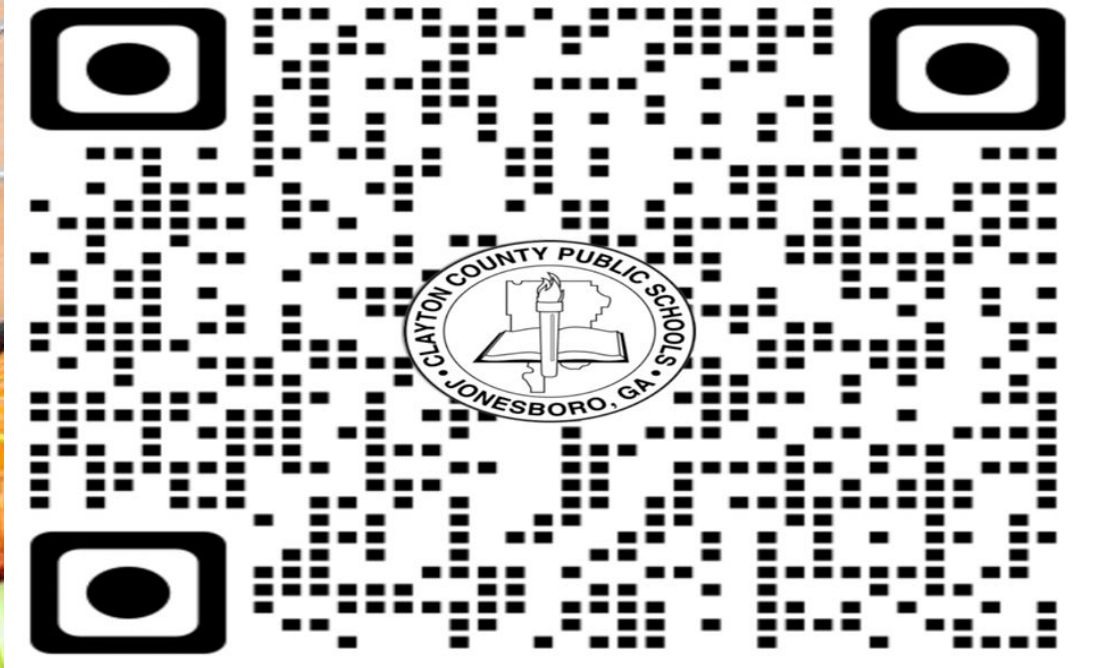




**CCPS Wellness
Committee Meeting**
November 7, 2024



**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
- ❖ Review Local Wellness Policy
- ❖ Triennial Assessment
- ❖ What is Your Role as a Wellness Ambassadors
- ❖ Meet Our Wellness Partners
 - Strong4Life
 - The Dairy Alliance
- ❖ Wellness Activities
 - Healthy Habits BINGO
- ❖ Inaugural 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 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**

Your Role as a Wellness Ambassador

- **Attend quarterly meetings**
- **Establish Wellness Initiatives at the school level**
- **Promote mental and physical health**
- **Organize Wellness activities at the schools**
- **Support healthy eating initiatives**
- **Encourage and support students**
- **Assist with surveys and feedback**

The Dairy Alliance



**Welcome Will McWhirter,
Manager of Youth Wellness for The Dairy Alliance**

Strong4Life

STRONG⁴LIFE™



**Welcome Aimee Block,
Senior Wellness Program Coordinator
for Strong4Life, Children's Healthcare of Atlanta**



Promoting Nutrition Education



Master Chef/Trainer James Jabbarr

Empower Your Team with Wellness Activities

- **Health Fair**
- **Sensory Activities**
- **Walk-A-Thon**
- **Running Club**
- **Garden Club**
- **Line Dancing Club**
- **Fitness Challenges**
- **Wellness Workshops**
- **Nutrition Education Activities**
- **Mental Health Awareness Campaigns**
- **Healthy Habit Bingo**
- **Healthy Eating Program**
- **Wellness Walks**
- **Inclement Weather Walks (Cafeteria/Gym)**
- **Mindfulness Sessions**
- **Stress Relief Stations**
- **Positive Affirmation Wall**
- **Morning Movement**
- **Hydration Day – Drink More Water**
- **Strong 4 Life Pep Rallies**
- **Vision Board**
- **Brain Breaks/Movement Breaks**
- **Get-Up-And-Move Celebrations**
- **Themed Days/Week Dress Up/Colors**
- **Encouraging After-School Sports/Activities**

Wellness Activity Wrap Up

HEALTHY HABITS BINGO

Go on a hike with your family	Eat at least 2 servings of veggies today	Dance to 3 or more of your favorite songs	Ride your bike for 20 minutes or more	Do 3 of your favorite exercises
Try a new vegetable	Hold a plank for as long as possible	Build an obstacle course	Discuss other healthy habits with your family	Limit screen time to less than an hour
Get at least 8 hours of sleep	Read for at least 20 minutes		Play a board game with your family	Eat 3 pieces of fruit today
Complete 50 jumping jacks	Draw a picture of your family playing	Go for a family walk around the neighborhood	Eat a healthy breakfast	Read a book before going to bed
Play outside for 60 minutes or more	Drink at least 5 cups of water (40+ oz.)	List 3 healthy snack options	Jog in place for 1 minute	Write a kind note for a family member

Next Meeting Scheduled for March 2025

Nutrition Wellness Newsletter

HELLO
NOVEMBER



EPIC BUILDERS OF WELLNESS KICK-OFFS

Harvest of the Month



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.

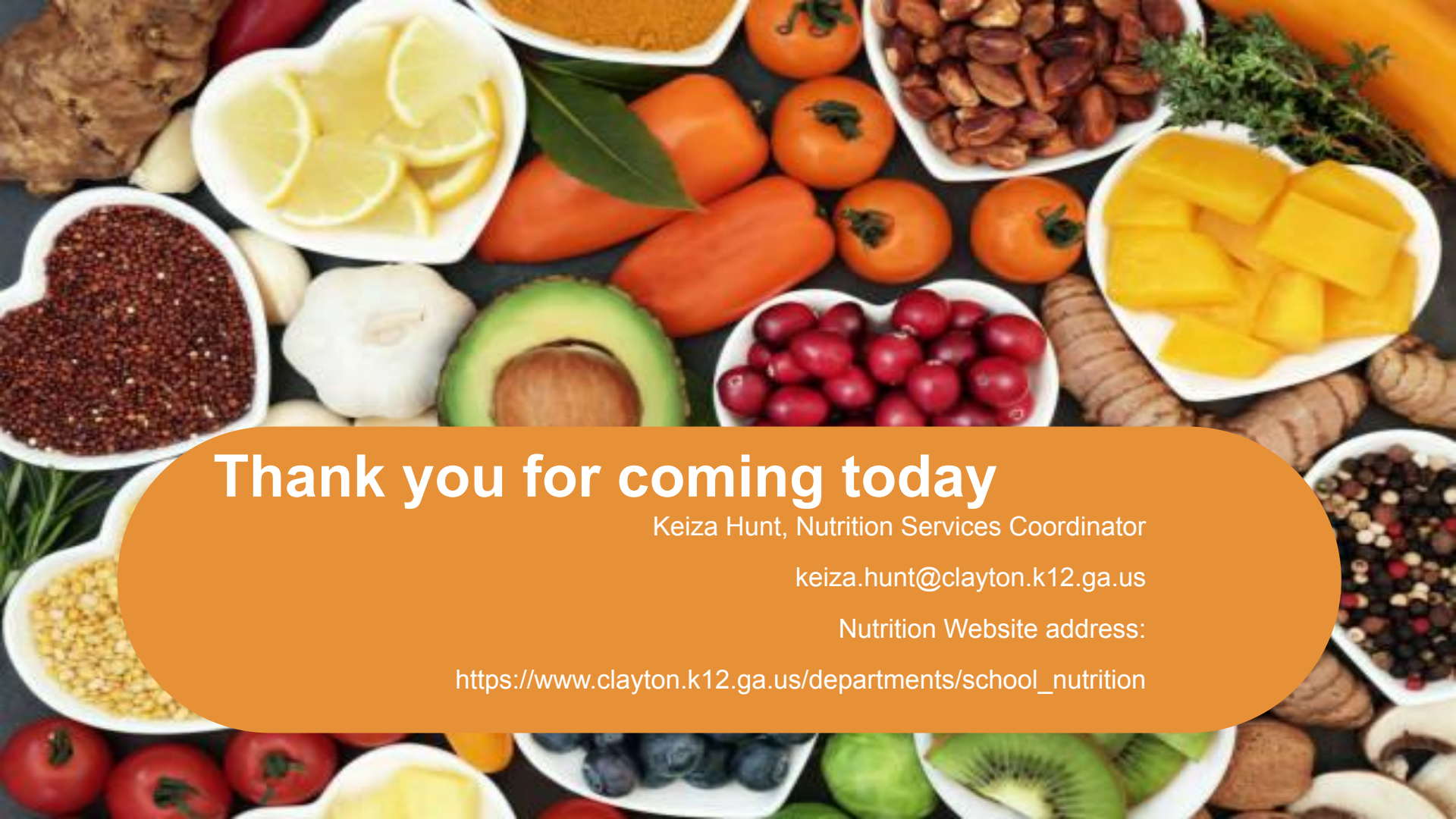
CCPS Nutrition

On any given day, more than 20% of local farm-to-school foods appear on the school lunch menus in Clayton County Public Schools. The high volume of local farm-to-school items has established this school nutrition program as an award-winning Georgia Grown participating school system."

**Clayton County Public
Schools Wellness
Committee**



Welcome to the inaugural issue of Nutrition Department first wellness newsletter! We hope you enjoy reading it and find it inspirational for your journey to well-being. We're excited to share this with you and hope you enjoy every page.



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