



# WESTSIDE

ATLANTA CHARTER SCHOOL

## WELLNESS POLICY

It is a Federal requirement that all schools participating in the National School Lunch Program have a Wellness Policy. A Westside Atlanta Charter School (WACS) Wellness Committee was formed to develop, implement, assess and update the school's Wellness Policy. The committee is comprised of stakeholders representing school nutrition, student health services, health and physical education, athletics, communications, and parents of the school community.

Community stakeholders may attend the meetings and/or submit input on the Wellness Policy to Gwen Johnson, School Nutrition Manager at [gwen@wacs.us](mailto:gwen@wacs.us).

### **Policy Detail:**

WACS recognizes the importance of healthy students, by supporting comprehensive wellness, which includes good nutrition, regular physical activity and other school based activities that are designed to promote student wellness, as part of the total learning environment.

### **Wellness Committee:**

WACS will have a Wellness Committee to engage students, parents, teachers, food service professionals, health professionals, the school board, administrators, and other interested community members in developing, implementing, monitoring, and reviewing school-wide nutrition and physical activity policy, goals and practices for comprehensive school health. The committee's purpose should be to address health issues using a coordinated approach in order to improve student health and wellness. The Wellness Committee may be an independent committee or incorporated into an existing school committee. The committee will meet at least four times per year to establish goals for and oversee school health and safety policies and programs, including development, implementation and periodic review and update of this wellness policy.

Committee 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 (e.g., school nutrition manager); physical education teachers; health education

teachers; school health professionals (e.g., health education teachers, school health services staff [e.g., nurses, physicians, dentists, health educators, and other allied health personnel who provide school health services], and mental health and social services staff [e.g., school counselors, psychologists, social workers, or psychiatrists]; school administrators (e.g., superintendent, principal, vice principal), school board members; health professionals (e.g., dietitians, doctors, nurses, dentists); and the general public.

**School Food:**

School meals, extra sale items and after school snacks will meet federal, state, and local regulations and guidance as issued by the Secretary of Agriculture under the United States Department of Agriculture (USDA), and Georgia State Board of Education. All foods available during the school day to students will meet the nutrition standards of the Healthy, Hunger Free Kids Act of 2010.

**Classroom Food Policy:**

We love to celebrate at WACS, but when we celebrate, we have very specific guidelines for the health, safety, and well-being of our students and school environment. Food is not permitted for classroom celebrations. This includes cakes, cupcakes, cookies, or any other food item. When celebrating a holiday consider a special story time, craft, or game.

**Nutrition Education:**

Nutrition education will be a component of health education instruction in grades K-8. Course content will be in accordance with Georgia standards.

**Nutrition Promotion:**

The School Nutrition Program will be marketed and promoted at all levels. Nutrition education and wellness information will be provided via newsletters to schools, students, parents, and community members.

**Farm to School:**

WACS will support the development of farm to school programs to help students eat foods that are more nutritious and promote healthier lifelong eating patterns; support the local economy and local farmers; and teach students about the origins of their foods and how their food is grown. Nutrition education messages from the classroom will be modeled in the cafeteria and across campus by offering locally grown food whenever possible within the reimbursable federal meal program as well as extra sale items.

**Physical Activity:**

Physical activity will include any bodily movement that expends energy and may be structured or unstructured play. School-age children should accumulate at least 60 minutes and up to several hours of physical activity per day while avoiding prolonged periods of inactivity. Activity levels should be moderate to vigorous in order to increase target heart rates.

**Physical Education:**

Physical education instruction will be available at all levels and shall be taught by a certified teacher as part of a planned, sequential, K-8 standards based program of curricula and instruction designed to develop motor skills, knowledge and behaviors for active living, physical fitness, sportsmanship, self-efficacy, and emotional intelligence. Course content will be in accordance with Georgia standards.

**Other School-Based Activities:**

Wellness activities, which include health services and safety & security processes, will be integrated across the entire school setting.

**Triennial Progress Assessments:**

At least once every three years, WACS will evaluate compliance with the wellness policy to assess the implementation of the policy and include the extent to which the school complies with the wellness policy, and a description of the progress made in attaining the goals of the WACS wellness policy.

**Public Notification:**

WACS will notify households on an annual basis of the wellness policy information. Results of the triennial assessment will be made available to the public and posted on the school's website.