



**SAVANNAH**  
CLASSICAL ACADEMY  
*K-12 CHARTER SCHOOL*

Savannah Classical Academy Charter School  
Health and Wellness Plan

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# Health Wellness Plan

## **Our Commitment**

Savannah Classical Academy is committed to providing a school environment that promotes and protects student wellness, proper nutrition, nutrition education, and regular physical activity as part of the total learning experience. In a healthy school environment, students will learn about and participate in positive dietary and lifestyle practices that can improve student achievement. Staff wellness is also an integral part of a healthy school environment since school staff can be daily role models for healthy behaviors.

**These guidelines apply to all students, and staff at Savannah Classical Academy Charter School.**

**I. School Wellness Committee**

**Committee Role and Membership**

Savannah Classical Academy Charter School will convene a representative school wellness committee that meets at least once per year to establish goals for and oversee school health and wellness policies and programs, including development, implementation, and periodic review and update of the schools plan and policy.

The District Wellness Committee members may/will represent all school levels; administrators, school nutrition staff, school health staff, physical education teachers, post-secondary partners (Savannah Technical College & Georgia Southern University), business industry partners Daniel Reed Hospitality, parent liaison, school counselors, parents, students, health professionals and the general public.

The purpose of the school wellness committee will be to promote and implement the policy efforts, to develop initiatives supporting wellness of the school's students and staff, and to monitor school compliance with the wellness policy. Wellness initiatives should include opportunities for continuing education, exercise, and behavior modification initiatives.

**Leadership**

The Director will facilitate development of and updates to the wellness guidelines and will ensure the school's compliance with the document.

## II. Wellness Plan Implementation, Monitoring, Accountability, and Community Engagement

### **Implementation Plan**

Savannah Classical Academy Charter School will develop and maintain a plan for implementation to manage and coordinate the execution of this wellness document. The plan delineates roles, responsibilities and actions related to implementation.

This wellness document can be found in Savannah Classical Academy Charter School's handbook and on SCA's website at:

<http://savannahclassicalacademy.org/>

### **Record keeping**

Savannah Classical Academy Charter School will retain records to document compliance with the requirements of the wellness guidelines. Documentation maintained in this location will include but will not be limited to:

- The Savannah Classical Academy Wellness Plan
- Documentation demonstrating compliance with community involvement requirements, including (1) Efforts to actively solicit membership from the required stakeholders group; (2) These groups' participation in the development, implementation, and periodic review and update of the wellness policy
- Documentation of progress reports for the campus related to the plan
- Documentation demonstrating compliance with public notification requirements, including: (1) Methods by which the wellness plan and triennial assessments are made available to the public and (2) Efforts to actively notify families about the availability of the wellness policy

### **Annual Progress Reports**

Savannah Classical Academy Charter School will compile and publish an annual report to share at the School Board meetings. This document will include, but is not limited to:

- The website address for the wellness guidelines and/or how the public can access a copy of the wellness document
- A description of the school's progress in meeting the wellness goals in accordance with the school's wellness plan.
- A summary of the school's events or activities related to wellness policy implementation
- Information on how stakeholders can get involved with Savannah Classical Academy Charter School
- The school will track, analyze, and report on any correlations between improvements in health-promoting environments with education outcomes such as: absenteeism, disciplinary referrals, test

scores, average grades, or health measures such as consumption of whole grains, fruits, or vegetables through the school meal programs, or BMI, or psychosocial measures such as self-reported “connectedness” or other school climate measures. The school is encouraged to collaborate with local research institutions and universities.

- The school will also track and annually report other related information such as: findings from food safety inspections, aggregate participation in school meal programs, income reported from competitive food sales, fundraising revenues, and other such information, as feasible.

### **Assessments**

At least every three years, or according to the Charter Public School District mandates, Savannah Classical Academy Charter School will evaluate compliance with the wellness guidelines to assess the implementation of the document and include:

- The extent to which Savannah Classical Academy Charter School is in compliance with wellness guidelines
- A description of the progress made in attaining the goals of the school’s wellness document

Savannah Classical Academy Charter School will monitor compliance with this wellness plan.

### **Revisions and Updating the Document**

Savannah Classical Academy Charter School will update or modify the wellness document based on the results of the annual progress reports and triennial assessments, community needs change, wellness goals are met, new health sciences, information, and technology emerges, and new Federal or state charter or standards are issued. The wellness guidelines will be assessed and updated as needed but at a minimum, once per year.

### **Community Involvement, Outreach and Communications**

Savannah Classical Academy Charter School is committed to being responsive to community input, which begins with awareness of the wellness document. The school will also inform parents of the improvements that have been made to school meals and compliance with school meal standards, availability of child nutrition programs and how to apply, and a description of and compliance with school nutrition standards. SCA will ensure that communications are culturally and linguistically appropriate to the community it serves. SCA will actively notify the public about the content of or any updates to the wellness document annually, at a minimum.

## **III. Nutrition**

## **School Meals**

Savannah Classical Academy Charter School is committed to serving healthy meals to children that are consistent with the requirements of federal and state law. The school meal program aims to improve the diet and health of school children, help mitigate childhood obesity, model healthy eating to support the development of lifelong healthy eating patterns and support healthy choices while accommodating cultural food preferences and special dietary needs. Guidelines for nutritional programs for reimbursable meals shall not be less restrictive than regulations and guidance issued by the U. S. Secretary pursuant to the Child Nutrition Act and the Richard B. Russell National School Lunch Act, as those regulations and guidance pertains to schools. The school cafeteria will adhere to food safety program policies based on Hazard Analysis Critical Control Point (HACCP) guidelines as found in the Food Safety Plan and Nutrition Services HACCP Standard Operating Procedures Manual. The food service facility will have at least one school nutrition employee on site that is certified as a food safety manager (ServSafe) in compliance with federal and state law and rules promulgated by the State Board of Education.

Savannah Classical Academy Charter School establishes the following goals to create an environment conducive to healthy eating and to express a consistent wellness message through other school - based activities:

- Sufficient time will be allowed for students to eat meals in lunchroom facilities that are clean, safe, and comfortable. A pleasant cafeteria environment will be maintained that is conducive to students eating, while allowing for socialization
- Water will be made available to all students throughout the school day and throughout every school campus. Drinking water available where school meals are served during mealtimes.
- Barriers to student participation in the Child Nutrition Programs are eliminated by assuring students will have at least 10 minutes to eat breakfast and at least 15 minutes to eat lunch. This does not include time spent walking in/to/from class or waiting in line. If time is a concern, alternate arrangements will be made which could include grab and go, meals in the classroom or other identified initiatives.
- Savannah Classical Academy shall operate a “closed” lunch period to encourage students to eat a nutritious lunch. Students are not allowed to leave the building during the school day without authorization. Only students who have signed out through the Main Office are authorized to leave campus.
- A la carte items comply with USDA regulations prohibiting the sale of “Foods of minimal nutritional value” where school meals are served or eaten during the meal period (7 Code of Federal Regulations Part 210.11).

## **Nutrition Promotion and Policies**

In order to keep our children healthy and reduce the negative influence food marketing has on their habits, it is our policy to promote only healthy options on any marketing material on campus. To meet this goal: Marketing of any food or beverage on the school campus will meet or exceed the USDA Smart Snacks in Schools nutrition guidelines. Marketing of low-nutrient foods and beverages on the school campus will be prohibited. The Marketing of healthy, fresh, and whole foods such as fruits, vegetables, whole grains, and low-fat dairy products will be encouraged. The School Nutrition Program will be marketed and promoted at all levels. Nutrition education and wellness information will be provided via newsletters to students, parents, and community members. Savannah Classical Academy Charter School will participate in Nutrition promotional weeks such as National School Lunch/Breakfast week and School Lunch Hero's Day.

## **Nutrition Guidelines**

Savannah Classical Academy Charter School shall ensure that nutrition guidelines for reimbursable school meals shall be at least as restrictive as federal regulations and guidance. All food/beverage items sold on the campus during the school day will meet the Smart Snack Guidelines. These standards apply in all locations and through all services where food items and beverages are sold, which include but are not limited to options available in the cafeteria, vending machines, school stores and fundraising sales.

In addition to legal requirements, the Savannah Classical Academy Charter School shall:

- Provide teachers with education and guidelines on the use of food as a reward or punishment in the classroom and cafeteria
- Student food choices in the school cafeteria shall not be limited by school staff as a punishment
- Non-food rewards are to be encouraged whenever possible
- Recommend that healthy food and beverage options be included at concessions at school-related events outside of the school day
- Student food allergies shall also be considered when providing food in the classroom
- Food fundraisers outside of school hours will be encouraged to include healthy options

## **Wellness Goals - Nutrition Education**

Savannah Classical Academy Charter School shall implement, in accordance with law, a coordinated health program with a nutrition education component and shall ensure that the health course curriculum and nutrition is taught. Students shall receive nutrition education that fosters the adoption and maintenance of healthy eating behaviors. Staff responsible for nutrition education shall be adequately prepared and shall participate in professional development activities to effectively deliver the program as planned. The school cafeteria will serve as a learning laboratory to support classroom

instruction through menu offerings, signage, and bulletin board displays. The school's child nutrition program will accommodate students with special dietary needs with a signed note from their physician.

#### **IV. Physical Activity and Physical Education**

Savannah Classical Academy Charter School shall implement, in accordance with law, a coordinated health program with physical education and physical activity components and shall offer at least the required amount of physical activity for all grades.

The school will provide students with physical education using an age-appropriate, sequential physical education curriculum consistent with national and state standards for physical education. The physical education curriculum will promote the benefits of a physically active lifestyle and will help students develop skills to engage in lifelong healthy habits and incorporate essential health education concepts. The curriculum will support the essential components of physical education. All students will be provided equal opportunities to participate in physical education classes. The school will make appropriate accommodations to allow for equitable participation for all students and will adapt physical education classes and equipment, as necessary.

In addition, the school will encourage teachers to integrate physical activity into the academic curriculum where appropriate. The school establishes the following goals to create an environment conducive to physical activity and to express a consistent wellness message through other school-project based activities:

- Classroom health education will complement physical education by reinforcing the knowledge and self-management skills needed to maintain a physically active lifestyle and to reduce time spent on sedentary activities, such as watching television and playing video games.
- Recommend that all grades K-12 incorporate 30 minutes of daily physical education instruction, by a certified teacher, into their master schedule according to National Standard for Physical Education (NASPE).
- Instruction should encourage individual improvement so as not to discourage less athletic students or those with lower fitness level.
- Students enrolled at Savannah Classical Academy Charter School should not be excluded from participating in physical education classes and opportunities for physical activity for unrelated disciplinary action, nor should physical activity be used as a disciplinary measure. The school will provide teachers and other school staff with a list of ideas for alternative ways to discipline students.

#### **Active Academics**

Teachers are encouraged to incorporate movement and project-based learning approaches into “core” subject instruction when possible (e.g. , science, math, language arts, social studies, and others ) and do their part to limit sedentary behavior during the school day.

### **Active Transport**

Savannah Classical Academy Charter School encourages active transport to and from school, such as walking or biking. The school will support this behavior by engaging in the following activities:

- Secure storage for bicycles and helmet
- Instructions on walking/bicycling safety provided to the students
- Crossing guards are used
- Crosswalks exist on streets leading to school

note from their physician.

## **V. Health Education**

To complement the promotion of health and wellness in the school, the PTCS will teach students at all school levels about the negative health consequences related to tobacco use, drug use, alcohol use, and the use of performance - enhancing drugs. The district will support all mandates from the state such as: asthma education for second graders, CPR for graduating seniors, and fitness grams for grades 6-12.

Savannah Classical Academy will include in the health education curriculum the following essential topics:

- How physical activity can contribute to a healthy weight
- How physical activity can contribute to the learning process
- How an inactive lifestyle contributes to chronic disease
- Five components of health- related fitness - cardiovascular endurance, muscular endurance, muscular strength, flexibility, and body composition
- Differences between physical activity, exercise, and fitness
- Phases of an exercise session-warm up, workout, and cool down
- Overcoming barriers to physical activity
- Decreasing sedentary activities such as TV watching
- Opportunities for physical activity in the community
- Preventing injury during physical activity

- Weather-related safety, for example, avoiding heat stroke, hypothermia, and sunburn while being physically active
- How much physical activity is enough, that is, determining frequency, intensity, time, and type of physical activity
- Developing an individualized physical activity and fitness plan Monitoring progress toward reaching goals in an individualized physical activity plan
- Social influences on physical activity, including media, family, peers, and culture
- How to find valid information or services related to physical activity and fitness
- How to influence, support, or advocate for others to engage in physical activity How to resist peer pressure that discourages physical activity
- The physical, psychological, or social benefits of physical activity

#### **VI. Parent and Community Involvement**

SCA will promote to parents/caregivers, families, and the general community the benefits of and approaches for healthy eating and physical activity throughout the school year. Families will be informed and invited to participate in school-sponsored activities and will receive information about health promotion efforts. SCA will use electronic mechanisms (e.g., email or displaying notices on the website), as well as non-electronic mechanisms, (e.g., newsletters, presentations to parents or sending information home to parents), to ensure that all families are actively notified of opportunities to participate in school-sponsored activities and receive information about health promotion efforts

#### **VII. Staff Wellness**

When feasible, SCA will offer annual professional learning opportunities and resources for staff to increase knowledge and skills about promoting healthy behaviors in the classroom and school. Professional learning will help SCA staff understand the connections between academics and health and the ways in which health and wellness are integrated into ongoing district reform or academic improvement plans/efforts.