**Campus Wellness Plan Pyburn Elementary 2021-2022**

**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:**

Pyburn Elementary 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**

* Nutrition information given to parents and faculty during PTA meetings
* Parents, students and staff will be encouraged to participate in the Brighter Bites program both semesters
* CATCH lessons will be taught including Go, Slow, Whoa foods
* Teachers will be encouraged to integrate nutrition education across curriculums
* Healthy nutrition posters will be on display in the cafeteria
* Healthy nutrition tips will be posted on the school clinic webpage yearly
* Faculty and staff will model healthy eating and food choices daily

**Physical Activity/Education**

* Students will participate in daily physical activities including PE and/or recess
* Promotion of physical activity will be provided by attending PE and recess
* Exercise related information will be included on the school clinic webpage
* Health lessons will be incorporated using the CATCH curriculum
* Faculty, students, and the community will be encouraged to participate in daily physical activities
* Physical activity will not be used as a punishment, as running laps
* Participation in after school activities, such as soccer or clubs, will be promoted when offered
* PE fitness programs will be encouraged, as Fitness Gram and Jump Rope for Heart

**Other School Based Health Guidelines**

* Parents will continue to receive information to improve health through PTA, parent involvement, newsletters, and school clinic webpage
* Wellness activities will be promoted on campus, as Pink Out Day for Breast Cancer Awareness
* Provide health related bulletin boards
* Encourage participation in health related field trips, as See to Succeed and Project Saving Smiles
* Promote dental health awareness in February
* Encourage frequent handwashing
* Encourage use of hand sanitizer
* Encourage the Wellness committee to participate in 2 meetings per school year and provide input on the yearly survey
* Promote preventive health for faculty and staff by encouraging yearly physicals, Flu vaccine, exercising and healthy eating

**Nutrition Guidelines**

* All students will receive free breakfast and lunch
* A clean, pleasant environment will be provided for meals
* National School Breakfast Week and National School Lunch Week will be promoted
* Continue to participate in the Back Pack Buddies
* Monthly cafeteria menus will be made available to students
* Staff will encourage healthy snacks
* Students will be encouraged to bring water bottles from home