



# ETHOS

*Classical*

**School Health Handbook**

**2023–24 School Year**

## **Introduction**

The health and safety of our scholars and staff is our top priority at Ethos Classical. We believe that maintaining a healthy and safe environment is essential to promoting academic success, physical well-being, and social-emotional development. With this in mind, we have developed this health handbook to provide parents, students, and staff with important information about our policies and procedures related to health and safety.

## **Importance of Maintaining a Healthy and Safe Environment**

We recognize that students spend a significant amount of their time at school, and that the school environment can have a major impact on their health and well-being. A healthy and safe environment can help students:

- Stay physically active and maintain a healthy weight
- Build strong immune systems and avoid illness
- Manage chronic health conditions, such as asthma or diabetes
- Develop healthy habits, such as good nutrition and regular exercise
- Learn social-emotional skills, such as conflict resolution and stress management

In addition, a healthy and safe school environment can also help to:

- Improve academic performance and attendance
- Increase staff morale and job satisfaction
- Create a positive school culture and sense of community

## **Purpose of the Handbook**

The purpose of this health handbook is to provide parents, students, and staff with a comprehensive guide to our policies and procedures related to health and safety. This handbook includes information about:

- Health and wellness promotion, including nutrition, physical activity, and mental health
- Prevention and management of illness and injury, including communicable disease prevention and response, first aid, and emergency procedures
- Policies and procedures related to medication administration, immunizations, and health screenings
- Policies and procedures related to student health records and confidentiality
- Expectations for behavior and conduct related to health and safety

## **Immunization and Health Screening**

Before a scholar can enroll in the school, the school must have on file the following forms:

- Form 3300: This is the Certificate of Vision, Hearing, Dental, and Nutrition Screening form. It is used to document that a child has received the required health screenings. The form must be completed by a qualified healthcare professional and must be dated within one year prior to the child's enrollment in school.
- Form 3231: This is the Certificate of Immunization form. It is used to document that a child has received the required immunizations for school attendance. The form must be completed by a healthcare provider or authorized representative of a healthcare provider and must be signed and dated.

Certificates of Immunization are required by Georgia Law 20-2-771. All kindergarten scholars, all scholars new to Georgia and scholars coming from any private school must have the Georgia Certificate 3231 and 3300 form signed by a licensed health-care provider or the county health department.

For scholars entering from out-of-state schools, please contact the Georgia Health Department or a Georgia licensed physician to have immunizations transferred to the Georgia Certificate (Form 3231). You need to have your immunization record from your state in order to transfer immunizations to Form 3231. All requirements apply to scholars transferring from out-of state schools to Georgia schools.

\*New entrants include anyone that is entering Georgia schools for the first time or is returning to a Georgia school after being gone for more than 12 months or one school year.

State of Georgia Immunization requirements: Recommended Immunization Schedule

### Kindergarten Requirements

- Four (4+) DTaP (# of Doses depends upon age given)
- Four (4+) IPV (# of Doses depends upon age given)
- Three (3) Hepatitis B • Two (2) doses of Measles vaccine, Two (2) doses of Mumps vaccine, and One (1) dose of Rubella vaccine OR Two (2) doses of the combined MMR [OR Documented History of disease or Serology]
- Two (2) Hepatitis A [Hepatitis A (Required if born on or after 01/01/2006)]
- Two (2) doses of Varicella vaccine [OR Documented History of disease or Serology]

### **Additional Requirements**

- Certificates must be signed by a physician licensed in GA or public health official. A stamp of a Physician's signature is permissible when cosigned by an office staff member.
- Certificates must have a printed typed or stamped name and address of the physician, health department or Georgia Registry of Immunization Transactions and Services (GRITS) official issuing the certificate.
- Certificates must have a complete date of issue with the month, day and year.

### **Waiver of Immunization**

Medical Waivers/Exemptions are a part of Georgia Form 3231 and are reviewed annually. Families can reach out to the Head of Schools to address waivers of immunization due to conflict of religious beliefs.

### **Medical Forms**

- [Health Information Form](#): This form provides important information about a scholar's emergency contacts, health care providers, and insurance. Most importantly, it gives the school permission to initiate emergency medical treatment in the event that a parent or guardian cannot be reached.

No scholar is allowed to bring medication to the school without the school's full knowledge. Scholars who have provided the school with medication dispensation authorization forms should bring the medication to the school on the first day, or contact the school to make other arrangements. All medication must be presented in its original container from the pharmacy and must be brought in by a parent or accompanied by a note from the parent.

The medication dispensation authorization form requirement applies to all medication, including Children's Tylenol and ibuprofen. The medication dispensation authorization form requirement also applies to asthma inhalers, which will be stored in a locked space in the school building. If a scholar needs to use his/her asthma inhaler during the school day, he/she should go to the nurse's office to self-administer the inhaler.

Scholars are not permitted to transport medications in their backpacks.

### **Diabetes Medical Management Plans**

As part of Ethos Classical's scholar health services program and in accordance with O.C.G.A. §20-2-779, the Head of School is responsible for designating at least two employees to serve as trained diabetes personnel when a scholar with diabetes is enrolled in the school, when appropriate.

The Head of School shall develop rules and procedures for the implementation of any diabetes medical management plan submitted by any parent/guardian of a scholar with diabetes who seeks care while at school or school-sponsored activities.

A scholar who has been diagnosed with diabetes must have a [Diabetes Medical Management Plan](#) (DMMP), signed by a parent/guardian and physician, on file with the school to receive or administer the related medication or treatment while at school or school-sponsored activities. The DMMP must contain all items covered in the plan, including how, when, and under what circumstances the scholar should receive blood glucose monitoring and injections of insulin as well as steps to take in case of an emergency

Upon written request by a parent/guardian and if authorized by a scholar's DMMP, a scholar with diabetes shall be permitted to perform blood glucose checks, administer insulin through the insulin delivery system the scholar uses, treat hypoglycemia and hyperglycemia, and otherwise attend to the monitoring and treatment of his or her diabetes in the classroom, in any area of the school or school grounds, and at any school related activity, and he or she shall be permitted to possess on his or her person at all times all necessary supplies and equipment to perform such monitoring and treatment functions.

LEGAL REF: O.C.G.A. §20-2-779

### **Infectious Disease Policy**

Ethos Classical Charter School will take proactive measures to protect scholars, families, and the workplace in the event of an infectious and/or communicable disease outbreak. During any such event, Ethos Classical intends to operate effectively, provide all essential services continuously, and ensure the safety of all scholars, families, and employees within the workplace.

Ethos Classical is committed to providing information about the natures and spread of infectious diseases, including symptoms and signs to watch for, as well as required steps to be taken in the event of an illness or outbreak.

### **Communicable Diseases**

Ethos Classical's decisions involving persons who have communicable diseases shall be based on current and well-informed medical judgements concerning the disease, the risks of transmitting the illness to others, the symptoms and special circumstances of such persons, and a careful weighing of the identified risks and the available alternative responses to such persons.

Communicable diseases are defined as any infectious disease transmissible (as from person to person) by direct contact with an affected individual or the individual's discharges or by indirect means (as by a vector). Communicable disease include, but are not limited to, COVID-19 (coronavirus), measles, influenza, viral hepatitis-A (infectious hepatitis), viral hepatitis-B (serum hepatitis), human immunodeficiency virus (HIV infection), AIDS, AIDS-Related Complex (ARC), leprosy, Severe Acute Respiratory Syndrome (SARS), including the SARS-CoV-2 and Ethos Classical may choose to broaden this definition within its best interest and in accordance with information received through the Centers for Disease Control and Prevention (CDC).

Ethos Classical will not discriminate against any job applicant or employee based on the individual having a communicable disease. Applicants and employees shall not be denied access to the workplace solely on the grounds that they have a communicable disease. Ethos Classical reserves the right to exclude a person with a communicable disease from the workplace facilities, programs, and functions if the organization finds that, based on a medical determination, such restriction is necessary for the welfare of the person who has the communicable disease and/or the welfare of others within the workplace.

Ethos Classical will comply with all applicable statues and regulations that protect the privacy of persons who have a communicable disease. Every effort will be made to ensure procedurally sufficient safeguards to maintain the personal confidence about persons who have communicable diseases.

## **Preventing the Spread of Infection at Ethos Classical**

Ethos Classical will ensure:

1. Daily cleaning of school spaces, including regular cleaning of objects and areas that are frequently used, such as bathrooms, common areas, breakrooms, conference rooms, door handles, and furniture.
2. Hand sanitizers are available near entrances.
3. All employees and scholars will participate in frequent hand washing with warm soapy water.
4. Employees and scholars should not report to work if they are sick or have a fever of 100.3 or higher
5. Employees have the option but are not required to utilize PTO if they experience a low-grade fever of 99-100.2
6. A committee will be designed to monitor and coordinate events around an infectious disease outbreak as well as to create work rules that could be implemented to promote safety through infection control.
7. Limited visitors to the school building (no more than 10 people) at one time
8. Face masks are encouraged by not required by scholars and employees.

We ask that all families and employees cooperate in taking steps to reduce the transmission of infectious disease in the workplace. The best strategy remains the most obvious ---frequent hand washing, covering your mouth whenever you sneeze or cough, and discarding used tissues in wastebaskets.

Unless otherwise notified, our normal attendance and leave policies will remain in place. Individuals who believe that they may face particular challenges reporting to work during an infectious disease outbreak should take steps to develop any necessary contingency plans.

### **Limiting Travel**

In the event of an infectious disease outbreak, Ethos Classical may recommend that all nonessential travel be avoided until further notice. Employees who travel as an essential part of their job should consult with the Head of Schools, Danielle Mack, to determine appropriate actions.

### **Staying Home When Sick**

Many times, with the best intentions, scholars and employees report to work even though they feel ill. We do not encourage this. During an infectious disease outbreak, it is critical that



scholars and employees do not report to work while they are ill and/or experiencing the following symptoms: fever greater than 100.3, cough, sore throat, runny or stuffy nose, body aches, headache, chills and fatigue. Currently the Center for Disease Control and Prevention recommends that people with an infectious illness such as the flu remain at home until at least 24 hours after they are free of fever or signs of a fever without the use of fever-reducing medications. Scholars and employees who report to work ill may be sent home in accordance with these health guidelines. Employees have the option but are not required to utilize PTO if they experience a low-grade fever of 99-100.2. We will provide virtual instruction to scholars and paid sick time to compensate employees who are unable to be in the school building due to illness.

### **Requests for Medication Information and Documentation**

If scholars are sick or show symptoms of being ill, it may become necessary to request information from the parent/guardian and/or the healthcare provider. In general, we would request medical information to confirm your need to be absent, to show whether and how an absence relates to the infection, and to know that it is appropriate for you to return to the school building. As always, we expect and appreciate your cooperation if and when medical information is sought.

### **Confidentiality of Medical Information**

Our policy is to treat any medical information as a confidential medical record. In furtherance of this policy, any disclosure of medical information is in limited circumstance with the Ethos' leadership team, first aid and safety personnel, government officials as requested by law, and other limited personnel only to the extent needed to further the safe and orderly operation of the organization government official as required by law.

### **Social Distancing Guidelines at Ethos Classical**

In the event of an infectious disease outbreak, Ethos Classical may implement these social distancing guidelines to minimize the spread of disease among the staff. During the school day:

- Avoid meeting people face to face (telephone, email, or virtual conferencing with families)
- If face to face meeting is unavoidable, minimize the meeting time, choose a large meeting space; avoid shaking hands.
- Avoid any unnecessary travel and cancel or postpone nonessential meetings, gatherings, workshops, and training sessions

- Do not congregate in work rooms, copier rooms, or other areas where people socialize
- Encourage members and others to request information and orders via phone and email in order to minimize person-to-person contact

## **Symptoms Requiring Immediate Pick Up**

While specific guidelines may vary depending on the school's policies and local regulations, there are several symptoms or conditions that commonly warrant sending a child home from school. It is important to prioritize the well-being of the child and prevent the potential spread of contagious illnesses. Here are some symptoms that typically require a child to be sent home:

1. **Fever:**
  - A temperature of 100.4°F (38°C) or higher is generally considered a significant fever.
  - The child should be sent home and remain home until they are fever-free for at least 24 hours without the use of fever-reducing medications.
2. **Vomiting and Diarrhea:**
  - If a child has vomited or experienced diarrhea, it is best to send them home to rest and prevent the spread of potential infections.
  - The child should stay home until they have had no episodes of vomiting or diarrhea for at least 24 hours.
3. **Severe Coughing:**
  - A persistent and severe cough that disrupts the child's ability to participate in activities, or is accompanied by other concerning symptoms, may require them to be sent home.
  - The decision should be based on the severity and impact of the cough on the child's well-being and the potential for contagious respiratory infections.
4. **Severe Pain or Discomfort:**
  - If a child is experiencing severe pain or discomfort that significantly affects their ability to engage in regular activities or requires immediate medical attention, it may be necessary to send them home.
  - Examples include severe headache, abdominal pain, or injury.
5. **Contagious Illnesses:**
  - Certain contagious illnesses, such as chickenpox, strep throat, or conjunctivitis (pink eye), usually require a child to stay home until they have received appropriate treatment or are no longer contagious.
  - The specific guidelines for each illness may vary, and it is advisable to follow recommendations from healthcare professionals or local health departments.
6. **Worsening Symptoms:**

- If a child's symptoms are progressively worsening, despite attempts to manage them at school, it may be necessary to send them home for further evaluation and care.
- This can include symptoms like difficulty breathing, severe headache, persistent dizziness, or worsening rash.

## **Vomiting**

If a child vomits at Ethos Classical, the following procedure should be followed:

Immediate Response:

1. Ensure the child's safety and comfort. Move them to a designated area or quiet space away from other students to maintain their privacy.
2. Send child to the nurse's office
3. Provide the child with a disposable bag or a designated vomit container, if available, to contain any further vomiting.
  - a. If necessary, assist the child in cleaning up any vomit that has spilled on their clothing or immediate surroundings.

Nurse will Notify Parents/Guardians:

1. Contact the child's parents/guardians immediately to inform them about the situation. Follow the established communication protocols and use the designated point of contact for such notifications.
2. Request that parents/guardians make arrangements to pick up the child from school as soon as possible to ensure proper care and recovery.

Monitoring and Support:

1. The nurse will keep the scholar in their office and provide necessary assistance and comfort until their parents/guardians arrive.
2. The nurse will monitor the child's condition, noting any additional symptoms or changes that may require immediate medical attention.
  - a. Keep a record of the incident via EduHealth, including the time of vomiting, any associated symptoms, and the actions taken.

Cleaning and Sanitization:

1. Follow proper cleaning and sanitization procedures to ensure the affected area is thoroughly cleaned and disinfected.
2. Use appropriate cleaning supplies, such as disposable gloves, disinfectants, and absorbent materials, to remove any vomit residue safely.
3. Dispose of any contaminated materials according to the school's waste disposal guidelines and local regulations.

Exclusion Period:

1. In accordance with our illness exclusion guidelines, the child should stay home for a minimum period of 24 hours after the last episode of vomiting. Attendance will be excused.
2. Parents/guardians should ensure that the child is symptom-free and in a stable condition before allowing them to return to school.
3. It is essential to emphasize to parents/guardians the importance of adhering to this exclusion period to prevent the potential spread of illness to other students and staff.

Return to School:

1. Once the child has completed the 24-hour exclusion period and is symptom-free, they may return to school.
2. Parents/guardians should inform the school of the child's readiness to return and any relevant updates on their health status.

It is crucial to handle vomiting incidents with empathy, understanding, and professionalism. By following this procedure, Ethos Classical aims to ensure the well-being of the child, prevent the spread of illnesses, and maintain a safe and healthy environment for all students and staff.

## Common First Aid Care & Internal Procedures

1. Minor Cuts and Scrapes:
  - Clean the wound with mild soap and water.
  - Apply an antiseptic ointment and cover the cut or scrape with a sterile bandage or dressing.
  - Advise the child to avoid picking at the scab and keep the area clean and dry.
  - Provide reassurance and monitor for any signs of infection.
2. Bruises and Bumps:
  - Apply a cold compress or ice pack wrapped in a cloth to the affected area to reduce swelling.
  - Observe the child for any signs of a more severe injury, such as persistent pain, loss of consciousness, or behavioral changes.
  - Send to school nurse if pain persists
  - The School Nurse can offer pain relief if form on file such as over-the-counter children's acetaminophen or ibuprofen, following proper dosage instructions.
3. Minor Burns:
  - Immediately cool the burn under cool running water for at least 10 minutes to alleviate pain and minimize tissue damage.
  - Cover the burn with a clean, non-stick dressing or sterile cloth.
  - Encourage the child to avoid popping any blisters that may form.
  - Monitor the burn for signs of infection and provide appropriate pain relief if necessary.
4. Mild Allergic Reactions:
  - If a child experiences mild allergic symptoms, such as a rash, itching, or mild swelling, identify and remove any potential triggers or allergens.
  - Send to school nurse
  - Nurse can administer any prescribed antihistamine medication if available.
  - Observe the child closely for any signs of progression to a more severe allergic reaction (anaphylaxis), such as difficulty breathing, throat swelling, or severe rash, which would require immediate medical attention.
5. Nosebleeds:
  - Instruct the child to lean slightly forward and pinch the soft part of the nose, just above the nostrils, for approximately 10 minutes.
  - Advise the child not to tilt their head backward to avoid swallowing blood.
  - Offer a tissue or cloth to catch any blood that may drip.

- If the bleeding persists after 10 minutes or is recurrent, send scholar to the nurse for them to contact the child's parents/guardians to discuss the situation further.



## **FOOD PROCEDURES**

Scholars who arrive at school after 8:10am will not be offered breakfast in their classrooms.

Ethos Classical offers healthy meals every school day at no charge to your child(ren) through the Community Eligibility Program (National School Breakfast and Lunch). The program provides free breakfast and lunch, as well as free milk for all scholars. Our food service receives support from the U.S. Department of Agriculture through the National School Lunch and School Breakfast Programs.

### **SCHOOL BREAKFAST**

Scholars will receive breakfast every morning – we serve breakfast each day between 7:45am and 8:30am. Scholars may choose not to eat breakfast on any given day, but it will still be served to them. Classrooms stop serving breakfast at 8:30 am. Classrooms clean up breakfast beginning at 8:15am.

### **SCHOOL LUNCH**

Scholars may opt into the school's lunch program or bring their own lunches from home. Families may choose to send a lunch from home on any day, even for families who participate in the school's lunch program. A menu of all meals will be made available to families each month. Scholars are not allowed to share lunches in K-2 grades. For upper elementary scholars, families can request no sharing by emailing the Manager of Operations at [info@ethosclassical.org](mailto:info@ethosclassical.org).

### **LUNCHES FROM HOME**

In order for your scholar to engage in the rigorous academic program at Ethos Classical, it is important that scholars have healthy, balanced meals. As such, families who decide to provide lunch from home must comply with the following guidelines. If your scholar is out of compliance with these requirements, inappropriate food items will be disposed.

Prohibited foods for packed lunches:

- Soda of any kind (even diet)
- Candy of any kind
- Food made with nuts

Suggested items for a nutritious packed lunch:

- Water or 100% fruit juice

- A sandwich, soup or other main dish (Scholars will NOT have access to a microwave, therefore, please do not send meals that must be heated)
- Crackers or 100 calorie pack snack
- Pretzels
- Fruit and/or vegetables

#### SNACK

Scholars will have 10 minutes each day to eat snack. Snacks must be provided by the family each day if they'd like the scholar to engage in snack time. The only beverage that can be consumed during snack time is water or juice in a sealed container.



## **Local Wellness Policy**

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## **Preface**

In accordance with 7 CFR 210.31(c), a Local Education Agency that participates in the National School Lunch Program (NSLP) and/or School Breakfast Program (SBP) must establish a Local School Wellness Policy for all schools under its jurisdiction. As of June 30, 2017, Local Wellness Policies must meet the minimum requirements set forth in the Final Rule: Local School Wellness Policy Implementation Under the Healthy, Hunger-Free Kids Act of 2010.

Local Wellness Policies are a valuable tool in the promotion of student health and wellness through the NSLP and SBP. Schools play an essential role in preparing students for successful futures, and proper nutrition and physical activity are key to creating constructive learning environments. Local Wellness Policies provide guidance to further support schools efforts to provide students with a successful and healthy future.

## **Wellness Policy Committee**

### **Wellness Policy Leadership**

Rachel Fernandez , Manager of Operations

Contact: [rachel.fernandez@ethosclassical.org](mailto:rachel.fernandez@ethosclassical.org)

### **Wellness Policy Committee Members**

Danielle Mack , Head of School

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Trineshia Avery, Manager of Culture

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Tanisha Thomas, Manager of Operations

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## Wellness Policy Committee Responsibilities

### **Public Involvement**

The Local Education Agency permits and encourages public involvement in Local Wellness Policy development, implementation, updates, and reviews. Therefore, the LEA shall invite a variety of stakeholders within the general public to participate in Local Wellness Policy processes. The following methods of communication will be utilized to notify the general public of the opportunity to participate in these processes:

- School Website
- School Newsletter

### **Assessments**

Under the Healthy, Hunger-Free Kids Act of 2010, assessments of the Local Wellness Policy must occur no less than every three years. **Ethos Classical Charter School** shall conduct assessments of the Local Wellness Policy every **three** years, beginning in 2021 and occurring every **three** years thereafter. These assessments will:

- Ensure the wellness policy is in compliance with USDA, State, and Local rules and regulations
- Compare the LEA's wellness policy to model wellness policies
- Measure the progress made in achieving the goals as outlined in the LEA's wellness policy

### **Updates**

The Wellness Policy Committee must update the Local Wellness Policy as appropriate in order to fit the needs and goals of the Local Education Agency. The LEA shall make the following available to the public:

- The Local Wellness Policy, including any updates to the policy, on a yearly basis.
- The triennial assessment, including progress toward meeting the goals outlined in the wellness policy.

Through the following channels:

- School Website
- School Newsletter

## **Records**

The Local Education Agency shall maintain record of the Local Wellness Policy. This includes keeping a copy of the current wellness policy on file and maintaining documentation of the following actions:

- The most recent assessment of the policy
- Availability of the wellness policy and assessments to the public
- Reviews and revisions of the policy, including the individuals involved and the efforts made to notify stakeholders of their ability to participate in the process

## **Nutrition**

The Local Education Agency recognizes the important role nutrition plays in academic performance as well as overall quality of life. The National Education Association references numerous articles supporting the effects of nutrition on the classroom, for example, hunger often has a negative impact on students' success, attendance, and behavior.

According to the Centers for Disease Control and Prevention, approximately 18.5 percent of the nation's youth was considered obese in 2015-16. This percentage increased 1.3 percent when compared to the previous year. Conversely, 15.7 percent of American families experienced food hardship in 2017. Through participation in the U.S. Department of Agriculture's School Nutrition Programs, the LEA commits to serving nutritious meals to students in order to prevent both overconsumption of nutrient-poor foods and food insecurity to give students the best chance to succeed inside and outside the classroom.

## **Nutrition Standards**

### Meals

All reimbursable meals served for the purposes of the National School Lunch Program (NSLP) and School Breakfast Program (SBP) must meet or exceed USDA nutrition standards and regulations. This includes meeting standards for each of the meal pattern components (i.e. Grains, Meat/Meat Alternates, Fruits, Vegetables, and Milk) as well as meeting or exceeding the limitations set for calories, sodium, saturated fat, and trans-fat.

### Competitive Foods

All competitive foods and beverages sold must comply with the USDA Smart Snacks in Schools nutrition standards (7 CFR 210.31(c)(3)(iii)). Competitive foods and beverages refer to those that are sold to students outside the reimbursable meal on the school campus (i.e., locations on the school campus that are accessible to students) during the school day (i.e., the midnight before to 30 minutes after the end of the school day). This includes, but is not limited to, vending machines and à la carte items.



### Other Foods and Beverages

The following policy refers to all foods and beverages provided, but not sold to students. The Local Education Agency will prohibit the use of food as a reward or as part of a celebration. Providing alternatives to food as a reward promotes healthier habits by reducing exposure to less nutritious food items and, therefore, the amount of calorie-dense food items consumed (e.g., cakes, cookies, candy, etc.). This helps children develop improved food preferences and hunger cues to carry them throughout life. Instead, schools will implement the following methods for rewards and celebrations:

- School Supplies
- Toys/Trinkets
- Rewards for the Class

### Fundraisers

All fundraisers promoting food and/or beverage items that are held on school campus (i.e., locations on the school campus that are accessible to students) during the school day (i.e., the midnight before to 30 minutes after the end of the school day) must meet Smart Snacks nutrition standards.

### **Nutrition Education**

In accordance with the Georgia Learning Standards, the Local Education Agency shall meet all Georgia requirements and standards for Health Education. The Local Education Agency shall include nutrition education within the health education curriculum and integrate nutrition education into other core subjects, as appropriate. Various grade levels and curriculums shall use nutrition education information, research, and materials from the following resources:

- [MyPlate](#)
- Annual Nutrition Month: Focus on healthy foods and nutrition education during lesson blocks

### **Nutrition Promotion**

The District shall implement nutrition promotion techniques through multiple channels, including the cafeteria, classroom, and home.

The District shall make cafeteria menus and nutrition information available through the following platforms:

- School Website

- School Monthly Newsletter, The Joy Factor

The Smarter Lunchrooms Movement uses behavioral economics to positively influence food choices made by children. The evidence-based techniques implemented through the Movement have been proven to increase children's consumption of nutritious foods. The District shall participate in the Smarter Lunchrooms Movement by utilizing the Smarter Lunchrooms 60-point Scorecard and other educational and promotional tools. The District shall implement the following Smarter Lunchrooms techniques:

- We offer universal free breakfast and lunch. Meals are pre-packaged for convenience, and we provide the menu to students and families. It is also posted in the classrooms. Our staff models healthy eating behaviors, and encourages students to try new foods.

### **Marketing**

The Local Education Agency will prohibit the marketing and advertising of all foods and beverages on the school campus (i.e., locations on the school campus that are accessible to students) during the school day (i.e., the midnight before to 30 minutes after the end of the school day). The marketing standards described above apply, but are not limited to, oral, written, and graphic statements made for promotional purposes. Items subject to marketing requirements include, but are not limited to, posters, menu boards, vending machines, coolers, trash cans, scoreboards, and other equipment. This policy does not require schools to immediately replace equipment that does not meet this requirement; however, the District shall implement these standards as equipment needs replaced in the future.

### **Physical Activity**

Physical activity is a key component of the health and well-being of all students. Physical activity lowers the risk for certain diseases, including obesity, heart disease, and diabetes. Physical activity also helps improve brain function, allowing students to perform better in school.

The Centers for Disease Control and Prevention recommends adolescents get at least 60 minutes of physical activity five days per week. Nearly 79 percent of school-age children fall short of meeting this requirement. The Local Education Agency recognizes this connection and commits to promoting and providing opportunities for physical activity during and outside the school day.

## **Physical Education**

In accordance with the Georgia Learning Standards, the Local Education Agency shall meet all Georgia requirements and standards for Physical Education. The LEA shall offer Physical Education class as follows:

- Dance Enrichment Course: 60 minute class block, rotated by grade level two times per week
- 2nd Grade & 3rd Grade Martial Arts Course: 50 minute class block every Friday
- Kindergarten & First Grade Yoga Course: 50 minute class block every Friday

## **Other Opportunities for Physical Activity**

The District shall include additional physical activity opportunities, outside of Physical Education class, during the school day through the following:

- Recess: 30 minute block per day for Kindergarten - Third Grade
- Brain Breaks: 5 minute block in between curriculum sessions

The following opportunities for participation in school-based sports shall be offered to students each year:

- Basketball
- Cheerleading
- Flag Football
- Baseball
- Soccer

## **Physical Activity Promotion**

The District shall promote physical activity through the participation in the following initiative(s):

- After-School Programs that encourage physical activity: Martial Arts, Dance, Yoga, and Break Dance

### **Other School-Based Activities**

Just as it takes a comprehensive curriculum to provide education to support students' futures, the Local Education Agency's wellness approach must also be comprehensive in its intent to provide students with the tools they need to live a healthy lifestyle. In order to further establish positive behaviors related to nutrition, physical activity, and health, the LEA commits to making additional wellness-based activities available to all students beyond the cafeteria and gymnasium.

The Local Education Agency shall offer other school-based activities to support student health and wellness, including coordinated events and clubs. The following events shall be organized and promoted each year:

- We will research these initiatives this year in partnership with our School Nurse and School Counselor.

The following health, wellness, and/or nutrition clubs shall be offered to students each year:

- We will research these initiatives this year in partnership with our School Nurse and School Counselor.