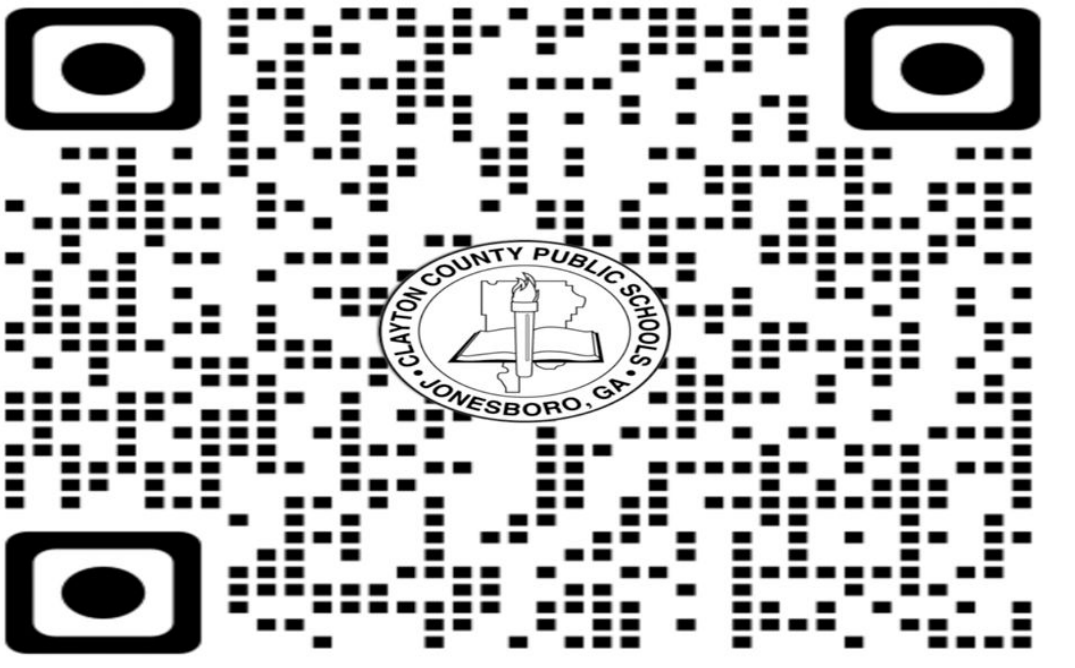




CCPS Wellness Committee Meeting

December 9, 2025

9:00 AM



**Please click on the QR to
sign in for the meeting**

Welcome



- ❖ What does Wellness mean to CCPS?

Objectives



Meeting Objectives:

- ❖ What is a Local Wellness Policy
- ❖ Local Wellness Policy
- ❖ Triennial Assessment
- ❖ Meet Our Wellness Partners
 - Affinity Group
 - GrowSMART Innovators Program
- ❖ CCPS Nutrition - GA Farm to School Award
- ❖ Wellness Initiatives
 - Wellness Activities
 - Wellness Challenge Calendar
- ❖ Vol. 3 Wellness Newsletter

So What is a LWP?



- ❖ A LWP is a written document that guides school district's efforts to create a supportive school environment that promotes students health, well-being, readiness to learn, and lifelong healthy habits
- ❖ Participation in the USDA National School Lunch (NSLP) and School Breakfast Programs (SBP) requires compliance with LWP requirements as written in 7 CFR 210.31
- ❖ The USDA Local Wellness Policy for K-12 schools serves as a comprehensive guide for fostering environments that empower students to engage in healthy eating and active lifestyles, thereby supporting their academic performance and overall well-being

Local Wellness Policy

- ❖ **CCPS Local Wellness Policy (LWP) was adopted on 8/2/2010**
- ❖ **1st revision was on 3/7/2022**
- ❖ **Last revision/updated on 3/4/2024**



LWP Purpose & Goals

- ❖ Provide a school environment that promotes and protects student wellness:
- Nutrition Standards
 - Nutrition Education
 - Physical Activity
 - Stakeholder Involvement
 - Implementation and Monitoring
 - Public Reporting
 - Policy Review and Updates
- 





LWP Compliance & Triennial Assessment

- ❖ **LWP assessment must be completed every 3 years**
 - **Compares LWP to Model Wellness Policy**
 - **Evaluates progress towards goals**
 - **Triennial Assessment Tool every 3 years, last completed in June 2023**
 - **Documentation must be provided**
 - **Triennial assessments must be made available to the public**

Why Wellness Matters



- **Supports physical and mental well-being**
- **Boosts focus and classroom readiness**
- **Encourages positive food choices**
- **Reduces stress for staff and students**
- **Strengthens school culture**
- **Engages students and staff to support healthier eating**

Affinity Group



**Welcome Scott Reeves,
K-12 Specialist, Georgia - Affinity Group**

“From Manufacturer to Meal Tray: Partnering for Healthier Schools”

GrowSMART Innovators Program



CrowSMART INNOVATORS PROGRAM™

Growing Future Farmers, Enriching Student Lives,
and Greening Corporate Environments.



Welcome Charlene Woodruff, Program Director
Vertical Aeroponic Gardening Team, GrowSMART Innovators Program
“Supporting School Wellness Through Food Innovation”



CCPS Nutrition Receives The Georgia Farm To School Award Recognition



Student & Staff Wellness Starts with Engagement

- 2-minute stretch routines
- Deep-breathing resets
- Hydration check-in breaks
- “Step Count Challenge” during the day
- Team walking groups
- Healthy recipe exchange wall
- Motivational quote board
- Team shout-outs
- Taste test days
- Fruit & Veggie Flavor-of-the-Month
- Wellness tips during morning announcements
- Healthy hydration challenges
- School garden projects
- Inclement Weather Walks (Cafeteria/Gym)
- Walking clubs
- Lap before lunch
- Student wellness spotlight
- Rainbow plate challenge
- Water bottle decorating contest
- Newsletters
- Build-A-Plate competitions
- Wellness champion of the month
- Wellness games
- Veggie math

Wellness Activity Wrap Up

Workplace wellness challenge calendar

MON	TUE	WED	THU	FRI
Positivity challenge	Drink more water	Meditation challenge	Join a sports league	Yoga classes (onsite or virtual)
Mindful breathing sessions	Gratitude diary	Healthy team lunches	Random acts of kindness	Sleep challenge
Goal sharing sessions	Planking challenge	Walk or bike to work	No eating-out challenge	Take the stairs
Vegan Mondays	10,000 steps challenge	Office garden	Smoking cessation	Virtual walking meetings

Next Meeting Scheduled for March 2026

Nutrition Wellness Newsletter

Clayton County Public Schools Nutrition
Quarterly Newsletter

Vol. 3



EPIC BUILDERS OF WELLNESS

**Clayton County Public
Schools Wellness
Committee**



Welcome to the 3rd issue of the Nutrition Department's Wellness Newsletter for SY26! In each edition, we bring you practical tips, nourishing recipes, wellness spotlights, and inspiring stories to support your health—both inside and out. Whether you're just beginning your wellness journey or continuing to build healthy habits, this newsletter is here to encourage, inform, and empower you every step of the way. Let's thrive together!

Harvest of the Month
September is all about apples!



Harvest of the Month (HOTM) is the Georgia Department of Education School Nutrition Division's farm to school initiative that highlights an item each month that can be sourced locally and served in Georgia's school meals. This initiative encourages collaboration between School Nutrition Programs, farmers, teachers, and their communities.

CCPS Nutrition



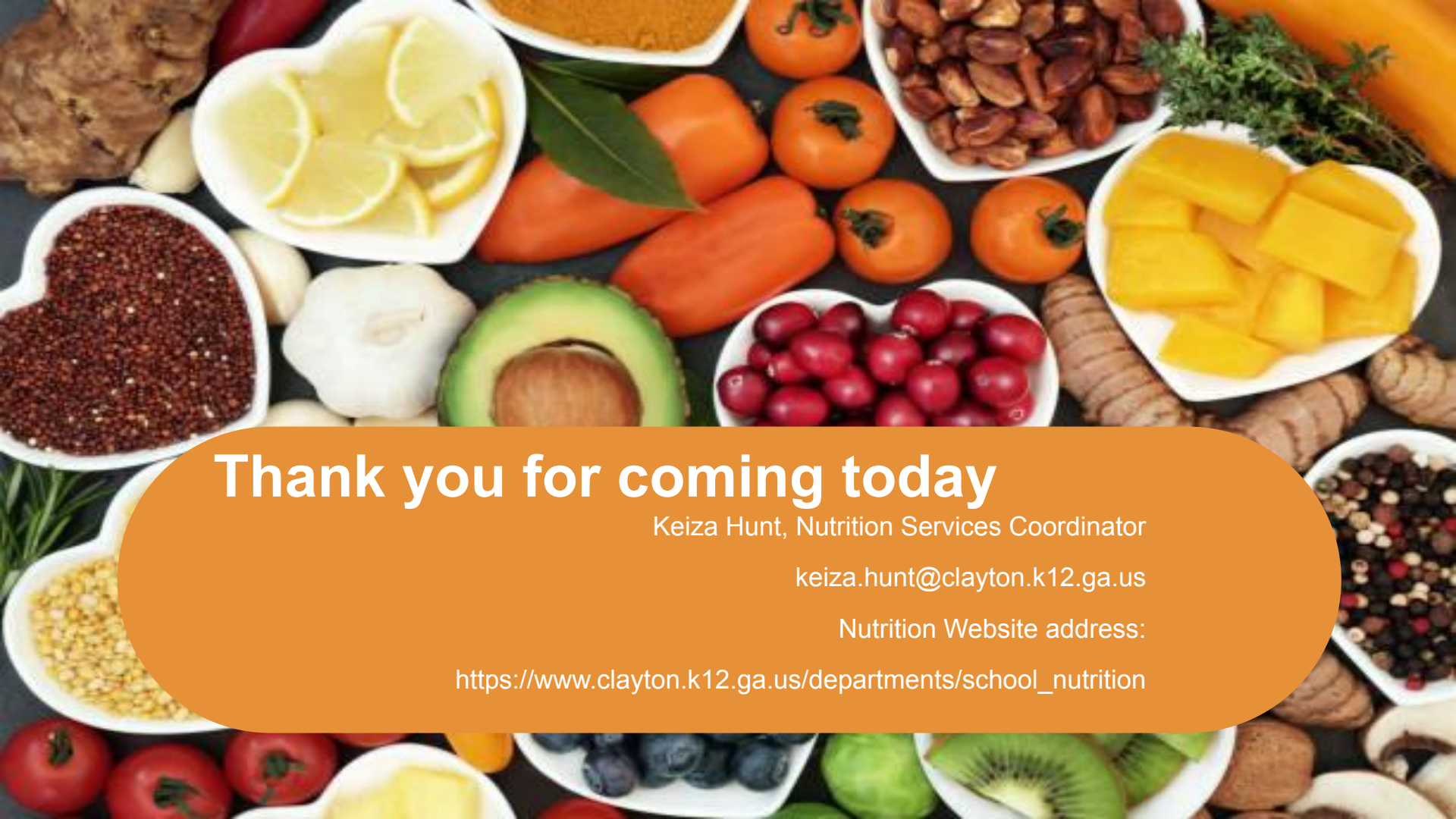
Every child attending school is entitled to a balanced, nutritious meal to sustain him/her during the school day. It is a known fact that hungry children cannot learn. This is the reason, the United States Department of Agriculture started the school meal program in 1946. Therefore, the cost is kept down and the program is run on the basis that what is charged for the meal is below the cost of the meal. The program is supported by commodity items and reimbursement for meals served from federal and state funds.

<https://www.clayton.k12.ga.us/departments/school-nutrition>

Wellness Committee Meeting Closing

- **Empowerment begins with consistency and connection**
- **When we support wellness, we support success**





Thank you for coming today

Keiza Hunt, Nutrition Services Coordinator

keiza.hunt@clayton.k12.ga.us

Nutrition Website address:

https://www.clayton.k12.ga.us/departments/school_nutrition