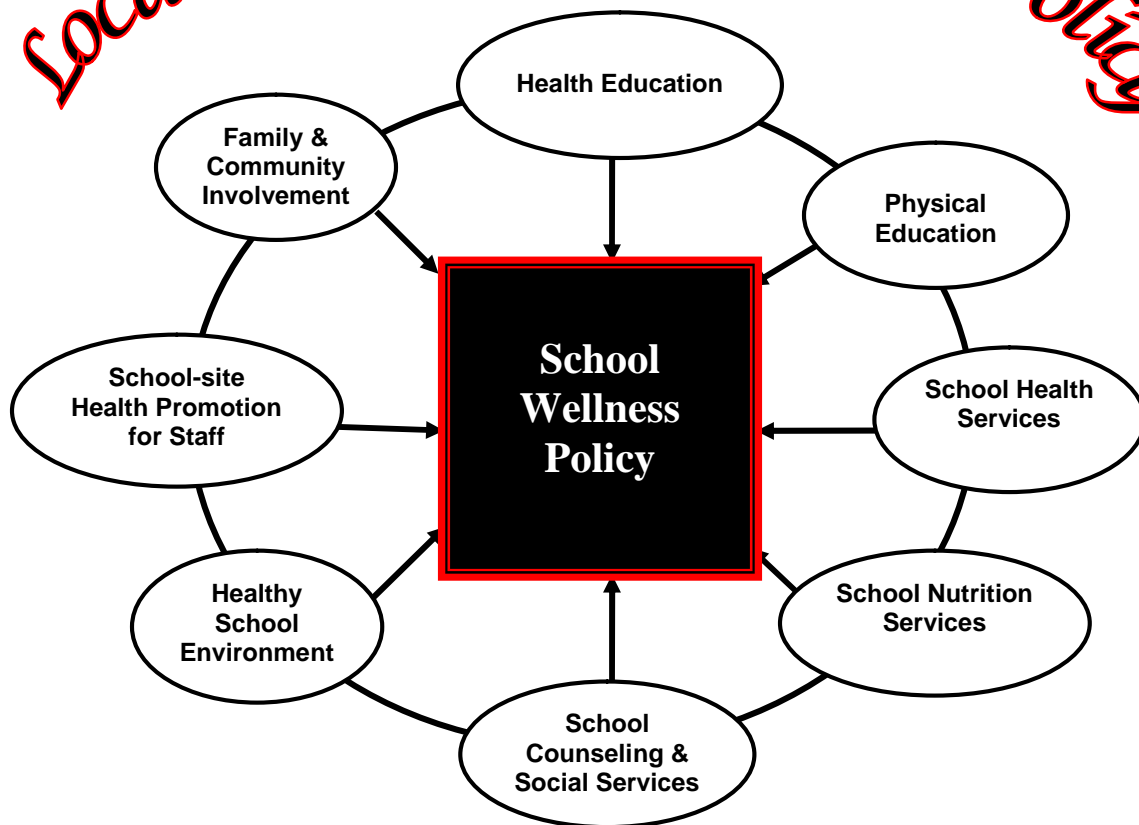


Local School's Wellness Policy



2006-2007

School Wellness Team Members

*Board of Education President/ Parent
, Administrator/Parent
, Administrator
, District Nurse
, Elementary Guidance Counselor/Parent
, JH/HS Guidance Counselor
Physical Education/Health Education/Athletic Director
, Health Education
Physical Education/Coach
, Family and Consumer Science Teacher
, Food Service Director/Parent
, High School Student
, Junior High School Student*

School Wellness Policy

Local Schools

July _____, 2006

As required by law, the School Wellness Team establishes the following Wellness Policy for the Local School District effective this date, July _____, 2006.

The School Wellness Team recognizes the importance of promoting student health and reducing childhood obesity. Offering nutritious meals and snacks is an important component to the health and well-being of all students, staff and community members. The School Wellness Team assures that guidelines for reimbursable school meals shall not be less restrictive than regulations and guidance issued by the Secretary of Agriculture. The School Wellness Team understands the importance of regular physical exercise for students and staff. Also, the committee recognizes that the school environment needs to be not only conducive to learning, but likewise must be safe and accessible for use by all interested parties. Informing the school community of information and programs is in part the responsibility of the district as well. The School Wellness Team recognizes the importance of informing and educating the staff and teachers of the Local School District because they play a major role in influencing, controlling, and promoting the overall wellness of our district.

The School Wellness Team has established goals for the Local School District. These goals have been determined and set based on the need verified by the School Health Index supplied in part by the Centers for Disease Control and other health service organizations. The goals set forth by the Local School Wellness Team are as follows:

Goals	School year designated for implementation.				Person(s) responsible for implementation
	'05-'06	'06-'07	'07-'08	'08-'09	
Module 1: Maintain a safe school environment by conducting building safety checks at least twice yearly.		X			Building and grounds/maintenance supervisor
Module 1: Insure that all hazardous materials and chemicals are stored properly and in locked areas.		X			Building and grounds/maintenance supervisor
Module 2: Provide Health Education Professional Development opportunities for all teachers in grades K-12.			X		School administrators Board of Education
Module 2: Gather student input on nutritional food preferences regarding the school's food service program.		X			Health teachers Consumer Science teachers Cafeteria Supervisor
Module 3: Provide recess prior to lunch.		X			School administration
Module 3: Promote community physical activity through distribution of information and programs.		X			School administration Guidance counselors School nurse
Module 3: Teachers provide opportunities for student activity within the classroom.		X			Classroom teachers
Module 4: Implement a breakfast program accessible each day for	X				School administration Cafeteria supervisor

students in all grades and in all buildings of our school district.					Board of Education
Module 4: Increase promotion of nutritional eating. This will be improved initially by supplying all cafeterias and kitchens with posters depicting nutritional and health promoting information.	X				Health department Cafeteria Supervisor
Module 4: Replace vending machines containing juices with little nutritional value and low percentage of fruit juice with 100% fruit juice, flavored and regular water, and Gatorade machines.		X			School administration Cafeteria supervisor
Module 4: Eliminate ice cream treats as an a la carte item for students to purchase and replace them with low fat snacks.		X			Cafeteria supervisor
Module 4: Limit the amount of fried foods served in the cafeteria (i.e. - serve French fries on Monday and Wednesday only to start the school year, served baked potato chips.).		X			Cafeteria supervisor
Module 4: Provide professional development opportunities for cafeteria staff			X		School administration Board of Education Cafeteria supervisor
Module 5: Promote health improvement by providing the Mobile Dentist program in the fall and the spring for students in grades pre-K through 6 and make referrals as needed.		X			School nurse School administration
Module 5: Provide educational information and opportunities to students, staff, and the community on a variety of health related topics (i.e.- asthma, nutrition, physical activity,		X			School nurse Health department Guidance counselors
Module 5: Analyze student body size/obesity by conducting height, weight, and BMI checks for grades 4-6 in the fall and spring each year.		X			School nurse
Module 6: Offer smoking cessation groups for students and smoking prevention education beginning in the 7 th grade.		X			Guidance counselors Health teachers School nurse
Module 6: Collaborate with staff and community resources/agencies on student health related issues.		X			School administration School nurse Guidance counselors
Module 6: Improve school climate by providing positive messages daily to students in grades preschool-12 (Project Wisdom program).		X			School administration Guidance counselors Building secretaries Teachers

Module 7: Improve staff awareness on community and local fitness and wellness programs.		X			School administration School nurse
Module 7: Collaborate with county health department, local hospitals, and other community agencies to sponsor/host health screenings/awareness opportunities for staff.		X			School administration School nurse Guidance counselors
Module 8: Provide parents and community members with more health/wellness related information to promote an overall healthy school district environment.		X			School administration School nurse Guidance counselors
Module 8: Collaborate with county health department, local hospitals, and other community agencies to sponsor/host health screenings/awareness opportunities for community members.		X			School administration School nurse Guidance counselors

Evaluation Procedures

The School Wellness Team will meet at least annually to evaluate the effectiveness of the policy and make any revisions deemed necessary. The School Wellness Team invites staff, students, and community members, to provide input at any time which they feel would be instrumental in improving the overall wellness of the Local School District. All input provided will be taken in consideration by the School Wellness Team. Determination will then be made if goals need to be modified, added, or deleted. The team will utilize the following assessment tool to evaluate the implementation and maintenance of each goal:

Wellness Policy Implementation Evaluation for 06-07 School Year

Goals	Goal Status at the end of the 06-07 School Year			
	Fully in place	Partially in place	Under development	Not in place
Module 1: Maintain a safe school environment by conducting building safety checks at least twice yearly.				
Module 1: Insure that all hazardous materials and chemicals are stored properly and in locked areas.				
Module 2: Provide Health Education Professional Development opportunities for all teachers in grades K-12.				
Module 2: Gather student input on nutritional food preferences regarding the school's food service program.				
Module 3: Provide recess prior to lunch.				

Module 3: Promote community physical activity through distribution of information and programs.				
Module 3: Teachers provide opportunities for student activity within the classroom.				
Module 4: Implement a breakfast program accessible each day for students in all grades and in all buildings of our school district.				
Module 4: Increase promotion of nutritional eating. This will be improved initially by supplying all cafeterias and kitchens with posters depicting nutritional and health promoting information.				
Module 4: Replace vending machines containing juices with little nutritional value and low percentage of fruit juice with 100% fruit juice, flavored and regular water, and Gatorade machines.				
Module 4: Eliminate ice cream treats as an a la carte item for students to purchase and replace them with low fat snacks.				
Module 4: Limit the amount of fried foods served in the cafeteria (i.e. - serve French fries on Monday and Wednesday only to start the school year, served baked potato chips.).				
Module 4: Provide professional development opportunities for cafeteria staff				
Module 5: Promote health improvement by providing the Mobile Dentist program in the fall and the spring for students in grades pre-K through 6 and make referrals as needed.				
Module 5: Provide educational information and opportunities to students, staff, and the community on a variety of health related topics (i.e.-asthma, nutrition, physical activity,				
Module 5: Analyze student body size/obesity by conducting height, weight, and BMI checks for grades 4-6 in the fall and spring each year.				
Module 6: Offer smoking cessation groups for students and smoking prevention education beginning in the 7 th grade.				
Module 6: Collaborate with staff and community resources/agencies on student health related issues.				
Module 6: Improve school climate by providing positive messages daily to students in grades preschool-12 (Project Wisdom program).				
Module 7: Improve staff awareness on community and local fitness and wellness programs.				
Module 7: Collaborate with county health department, local hospitals, and other community				

agencies to sponsor/host health screenings/awareness opportunities for staff.				
Module 8: Provide parents and community members with more health/wellness related information to promote an overall healthy school district environment.				
Module 8: Collaborate with county health department, local hospitals, and other community agencies to sponsor/host health screenings/awareness opportunities for community members.				