

Local Wellness Policy Progress Report

District Name: Thomas County Schools

Date Completed: October 2020

Nutrition Education and Promotion Goals

District Wellness Policy Goals	Contact Person	Fully in Place	Partially in Place	Not in Place	List steps that have been taken to implement goal and list challenges of implementation.	List next steps that will be taken to fully implement and/or expand on goal.
1. Nutrition education is offered at each grade level as part of a sequential, comprehensive, standards-based program designed to provide students with the knowledge and skills necessary to promote and protect their health.	Nutrition Director School Principals	x			Nutrition education is part of the health curriculum in each grade level. Students K-5 participate in the Live Better Curriculum via Archbold Hospital including Try Days/Super Foods Students at HNH participate in Healthy Habits Day/Plate Day	Explore additional lessons and activities that incorporate nutrition education into math, reading and social studies.
2. Nutrition and health/wellness information	Nutrition Director Health & Wellness Coordinator TCCHS Media Elementary Principals	x			School wellness information is shared with staff via email, monthly newsletter, district webpage, and Instagram account Health & Wellness tips are included on morning announcements at TCCHS Through the Live Better initiative, students and families are informed of the Super Food of the month	Explore additional ideas to share information with students and families

					Live Better's Wednesday Wellness tips are shared with Elementary School Principals to share at their schools	
3. The nutrition department actively promotes healthy breakfast and lunch options. In SY20-21 meals are offered in the classroom, the cafeteria, and through weekly distributions to remote/virtual learners.	Nutrition Director	x			<p>Website, social media, parent portal, teacher email, TV slides at TCCHS</p> <p>News 4 You (TCCHS) and menu on morning announcements at other schools</p> <p>Posters and Print Material in cafeterias</p> <p>Participate in National School Breakfast and Lunch Week activities</p>	
4. The nutrition department seeks to implement a Farm to School initiative focused on serving locally grown foods that is supported through nutrition education at the school level.	Nutrition Director	x			<p>The school system will implement at least four of the following Farm to School activities:</p> <ul style="list-style-type: none"> ● Local and/or regional products are incorporated into the school meal program; ● Messages about agriculture and nutrition are reinforced throughout the learning environment; ● One or more school hosts a school garden; ● One or more school hosts field trips to local farms; and ● One or more school utilizes promotions or special events, such as tastings, that highlight the local/ regional products. 	<p>Explore opportunity to incorporate Georgia Grown Virtual Farm Field Trips</p> <p>Work to incorporate food grown by the Agricultural department into recipes at TCCHS</p> <p>Investigate ways to partner with America's Farmers Grow Rural Education grant at TCCHS</p> <p>Examine opportunities to use more locally grown food sources through a multischool partnership with regional farms</p>

						Harvest of the Month highlighted in newsletter and on wellness page
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Physical Activity Goals

District Wellness Policy Goals	Contact Person	Fully in Place	Partially in Place	Not in Place	List steps that have been taken to implement goal and list challenges of implementation.	List next steps that will be taken to fully implement and/or expand on goal.
1. Elementary schools offer recess daily	School Principals	x			HNH - 30 minutes daily GP - 20 minutes daily CC - 15 minutes daily TCMS (5/6) - 15 minutes daily	
2. Extra-curricular physical activity programs are available to students at the middle school and high school levels	School Principals	x			TCMS and TCCHS offer a wide array of cheer, dance, and sport offerings to students	
3. Staff will seek to enhance personal physical activity levels through district wellness program	Health & Wellness Coordinator	x			Physical Activity challenges created to motivate and encourage physical activity among staff Actively partnering with local YMCA branch to increase offerings for staff in physical activity programs throughout the year Promote physical activity via webpage, Instagram, and newsletters	Educate staff more on benefits of physical activity Provide incentives for staff that participate Highlight success stories to encourage others Offer on-campus group exercise and activity classes to faculty and staff

Other School Based Activities Goals

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1. Provide information about physical education and other school based activity programs	School Principals School PE/Health personnel Health & Wellness Coordinator	x			Live Better Power Moves cards distributed to K-5 students Fitnessgram information sent home to students (4-12)	Train PE staff on email option in Fitnessgram
2. Schools will promote morning activity programs for students; SY20-21 programs are suspended	School Principals Health & Wellness Coordinator		x		HNH - Yoga GP/CC - Morning Mile TCMS/TCCHS - Intramurals	Market these programs to increase attendance and solicit additional help from staff in implementing morning programs
3. Staff will work to incorporate movement and activity into daily class routines	School Principals Health & Wellness Coordinator		x		HNH - Buzz Walks/Go Noodle GP - Brain Breaks/Go Noodle CC - Brain Breaks/Go Noodle TCMS - Health classes introducing Recreation Sports/Lifetime Activities TCCHS - encourage activity between classes BH - supplementing academic lessons with kinesthetic learning Path - offering physical activity opportunities to students throughout the day	Provide training to staff on ways to integrate physical activity into the curriculum Work to incorporate HealthMPowers resources into the classroom

Standards and Nutrition Guidelines for All Foods and Beverages *Sold* to Students During the School Day (e.g. vending, school stores, etc.)

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1. Only Smart Snacks will be sold in vending machines and school store; SY20-21 School Store is not operating	School Principals Nutrition Director	x			Met with Coke rep and school store sponsors to clearly outline Smart Snack policies (2019)	Meet with students running school store to educate on

	Health & Wellness Coordinator				Disseminated informational material related to Smart Snack policies (USDA guide, calculator)	snacks and how to check for compliance in calculator Provide students with link to compliant food options
2. Fundraisers on school campuses	School Principals Nutrition Director Health & Wellness Coordinator	x			<p>School fundraising shall be encouraged to offer healthy food choices or non-food items. (i.e., healthy food choices: fruit baskets, fruit smoothie mix, whole wheat pasta and sauce kits, or non-food items: coupon books, gift wrap, cookbooks, etc.)</p> <p>Thomas County Schools require that all food fundraising sold during the school day (Midnight to 30 minutes after school dismissal), must meet the fundraising requirements of the Smart Snack regulation set forth by the Healthy Hunger Free Kids Act (HHFKA) of 2010.</p> <p>Exempted Fundraisers: The HHFKA and GaDOE guidelines allow for special exemptions for the purpose of conducting infrequent school-sponsored fundraisers during which foods that do not meet the nutrition standards for Smart Snacks may be sold.</p> <p>Fundraising food sales are not allowed during meal service except for TCCHS School Store at breakfast, when operating.</p>	<p>Revised district fundraiser form to better document exempted fundraisers</p> <p>Met with fundraising sponsors to educate on exempted fundraisers and clarify requirements and expectation</p> <p>All food fundraiser requests are documented and kept by the Health & Wellness Coordinator</p>
3. School Store will not compete with nutritional program at TCCHS	Nutrition Director	x			School store will not be open during any lunch period	

	Health & Wellness Coordinator TCCHS principal School Store operator				School store will only sell Smart Snack compliant items during breakfast (and the remainder of the school day)	
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Standards for All Foods and Beverages *Provided* (not sold) to Students During the School Day (e.g. class parties, foods given as a reward, etc.

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1. Staff is encouraged to provide either Smart Snack compliant options or non-food rewards to students	School Principals Nutrition Director Health & Wellness Coordinator		x		Principals will be provided with the CDC's <i>Tips for Teachers poster</i> for ideas on healthy rewards and celebrations The Thomas County Elementary Schools' handbook includes a list of suggested healthy snacks to send as class snacks or for a class party	

Policies for Food and Beverage Marketing

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1. All schools shall ensure that competitive foods and beverages meet at a minimum the Nutritional Standards for All Foods Sold in Schools as required by	School Principals Nutrition Director	x			Met with school store sponsors to educate on nutritional standards	Review policies on fundraising exemptions and guidelines for said exemptions

the Healthy Hunger Free Kids Act of 2010	Health & Wellness Coordinator					
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Other School Wellness Goals

District Wellness Policy Goals	Contact Person	Fully in Place	Partially in Place	Not in Place	List steps that have been taken to implement goal and list challenges of implementation.	List next steps that will be taken to fully implement and/or expand on goal.
1. Staff Wellness is valued and efforts to achieve and maintain a healthy lifestyle are supported	School Principals Health & Wellness Coordinator District Staff	x			District wide health challenges and initiatives are offered to address a comprehensive health approach Monthly newsletter highlights health topics and promotes a healthy lifestyle Mental Health Awareness Training delivered via Compliance Director to all district employees Pathways and district counselors receive training in mental health awareness provided by SW RESA	Provide additional training and learning opportunities on mental and emotional health as it relates to both students and staff Work with Georgia Pines (GAP) counselors to promote resources available to staff
2. Schools will adopt and adhere to COVID-19 precautionary guidelines	School Principals District Staff	x			Temperature screens for all students Sick/Isolation room protocols Family communication re: isolation and quarantine established Bottled water & reusable water bottles provided to students Masks provided to students and staff Traditional, Remote, and Virtual learning options available for students	

3. The School Based Health Clinic is marketed to students who do not have a primary healthcare provider.	Primary Care of Southwest Georgia	x			Clinic is marketed on district webpage Information tables available at Open House and other school events	Design protocol to allow for vaccination clinics to address state requirements for students entering school, in grade 7, and grade 11.
4. Continue partnership with Thomas County Health Department to conduct Flu Clinic, scoliosis screening, and other health interventions	DPH, Thomas Co.				Flu Clinic is offered annually Consent forms are available in paper, online, and via Infinite Campus messenger email. One Call is utilized to further increase participation Regardless of provider, staff offered ½ day off for receiving vaccine	Work with DPH to offer additional shot clinics (meningitis)
5. Grow new partnership with Archbold to provide more supports for Student-Athletes	Athletic Director Coaching Staff		x		Certified athletic trainer on TCCHS campus during school day Collaboration with Archbold nutritionist regarding dietary needs Access to Archbold physical therapists and orthopedists Assist with purchasing of supplements, as needed	
6. Continued partnerships with families and within the community	School Principals Health/Wellness Coordinator	x			Live Better partnership (K-5) YMCA kids classes advertised Family encouraged to attend school-sponsored health initiatives	