

Wellness Policy Progress Report

2022-23 school year

Division Name: Division Number: Date of Evaluation:

Select all grades: PK K 1 2 3 4 5 6 7 8 9 10 11 12

Yes No I. Public Involvement

We encourage the following to participate in the development, implementation, and evaluation of our wellness policy

Administrators School Food Service Staff P.E. Teachers Parents
 School Board Members School Health Professionals Students Public

We have a designee with the authority/responsibility to ensure each school is in compliance with the wellness policy:

Name/Title:

We make our wellness policy and updates available to the public annually.

Please describe:

We communicate the results of wellness policy implementation and progress toward our policy goals to the public.

Please describe:

At a minimum, our division reviews the wellness policy for compliance & adherence to best practice every three years.

Yes No II. Nutrition Education

The wellness policy includes specific/measurable goals for nutrition education using evidence-based strategies.

We offer standards based nutrition education in a variety of subjects (e.g. science, health, math, etc).

We offer nutrition education to students in: Elementary School Middle School High School

Yes No III. Nutrition Promotion

The wellness policy includes specific/measurable goals for nutrition promotion using evidence-based strategies.

We promote healthy eating and nutrition education with signage, use of creative menus, posters, bulletin boards, etc.

We have reviewed *Smarter Lunchroom* techniques and evaluated our ability to implement various techniques.

We place fruits and vegetables where they are easy to access (e.g. near the cafeteria cashier or near the front of the line).

We ensure students have access to hand-washing facilities prior to meals.

We annually evaluate how to market and promote our school meal program(s).

We regularly share school meal nutrition information (e.g. calorie, fat, & sodium content) with students and families.

We offer taste testing or menu planning opportunities to our students.

We participate in Farm to School activities and/or have a school garden.

We advertise and promote nutrition foods and beverages on school grounds (e.g. buildings, playing fields, etc).

We price nutritious foods and beverages lower than less nutritious foods and beverages.

We offer fruits or non-fried vegetables in: Vending Machines School Stores Snack Bars À La Carte

We utilize student feedback to improve the quality of school meal programs.

We provide teachers with samples of non-food reward options.

We prohibit the use of food and beverages as a reward or punishment.

Yes No IV. Nutrition Guidelines

The wellness policy includes written nutrition guidelines for all foods/beverages available during the school day.

We follow Federal nutrition regulations for all foods and beverages available for sale on campus during the school day.

We follow the division's written nutrition standards for non-sold foods/beverages available on campus during school.

We have adopted and implemented Smart Snacks nutrition standards for ALL items sold during school hours, including:
 as À La Carte Offerings in School Stores in Vending Machines as Fundraisers (excluding exemptions)

We operate the School Breakfast program: Before School In the Classroom Grab & Go Second Chance

Our Food Service Staff attends professional development opportunities (e.g. program administration, nutrition, safety).

Yes No **V. Policy for Food and Beverage Marketing**

The wellness policy permits marketing of only those food/beverages that meet the competitive food requirements.

Food and beverage marketing meets Smart Snack standards, including the following advertising avenues:

Signage *Scoreboards* *School Stores* *Cups* *Vending Machines* *Food Service Equipment*

Yes No **VI. Physical Activity**

The wellness policy includes specific/measurable goals for physical activity using evidence-based strategies.

We provide physical education for elementary students on a weekly basis. # of Min/Wk

We provide physical education for middle school students during a term or semester. # of Min/Wk

We require physical education classes for graduation (high school only). # Credits to graduate

We provide recess for elementary students on a daily basis. # of Min/day

We provide opportunities for physical activity integrated throughout the day (e.g., classroom energizers).

We prohibit staff and teachers from keeping kids in from recess for punitive reasons.

Teachers are allowed to offer physical activity as a reward for students.

We offer before or after school physical activity. Competitive Sports Non-competitive Sports Other clubs

Yes No **VII. Other School Based Wellness Activities**

The wellness policy includes specific/measurable goals for other school-based wellness activities.

We provide training to staff on the importance of modeling healthy behaviors.

We provide annual training to all staff on: Nutrition Physical Activity

We have a staff wellness program.

We have school division staff who are CPR certified (e.g. teachers, coaches, counselors, food service staff).

We have programs to support total wellness (e.g., drug prevention, mental health, social, and emotional health programs).

We have a recycling/environmental stewardship program.

We have a recognition/reward program from students who exhibit healthy behaviors.

We have community partnerships with support programs, projects, events, or activities.

VIII. Progress Report: Include any additional wellness practices taking place and describe progress made in attaining the goals of your wellness policy.

Additional Practices and Progress:

Giles County and Giles County Public Schools entered into a partnership with Carillion and Cook Nutrition as part of an employee program that is focused on the health and wellbeing of all our staff. Part of this focus, for anyone that wants to participate is a continuous education program that focuses on health and nutrition. As part of this new program the following is offered to our employees, Medical (Blood Pressure, blood panels, etc) and nutrition education through one on one meetings with a certified nutritionist.

IX. Contact Information: *For more information about this school's wellness policy/practices, or for ways to get involved, contact the Wellness Committee Leader: Dr. Michael Brown, Director of Operation, mbrown@gilesk12.net, 540-921-1421 x 16.*

Invited committee members:

Brian Bowles, NHS Principal
Kathryn Carnes, EEMS Student
Jesse Glover, GCPS School Health Coordinator
Christy Lawson, Community Member (retired GCPS employee)
Jason Stinett, NRV Health Dept.
Rachel Carnes, EEMS Parent

Date of committee meeting: 1-19-2023