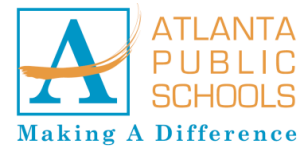


Local School Wellness Plan
Elementary School
SY17



*****Complete the entire form. Incomplete forms will not be accepted.*****

School Name: Springdale Park Elementary

Implementation Date: 8/3/2016

Local School Wellness Council Members

Principal: Terry Harness Physical Education Teacher: Beth Pirnstill / Jason Harrison

Wellness
Coordinator: Beth Pirnstill

Cafeteria Manager: Talithia Jackson
Sara Zeigler, Ashley Pollet, Nadia

Teacher: E-lon Marquis-Dunn

Parents: Aziz, Carla Lee,

Teacher: Susie Fellows

Students: TBD

Teacher: Michelle McDaniel

Community Partners: Pending

School Nurse: Kimberly Carr

Other: Dawn Stoner

SPARK strives to create an environment that promotes the social and emotional wellness of all children and provide opportunities for students to cultivate healthy habits. In an effort to ensure that all students have an opportunity to be safe and thrive, the Wellness Committee is promoting a number of initiatives. The Wellness Policy for the 2016 School Year builds on the prior Wellness policies for SPARK. Additional attention is given to promoting and supporting SPARK faculty in implementing the Wellness Policy in 2016-2017.

What is/was the date of the first SY17 Wellness Council meeting at your school? 8/3/2016

Student Wellness Ambassadors (SWA) Program

(3rd – 5th grade students only)

Does your school have an active SWA Program?

X Yes No

•If yes, please list the names of your active SWAs: The Green Team will serve as Wellness Advocates. One activity will focus on the Whole Kids Fresh fruit and vegetables taste testing and sampling programs.

•If no, do you intend on starting a SWA Program this year?

How often did/will they meet? ☐ 1x/month

Who is your school's SWA Sponsor? Ms. McDaniel

Nutrition Education

How does your school promote nutrition? [Click here to enter text.](#)

SPARK uses a variety of methods to promote healthy eating and access to healthy foods. In the 2016 school year, SPARK will promote a number of initiatives to encourage nutrition – such as healthy snack and celebration programs. Information will be shared via announcements, “Back to School” materials, bulletin boards, classroom-based lesson plans, posters, school newsletter, school website, social media, and wellness events.

Does your school provide staff training/professional development to promote nutrition?

X Yes

•If yes, please explain. In the 2016-2017 school year, the cafeteria staff will be afforded the opportunity to attend an in-service or workshop that focuses on nutrition and providing healthy eating options.

Does your school encourage healthy eating?

Yes ☒

•If yes, please explain. In the 2016-2017 School Year, SPARK will implement three food policies that build on prior successful initiatives to support healthy eating amongst our students and staff.

1) **Healthy and Safe Celebrations and Snacks:** SPARK Elementary School recognizes that birthdays are a special day for our students. SPARK will promote a number of ways to celebrate each student on their birthdays that include, but are not limited to morning announcements, classroom recognition and additional activities. Additionally, SPARK celebrations will include activities and refreshments that are safe and healthy for all students. Continuing prior SPARK Wellness Policies, SPARK will continue to request that parents, visitors, staff, and students do not bring food for celebrations into the school to share with students with the exception of 4 celebrations per year. The 4 celebrations will include a Fall, Holiday, Valentine's Day, and End-of-School year celebration. To ensure the well-being of all students, parents and visitors should not bring in items such as birthday cupcakes, donuts, or other sugary sweets to share with students on their child's birthday in the classroom. Guardians/Parents are encouraged to eat lunch with their child on his/her birthday and/or plan in advance with the child's teacher about a possible activity to do with the class such as read a book, lead a game during recess, or conduct an activity in the classroom. The Wellness Committee has provided a list of simple and fun activities that can be implemented to celebrate a SPARK student's birthday, in addition, mini-cupcakes (approximately 1 ounce/25 grams with 10 grams of sugar) or fruit (Edy's, Whole Fruit, Fruitaire brands) popsicles will be allowed if provided during lunch and for the entire class. Additionally, teachers will provide parents information on healthy snacks for the children to bring to school. All school-day fundraisers, such as grade bake sales, will include only healthy and safe food options or other non-food items. The Wellness Committee will provide a list of ideas for Healthy Celebrations and Snacks on SPARK's website and promote Healthy Celebrations through SPARK communication outlets. The Wellness Committee will make available a popcorn machine, marketing materials and information on how to have Healthy Celebrations and Snack activities.

2) **Healthy and Safe Rewards and Incentives** – To continue to support a healthy environment, SPARK Elementary School and the SPARK community, including the SPARK PTO will not use food or beverages as rewards or incentives for academic performance, good behavior, or goal attainment. As an alternative, teachers shall use special event coupons, school supplies, stickers, or other small prizes as rewards and incentives for academic performance or good behavior. The Wellness Committee will provide a list of reward and incentive ideas. Additionally, some equipment and supplies will be made available by the Wellness Committee to support teacher or PTO-led activities. Wellness Committee members are available to consult and support healthy reward programs. Exceptions under a child's Individualized Education Plan (IEP) or 504 Plan will be allowed only as a last resort.

3) **Allergy Awareness Initiative:** SPARK strives to create a safe learning environment for all students. In an effort to extend this to food allergic children, the 2016-2017 school year will limit food-centric celebrations to (4) per academic year (as listed above), and families will be provided an approved list of safe and healthy food allowed for those celebrations. Because the most common and most life-threatening food allergy is to peanuts and/or tree nuts, the approved food list will neither contain nuts and/or peanuts, nor contain warnings of "may contain" or "produced on shared equipment" with any tree nut and/or peanut. During lunch students will be encouraged to wash their hands after lunchtime, or clean hands thoroughly with provided wipes – especially if having a meal with peanuts and/or tree nuts. If a student has a food allergy outside of tree nut/peanut, SPARK administration and the individual's teacher will work proactively

with families directly to create a safe environment for that child. The Wellness Committee will work to increase SPARK's commitment to create a safe environment for children with food allergies and will pilot new initiatives during the school year, assess the pilot project and make plans for future school years.

Is your school enrolled in the Fresh Fruit & Vegetable Program (FFVP)?

☒ No

Has your school applied for nutrition grants?

Yes. SPARK was the recipient of a Georgia SHAPE grant during the 2015-2016 School Year. The grant provided resources to establish and rebuild the Wellness Committee and support the implementation of wellness programs during the 2016-2017 School Year.

Does your school conduct student surveys with a nutrition focus?

Periodically.

•If yes, please explain. SPARK's fresh fruit Friday's program provided taste tests of local, seasonal produce and included surveys.

Does your school work with community partners to provide nutrition education?

☒ Yes

•If yes, please select the nutrition partners your school is working with.

☐ Fuel Up to Play 60, Atlanta Falcons and Southeastern United Dairy Industry Association (SUDIA)

☐ Strong for Life, Children's Healthcare of Atlanta

☐ The Colorful Way

☒ Georgia State University

☐ Morehouse School of Medicine

X Other: During the 2016-2017 School Year, with the Georgia SHAPE grant resources, SPARK will identify additional partners to support new initiatives.

In paragraph form, please describe how your school will implement nutrition education and promotion in SY16-17.

Building on prior School Wellness Policies, all teachers, staff and students will be provided information and resources to ensure that they can successfully implement the enhanced SPARK Healthy and Safe Celebrations and Snacks and Rewards/Incentives initiatives which will limit unhealthy food options at SPARK events. Teachers will have the opportunity to access/use a raised bed in our school garden to grow vegetables (until December). Our cafeteria staff and physical education teachers will continue to post banners/posters that illustrates healthy eating habits. All staff will attend Food Allergy Awareness training including 1) how to keep a safe eating environment 2) how to recognize signs of an allergic reaction and 3) how to administer life-saving medications like an epipen.

Physical Activity and Education

How does your school promote physical activity?

- ☒ Announcements
- ☒ Back to School Training
- ☐ Bulletin Boards
- ☒ Classroom Curriculum/Lesson Plans
- ☐ Outdoor School Signage
- ☐ Pamphlets
- ☐ Parent Teacher Conference
- ☐ Posters
- ☐ PTO Meetings
- ☐ Radio
- ☒ School Newspaper/Newsletter
- ☐ School Open House
- ☐ School Website
- ☐ Television
- ☒ Wellness Events/Activities
- ☒ Social Media
- ☒ Other: Before and afterschool clubs

Has your school applied for physical activity grants?

- ☒ Yes ☐ No

•If yes, list the grants. SPARK was the recipient of a Georgia SHAPE grant during the 2015-2016 School Year. The grant provided resources to establish and rebuild the Wellness Committee and support the implementation of wellness programs during the 2016-2017 School Year.

Does your school provide staff training/professional development to promote physical activity?

- ☒ Yes ☐ No

•If yes, please explain. Georgia SHAPE grant resources will be used during the 2016-2017 School Year to provide a Professional Development opportunity for all teachers on integrating physical activity during the school day -- as part of lesson plans and/or to complement the academic curriculum.

Does your school conduct student surveys with a physical activity focus?

- ☐ Yes ☒ No

•If yes, please explain. [Click here to enter text.](#)

How does your school encouraged physical activity beyond physical education class?

In addition to before and after school clubs for students, the Wellness Committee will be working to establish a faculty wellness program during the school year. Faculty members of the Wellness Committee will advise on the most appropriate structure and time for the program. Wellness Committee members will support the implementation of at least 1 regularly scheduled physical activity program targeted to SPARK faculty and staff.

Does your school work with community partners to provide physical activity?

- ☒ Yes ☐ No

•If yes, indicate the community partners your school is working with.

- ☐ HealthMPowers
- ☒ Fuel Up to Play 60, Atlanta Falcons and Southeastern United Dairy Industry Association (SUDIA)

- ☐ Morehouse School of Medicine
- ☐ Power Up for 30, Georgia Shape
- ☐ Kilometer Kids, Atlanta Track Club
- ☐ Activity Works, Johnson and Johnson
- ☐ Other: [Click here to enter text.](#)

Does your school participate in fitness-based fund raising opportunities?

☒ Yes ☐ No

•If yes, please indicate the fitness-based fundraising activities your school will participate in.

- ☐ Hoops for Heart, American Heart Association
- ☒ Jump Rope for Heart, American Heart Association
- ☐ Walk America Program, March of Dimes
- ☐ Great Atlanta Youth Walk, Georgia Alliance for Children
- ☐ 5K for Kids Race, Nike

X Running events

Please provide your school's physical education schedule:

All grades receive 90 minutes of PE per week, and grades 2-3 receive 135 extra minutes per semester.

In paragraph form, describe how your school will promote physical activity in SY16-17. Be sure to include a *clearly stated goal*.

SPARK plans to continue to offer All students PE twice a week, for a total of 90 minutes. In addition, a daily 15 to 25-minute recess will remain in the students' schedule. Moreover, SPARK will continue to provide after school activities such as karate, tennis, Atlanta Play Day, Girls on the Run and hip hop dance. In addition, SPARK's Wellness Committee will recommend to SPARK leadership 1 major wellness event for the 2016-2017 School Year that will replace prior year "Fun Runs". Also, SPARK leadership will ensure that limiting physical activity, such as in recess, is not used as a consequence for poor behavior for SPARK students. The Wellness Committee will provide information on alternative consequences to support teachers in identifying other methods than reducing or eliminating recess. Finally, the Wellness Committee will invest in professional development services to support teachers in identifying creative ways to increase physical activity throughout the school day - especially as it complements or is integrated into the classroom curriculum.

Farm to School

Does your school have a school garden?

☒ Yes ☐

If yes, where is your garden located?

☒ Rooftop and Land-Based

Who maintains the garden(s)?

☐ Other: SPARK leadership need to identify how the Garden will be maintained and utilized by students in the 2016-2017 school year

Please provide the name of the faculty member(s) that oversee the garden: TBD

Does your school have a student garden club?

No.

If yes, how often do they meet?

Have community partners, in any way, contributed to your school garden?

☒ In prior years, SPARK has worked with Farmer D's, Ace Hardware (Virginia Highlands), Whole Foods, the Wylde Center, the Decatur Farmers Market and other community garden and farm initiatives.

•If yes, who are your school's Farm to School Partners?

- ☒ Captain Planet
- ☐ Georgia Organics
- ☐ The Greenhouse Foundation
- ☐ Atlanta Botanical Garden
- ☐ Greening Youth Foundation
- ☐ Truly Living Well
- ☐ Other: [Click here to enter text.](#)

Will your school provide any of the following learning opportunities to students this school year?

☐

All of the following:

Fresh fruit and vegetable taste tests

- ☐ Cooking lessons
- ☐ Farmer visits
- ☐ Chef visits
- ☐ Farm to School field trips (local farm, farmers market, etc.)
- ☐ Garden-based lessons
- ☐

How do you plan to grow your school's Farm to School program in SY16-17?

SPARK community would like to see the F2S program grow.

Local Wellness Goals

What wellness goals does your school have for SY16? Our overall goal is to create additional opportunities for all SPARK students to increase their access to healthy foods and physical activity -- while also educating them on the importance of a healthy lifestyle. Listed below are priorities that were identified through the School Health Assessment the Wellness Committee Conducted. These are not in a particular order.

- Develop a Healthy Snack Program
- Strengthen Healthy Celebrations Program
- Develop and Promote Frequent Student Activity Breaks During the School Day
- Increase Student Physical Activity Before and After School
- Promote Required Health Education Curriculum
- Develop Employee Wellness Activities
- Increase Interest in Farm to School Program
- Create an "Allergy Aware" environment