Wheeler County Schools
WELLNESS POLICY

(1) **Philosophy.** The staff and members of the Wheeler County School System believe that all students shall possess the knowledge and skills necessary to make nutritious food choices and physical activity choices for a lifetime. We believe healthy children will have greater academic success and lifelong health. We also believe that healthy staff can effectively perform their assigned duties and model appropriate wellness behaviors for their students. This policy encourages and promotes a coordinated effort that involves school staff, students, parents, and community members.

(2) **Nutrition Promotion.** Academic performance and quality of life issues are affected by the choice and availability of nutritious foods in our schools. Healthy foods support student physical growth, brain development, resistance to disease, emotional stability, and ability to learn.

Goals:

(a) All food and beverages made available on campus during the school day shall be consistent with the requirements of federal and state law. No outside vendor food is allowed to be brought on campus or delivered to students at school.

(b) Food sold to students during the school day will meet Smart Snack guidelines or be limited to a sale period of 3 days. The Smart Snaks standards apply to all areas of the school campus during the school day. The school day is the period from midnight to 30 minutes after the end of the official school day. Food fundraisers may not be sold in the cafeteria or in competition with school breakfast or lunch.

(c) Nutrition guidelines require the use of products that are high in fiber; low in added fats, sugar and sodium; and served in appropriate portion sizes consistent with USDA standards shall be established for all foods offered by the School Nutrition Program or contracted vendors. Menu and product selection shall utilize student, parent, staff, and community advisory groups whenever possible.

(d) Nutrition Program policies and guidelines for reimbursable meals shall not be less restrictive than federal and state regulations require.

(3) **Nutrition Education.** Nutrition education topics shall be integrated within the sequential, comprehensive health education program taught at every grade level, pre-kindergarten through twelfth.
Goals:
(a) The students shall be provided with opportunities to: obtain nutritional knowledge, including but not limited to the benefits of healthy eating, essential nutrients, nutritional deficiencies, principles of healthy weight management; the use and misuse of dietary supplements; and safe food preparation, handling, and storage.

(b) The students shall be provided with opportunities to: practice nutrition-related skills, including but not limited to planning a healthy meal, understanding and using food labels, and critically evaluating nutrition information, misinformation, and commercial food advertising.

(c) The students shall be provided with opportunities to: assess one’s personal eating habits, set goals for improvement, and achieve those goals.

(4) **Physical Education and Life Skills.** Healthy exercise and living skills shall be taught as part of the regular instructional program and provide the opportunity for all students to understand and practice concepts and skills related to health promotion and disease prevention.

Goals:
(a) The program shall provide the opportunity for all students to develop the skills, knowledge, and attitudes necessary to participate in a lifetime of healthful physical activity.

(b) Each school shall provide a health education program based on state standards and benchmarks.

(c) Students shall have access to valid and useful health information and health services.

(d) Students shall have the opportunity to practice behaviors that enhance health and/or to reduce health risks during the school day and as a part of before or after school programs.

(e) Students shall be taught communication, goal setting, and decision-making skills that enhance personal, family, and community skills.

(5) **Healthy and Safe Environment.** A healthy and safe environment for all, before, during, and after school supports academic success. Safer communities promote healthier students. Healthier students do better in school and make greater contributions to their community.

Goals:
(a) School buildings and grounds, structures, buses, and equipment shall meet all current health and safety standards, including environmental air quality, and, shall be kept inviting, clean, safe, and in good repair.
(b) Schools, district offices, and all board property shall maintain an environment that is free of tobacco, alcohol, and other drugs.

(c) Safety procedures and appropriate training for students and staff shall support personal safety and a violence-free and harassment-free environment.

(d) Each work site, school, and classroom shall work to create an environment where students, parents/guardians, and staff are respected, valued, and accepted with high expectations for personal behavior and accomplishments.

(6) **Social and Emotional Wellness.** Programs and services that support and value the social and emotional wellness of students, families, and staff build a healthy school environment.

Goals:
(a) Each school shall provide a supportive environment that includes guidance, counseling, and school social work services that encourage students, families, and staff to request assistance when needed and that link them to school or community resources.

(b) Students shall be provided the skills to express thoughts and feelings in a responsible manner and to give and to receive support from others.

(c) Students shall be taught to understand and to respect the differences in others and to build positive interpersonal relations.

(d) Students and staff shall be encouraged to balance work and recreation and shall be provided information about the stressors which may interfere with healthy development.

(7) **Health Services.** An effective health care delivery system that promotes academic achievement by providing a broad scope of services from qualified health care providers will improve the mental and physical health of students and staff.

Goals:
(a) A flu clinic shall be held each year for students and staff to receive vaccinations.

(b) The Wheeler County Elementary School will serve as a location for the Wheeler County Health Department’s Drive Through Flu Clinic.

(c) The Wheeler County School System staff shall collaborate with community health liaisons and resources to promote health and wellness for students, families, staff, and community.
Family, School and Community Partnership. Long-term effective partnerships improve the planning and implementation of health promotion projects and events within each school and throughout the community.

Goals:
(a) Families, students, and community partners shall be included on an ongoing basis in school and district wellness planning processes.

(b) Equality shall be valued in planning and implementing wellness activities.

(c) Community partnerships shall be developed and maintained as a resource for school and district programs, projects, activities, and events.

(d) Schools and the district shall actively develop and support the engagement of students, families, and staff in community health enhancing activities and events at the school or throughout the community.

Staff Wellness. The district and each work site shall provide information about wellness resources and services to assist in identifying and supporting the health, safety, and wellness of site staff.

Goals:
(a) Staff members are encouraged to participate in the Biggest Looser Competition, held each year from January-April.

(b) Staff members are encouraged to participate in walking activities after school at the bus ramp.

School Wellness Committee.

Committee Role and Membership
The District will convene a representative district wellness committee (hereto referred to as the DWC or work within an existing school health committee) that meets annually to establish goals for and oversee school health and safety policies and programs, including development, implementation, and periodic review and update of this district-level wellness policy (heretofore referred as “wellness policy”).

The DWC membership will represent all school levels (elementary and secondary schools) and include (to the extent possible), but not be limited to: parents and caregivers; students; representatives of the school nutrition program (ex., school nutrition director); physical education teachers; health education teachers; school health professionals (ex., health education teachers, school health services staff [i.e., nurses, physicians, dentists, health educators, and other allied health personnel who provide school health services], and mental health and social services staff [i.e., school counselors, psychologists, social workers, or psychiatrists]; school administrators (ex., superintendent, principal, vice
principal), school board members; health professionals (ex., dietitians, doctors, nurses, dentists); and the general public. To the extent possible, the DWC will include representatives from each school building and reflect the diversity of the community. The Wellness Policy will be published on the WCS Website.

Leadership
The Superintendent or designee(s) will convene the DWC and facilitate development of and updates to the wellness policy, implementation of the policy, and will ensure each school’s compliance with the policy.

Current Wellness Committee Members:

Suzanne Couey
Ginger Horne
Eli Dupree
Pat Ethredge
Gary Beasley
Shanda Stokes
Melondy Butler
Renae Evans
Policy Revised August 2019