

Campus Wellness Plan WAES 2023-24

Federal Public Law (PL 108.265 Section 204) states that all schools must develop a local wellness policy that involves parents, students, a representative from the School Food Authority, school board, school administrators and the public. The Local Education Authority (LEA) will establish a plan for measuring implementation of the local wellness policy.

Mission Statement:

WAES shall prepare, adopt, and implement a comprehensive plan to encourage healthy eating and physical activity in order to prepare students to become healthy productive citizens and lifelong learners.

Nutrition Promotion and Education

The campus will communicate information about campus food and nutrition programs to families and the community. Healthy eating patterns are essential building blocks to achieve academic standards, fulfill physical and mental growth and to maintain lifelong wellbeing.

- Staff will encourage students to bring **healthy** snacks and to participate in physical activity.
- Through the Brighter Bites Healthy foods program, WAES Health Curriculum will include an age-appropriate curriculum unit on nutrition that will be taught in the classroom and the information will provide nutrition education that reflect the cultural diversity of students as defined by differences in socio-economic status, accessibility, religion, ethnicity and cultural norms.
- Through the Brighter Bites Healthy Foods program, families and the community will have the opportunity to obtain healthy vegetables and fruits through FREE food distributions and to receive healthy food education.
- All students will be encouraged to implement proper hand washing before meals and instructed not to share foods.
- Students will be encouraged to socialize while implementing proper conduct and voice levels in the cafeteria.
- Food will not be withheld as a form of punishment.

Physical Activity/Education

Staff, students and parents will be educated on health related topics presented during the school year and the importance of complimenting Health and Nutritional education with physically active lifestyles by offering age appropriate physical activity for students PK – 5.

- Physical activity will not be used as a punishment.
- Students will participate in P.E, soccer club, Yoga, structured play time during music, bicycle desks in the library and 1st Tee Golf tournament.
- Students will receive no less than 135 minutes of recess per week and 50 minutes of physical education, per week.
- The P.E. department will follow the CATCH Physical Education Program and implement the fitness gram test, grades 3-5.

Other School Based Health Guidelines

WAES will work hard to encourage healthy lifestyles that incorporate healthy habits, physical fitness, good eating habits and positive wellbeing.

- Positive Wellbeing and Environmental Awareness is offered through counseling services and support staff in order to implement positive self – image and environmental awareness by having monthly character education implemented into academic curriculum, daily announcements to encourage all students to have a safe and enjoyable stay during the school day and to encourage students to verbalize any concerns or issues that may affect their wellbeing, to a trusted adult, staff member, teacher, counselor or administrator and implement individual and group counseling sessions as needed.
- The school district and each campus will have an active School Health Advisory Council that supports initiatives related to student health and wellness by implementing a health advisory council, SHAC committee, that is composed of the Director and Coordinator of Student Support and Health Services, Athletic Coordinator, Food Services Director, Health and Science Program Director, parents, school district staff, and members of the community.
- Woodland Acres staff and students will be encouraged to participate in physical activity, relay for life, staff against student sporting events – volleyball and dodgeball, biggest loser challenge, track use and the TRS healthy habits challenges.
- Through Brighter Bites Healthy education, parents and students will be encouraged to participate in 20 minutes of physical activity, daily.
- At the campus level, the campus Wellness committee will consist of the Cafeteria Manager, Health Teacher, Physical Education teacher, Campus Administrator, classroom teacher, nurse and parent, to ensure that the campus implements and meets the G.P.I.S.D. Wellness Policy requirements and evaluates and measures the Campus Wellness Plan then reports to SHAC council for review annually.

Nutrition Guidelines

WAES will follow the USDA and TDA guidelines to ensure that all meals meet nutritional and safety standards to protect the health of students, staff and parents from food borne illnesses.

- Pleasant eating environment will be administered to all students scheduling enough time for students to consume meals - breakfast **30** minutes and **30** minutes for lunch, by not offering tutorials, pep rallies, club/organization meetings and other activities during meal consumption.
- Any classroom parties or celebrations will be held after lunch hours to avoid competing with healthy food choices.
- USDA meal requirements: students must take at least $\frac{1}{2}$ full serving of fruits or vegetables during lunch time.