

YEARLY WELLNESS CHECK OFF SHEET

DYER COUNTY SCHOOLS

TO DOCUMENT THE MANDATE OF THE LOCAL WELLNESS POLICY, PLEASE CHECK OFF EACH COMPONENT AS YOUR SCHOOL MEETS THE COMPONENTS SET FORTH:

BY CHECKING EACH OF THE SQUARES, YOU ARE STATING THAT YOUR SCHOOL FOLLOWS THE POLICY.

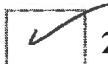
LOCAL WELLNESS POLICY COMPONENTS:



1. Nutrition Standards/Guidelines

In order to accomplish all goals and objectives set forth by this policy, the Dyer County School system is committed to ensure that:

- All meals served through the National School Lunch and Breakfast Program shall be accessible to all students, appealing and attractive to children, and follow Smarter Lunchroom Techniques.
- All meals served to students will meet the USDA's National School Lunch and Breakfast Program meal pattern requirements as a minimum.⁴
- All meals served will be in compliance with local and state regulations regarding safe food preparation, handling, storage, and in accordance with all Hazard Analysis and Critical Control-Procedures (HACCP).
- All foods and beverages sold during the school day in grades PreK-12 shall meet the USDA Smart Snacks in School Nutrition standards at a minimum, except during the 20 exempt days per semester based on state law.
- All in-school marketing of food and beverage items must meet competitive foods standards that are consistent with the USDA Smart Snacks in School Nutrition standards.
 - Marketing is only allowed for those foods and beverages that may be sold on the school campus during the school day (i.e., that meet the competitive foods standards/Smart Snacks, promote student health, and reduce childhood obesity).
 - Marketing and advertisement apply to the following examples (not limited to only these examples): exterior of vending machines, posters, menu boards, coolers, trash cans, and beverage cups.
- School officials and teachers will encourage parents to provide healthy food selections for school parties, celebrations and other snacks.
- Guidelines will be established for all foods available on each school campus to promote student health and help reduce childhood obesity.
- Hydration stations will be made available to all students in the cafeteria during meal times.
- Students will be allowed to bring and carry approved water bottles filled only with water throughout the school day.



2. Nutrition Education and Promotion Goals

YEARLY WELLNESS CHECK OFF SHEET

The Dyer County School system strives to teach, encourage, and support healthy eating habits by all students. Therefore, nutrition education shall:

- Be in accordance with the Health Standards set by the state, offered at an age-appropriate level, and designed to provide students with the knowledge and skills necessary to promote and protect their health.
- Promote fruits, vegetables, whole grain products, low-fat and fat-free dairy products, healthy food preparation methods, and health-enhancing nutrition practices.
- Be a cooperative effort between the instructional staff and the school nutrition program in which school cafeterias will serve as “learning laboratories” to allow students to apply critical thinking skills taught in the classroom.
- Provide information to families and the community that encourages the teaching of children about nutrition and the importance of healthy food choices.
- Encourage students to start each day with a healthy breakfast.



3. Physical Activity and Physical Education Goals

The Dyer County School system believes that physical activity and education is a vital part of a student's overall health and wellness. Therefore, the school system is committed to ensure that:

- Physical activity will be encouraged and state guidelines followed.⁵
- Physical education classes will be an environment where students learn, practice, and are assessed on developmentally appropriate motor skills, social skills and knowledge.
- Adequate equipment will be available for all students to participate in physical activity. Physical activity facilities on school grounds will be safe.
- Schools will provide a physical and social environment that encourages safe and enjoyable activity for all students, including those who are not athletically gifted.
- Information will be provided to families and the community that encourages the teaching of children about physical activity and the importance of a daily exercise regimen.



4. Other School Based Activities

The Dyer County School system understands that the school environment provides consistent wellness messages and is conducive to healthy eating and being physically active. Therefore:

- After school programs will encourage physical activity and healthy habit formation.
- Schools will discourage the use of food as punishment or reward.
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- School dining areas will be clean, safe and pleasant environments that are reflective of the value of the social aspects of eating.
- Students will be given adequate time to enjoy eating healthy meals with friends.
- Schools will develop a way to promote teacher/staff wellness.

YEARLY WELLNESS CHECK OFF SHEET

- Coordinated School Health will offer school health screenings for children in Pre-K, K, 2nd, 4th, 6th, 8th, and the wellness classes at Dyer County High School. Passive permission for screenings will be sought from parents. Parents/guardians will receive notice of any screening results that indicate a condition that might interfere or tend to interfere with academic success.

Principal Signature : Karin Hill

School: Newbern Elementary Date: May 20, 2021

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Principal Signature

Sara Crawens

School:

Holice Powell

Date:

5/10/21

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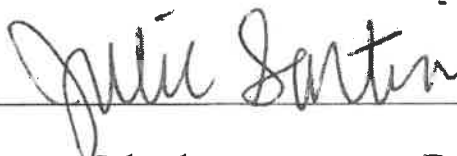
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Principal Signature :



School: Finley Elementary School

Date: 5/17/21

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Principal Signature :

Cindy Dutching

School:

Trimble Elementary

Date:

5/11/2021

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School: Fifth Consolidated Date: 5-11-21

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Principal Signature : Matt S. [Signature]

School: Three Oaks Middle Date: 5/10/21

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- Students will be allowed to bring and carry approved water bottles filled only with water throughout the school day.



2. Nutrition Education and Promotion Goals

YEARLY WELLNESS CHECK OFF SHEET

The Dyer County School system strives to teach, encourage, and support healthy eating habits by all students. Therefore, nutrition education shall:

- Be in accordance with the Health Standards set by the state, offered at an age-appropriate level, and designed to provide students with the knowledge and skills necessary to promote and protect their health.
- Promote fruits, vegetables, whole grain products, low-fat and fat-free dairy products, healthy food preparation methods, and health-enhancing nutrition practices.
- Be a cooperative effort between the instructional staff and the school nutrition program in which school cafeterias will serve as “learning laboratories” to allow students to apply critical thinking skills taught in the classroom.
- Provide information to families and the community that encourages the teaching of children about nutrition and the importance of healthy food choices.
- Encourage students to start each day with a healthy breakfast.

☒ 3. Physical Activity and Physical Education Goals

The Dyer County School system believes that physical activity and education is a vital part of a student’s overall health and wellness. Therefore, the school system is committed to ensure that:

- Physical activity will be encouraged and state guidelines followed.⁵
- Physical education classes will be an environment where students learn, practice, and are assessed on developmentally appropriate motor skills, social skills and knowledge.
- Adequate equipment will be available for all students to participate in physical activity. Physical activity facilities on school grounds will be safe.
- Schools will provide a physical and social environment that encourages safe and enjoyable activity for all students, including those who are not athletically gifted.
- Information will be provided to families and the community that encourages the teaching of children about physical activity and the importance of a daily exercise regimen.

☒ 4. Other School Based Activities

The Dyer County School system understands that the school environment provides consistent wellness messages and is conducive to healthy eating and being physically active. Therefore:

- After school programs will encourage physical activity and healthy habit formation.
- Schools will discourage the use of food as punishment or reward.
- Schools will discourage the use or restriction of physical activity as punishment.
- Schools will provide on-going professional training and development for school nutrition staff and teachers in the areas of wellness.
- School dining areas will be clean, safe and pleasant environments that are reflective of the value of the social aspects of eating.
- Students will be given adequate time to enjoy eating healthy meals with friends.
- Schools will develop a way to promote teacher/staff wellness.

YEARLY WELLNESS CHECK OFF SHEET

- Coordinated School Health will offer school health screenings for children in Pre-K, K, 2nd, 4th, 6th, 8th, and the wellness classes at Dyer County High School. Passive permission for screenings will be sought from parents. Parents/guardians will receive notice of any screening results that indicate a condition that might interfere or tend to interfere with academic success.

Principal Signature: _____

School: _____

Paul Brum
Dyer County High School

Date: _____

5/10/21

By checking the items above you are certifying that the Local Wellness Policy Mandate has been met for the school year indicated. Please return this form to the Coordinated School Health Office for filing.

YEARLY WELLNESS CHECK OFF SHEET

DYER COUNTY SCHOOLS

TO DOCUMENT THE MANDATE OF THE LOCAL WELLNESS POLICY, PLEASE CHECK OFF EACH COMPONENT AS YOUR SCHOOL MEETS THE COMPONENTS SET FORTH:

BY CHECKING EACH OF THE SQUARES, YOU ARE STATING THAT YOUR SCHOOL FOLLOWS THE POLICY.

LOCAL WELLNESS POLICY COMPONENTS:



1. Nutrition Standards/Guidelines

In order to accomplish all goals and objectives set forth by this policy, the Dyer County School system is committed to ensure that:

- All meals served through the National School Lunch and Breakfast Program shall be accessible to all students, appealing and attractive to children, and follow Smarter Lunchroom Techniques.
- All meals served to students will meet the USDA's National School Lunch and Breakfast Program meal pattern requirements as a minimum.⁴
- All meals served will be in compliance with local and state regulations regarding safe food preparation, handling, storage, and in accordance with all Hazard Analysis and Critical Control-Procedures (HACCP).
- All foods and beverages sold during the school day in grades PreK-12 shall meet the USDA Smart Snacks in School Nutrition standards at a minimum, except during the 20 exempt days per semester based on state law.
- All in-school marketing of food and beverage items must meet competitive foods standards that are consistent with the USDA Smart Snacks in School Nutrition standards.
 - Marketing is only allowed for those foods and beverages that may be sold on the school campus during the school day (i.e., that meet the competitive foods standards/Smart Snacks, promote student health, and reduce childhood obesity).
 - Marketing and advertisement apply to the following examples (not limited to only these examples): exterior of vending machines, posters, menu boards, coolers, trash cans, and beverage cups.
- School officials and teachers will encourage parents to provide healthy food selections for school parties, celebrations and other snacks.
- Guidelines will be established for all foods available on each school campus to promote student health and help reduce childhood obesity.
- Hydration stations will be made available to all students in the cafeteria during meal times.
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Principal Signature :

School:

Date:

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