

**MARION COUNTY WELLNESS POLICY
ANNUAL REPORT to the SUPERINTENDENT**

School: L. K. MOSS ELEMENTARY

Date: May 17, 2018

Report submitted by Leigh Medders

Marion County School District Wellness Policy

Descriptor Code: EEE

The Board of Education recognizes that student wellness and proper nutrition are related to students' well-being, growth, development, and readiness to learn. The Board is committed to providing a school environment that promotes and protects student wellness, proper nutrition, nutrition education, and regular physical activity as part of the total learning experience. In a healthy school environment, students will learn about and participate in positive dietary and lifestyle practices that can improve student achievement.

(Review BOE Wellness Policy for specific guidelines)

Implementation of Wellness Policy

The superintendent or designee shall be responsible for overseeing the implementation of the Wellness Policy and shall develop procedures for evaluation, including indicators that may be used to measure the schools' success in meeting the goals set forth herein. In each school, the principal or designee shall be charged with operational responsibility for ensuring that the school works toward meeting the goals set within the Wellness Policy and shall report on the school's compliance to the Superintendent or designee.

School food service staff at the school or district level shall monitor compliance with nutrition guidelines within school food service areas and will report on this matter to the Superintendent at the district level, or to the school principal at the school level.

The Superintendent or designee shall develop an annual summary report on district-wide compliance with the Wellness Policy, based on input from schools within the district. That report shall be provided to the Board and, upon request, to interested parties.

**L. K. MOSS ELEMENTARY
WELLNESS PROGRAM REPORT
May 16, 2018**

Annual Wellness Policy Evaluation

To the best of my knowledge, our school is in compliance with the guidelines set forth in the MARION COUNTY WELLNESS POLICY for the 2017-2018 school year. These guidelines include:

NUTRITION GUIDELINES

L. K. Moss Elementary is in compliance with Smart Snacks standards. Cafeteria food served is in compliance with state health standards, including portion sizes. The lunchroom staff was diligent in offering more fruits, vegetables, and oven-baked foods, as well as using less sugar when preparing desserts. Students are encouraged to try new foods. Pre-made salads are offered to faculty and staff.

NUTRITION EDUCATION AND PROMOTION

The school counselor assists in providing health education to students in every grade and parents through the Counselor's Spotlight which appears weekly on the menu and in the local newspaper. We have also incorporated health information through our character education program. We have provided short informational videos as well as songs which promote a healthy lifestyle. These are played over the intercom in the mornings each time we have a nutrition word of the week. In addition, we have included a "Nutrition Tip of the Week" on each weekly bulletin/menu that is sent home with students each Friday.

PHYSICAL EDUCATION ACTIVITIES

The physical education teacher is responsible for giving the Fitness-Gram test to all students. Prior year's scores/data can be used to set individual student goals and to monitor progress or areas of improvement. We have also combined a day that focuses on being physically fit with a school fundraiser. Our FUNtastic Fitness FUNdraiser involves every student in the school, and provides multiple activities which are geared towards physical activity. The fitness day encourages healthy eating, staying hydrated while exercising, and suggests activities for an active lifestyle.

OTHER SCHOOL ACTIVITIES

Our physical education teachers provide a variety of experiences in the daily PE instructional setting. The coaches promote health, wellness, and activities outside of the school setting. They work closely with our city and county recreation departments to promote participation in extracurricular activities. Students participate in physical education three days each week, Jump Rope for Heart and this year, we participated in the *Atlanta Falcons Rise Up! 159 Club*. We have just been notified that we may participate in this program for the 2018-2019 school year, too. Throughout the year, coaches promote good sportsmanship and attitudes towards team sports, and place importance on health, wellness, and safety as it relates to success. Students participate in a half-day field day which highlights team activities.

During the summer months, our lunchroom staff provides free, healthy lunches to our summer-school participants, as well as our community members.

To promote healthy parent/child interaction, the Parent and Child Activity Calendar is provided monthly on the school newsletter, website and local newspaper, as well.

**Wellness Program Report
2017-18 School Year
Marion County Middle/High School
May 23, 2018
Report Submitted by: Melissa Jernigan**

To the best of my knowledge, our school is in compliance with the guidelines set forth in the MARION COUNTY WELLNESS POLICY for the 2017-18 school year. These guidelines include:

Nutrition Guidelines

Cafeteria food was aligned to state health standards, including more fruits and vegetables and oven-baked foods. Pre-made salads were also available to students and teachers, along with self-serve portions of vegetables and fruits. Baked desserts were seasoned with less sugar and were offered less often.

Drink machines throughout the school contained only reduced-calorie ("diet") beverages and water (flavored and unflavored). Carbonated drinks are not allowed in the cafeteria.

Marion County High School hosted a summer lunch program for underprivileged students for the past four summers and will continue this year.

Nutrition Education

Nutrition education was offered in the form of the following courses: Health (a requirement for all 9th grade students, which we have begun offering at the 8th grade level); Food, Nutrition, and Wellness (an elective offered to high school students), Weight Training (elective), and Physical Education (elective). Science and Social Studies classes at the middle school level also focused on some health standards in their science courses.

Two of our high school pathways are strongly aligned with Health and Fitness: Therapeutic Services-Nursing and Nutrition/Food Science.

The Nutrition/Food Science pathway offers a summer course. For the Summer of 2014, Food and Nutrition through the Lifespan (Level 2) was taught. In the Summer of 2015, we will offer Food, Nutrition, and Wellness (Level 1). In the summer of 2016, we will also offer Food, Nutrition, and Wellness. For 2017, we will offer Lifespan Food and Nutrition (Level 2). For 2018, we are offering Lifespan Food and Nutrition (Level 2) with an independent study in Level 3 of the pathway.

Physical Education Activities

The Georgia Board of Education implemented the Georgia Fitness-Gram test for all students who are enrolled in a physical education course. The students are required to take a push-up test to measure upper body strength, a sit-up test to measure core body strength, a one mile run (or a one pacer run) to measure cardiovascular strength, and the "sit and reach" to measure flexibility. The students take the Fitness-Gram during the second semester.

In compliance with state regulations, our PE students are using Fitness Pal, and 9th grade health course curriculum includes CPR/AED training.

Other School Activities

Our school clinic is staffed by a Registered Nurse. She helps students with chronic illnesses (i.e., Type I Diabetes) to manage their well-being. She also meets with the faculty and staff prior to each school year to educate them about communicable diseases. In addition, she trains faculty and staff on CPR and the use of defibrillators. This year, our faculty and staff was also trained on crisis bleeding control.

Marion County employees are highly encouraged to take part in a yearly biometric screening, which is held on our campus. Many employees exercise together after school and take part in diet plans. Marion County Middle/High employees have lost over 1,000 pounds combined in the past three years. A yearly flu shot clinic is scheduled in late fall/early winter for faculty and staff.

As usual, students were encouraged to participate in after-school activities, ranging from band to sports. In each extracurricular activity, students were exposed to the importance of being in shape, eating and exercising well, and staying hydrated.

Many of our clubs, including 4-H and FCCLA, provided educational projects and information for students regarding wellness, nutrition, and diet/exercise.

School received materials from Teens in the Driver's Seat and continued to use them to promote safe driving.

Our school handbook contains information regarding such mental health topics as: the handling of stress and tension, saying "no" to drugs, and the avoidance of bullying.