



Best Practices for School Wellness

The LiveWell Greenville Best Practices for School Wellness are based on the Alliance for a Healthier Generation's *Healthy Schools Program Framework of Best Practices*, and are designed to assist your school in strengthening health and wellness efforts. They are intended to guide the leaders within your School Wellness Committee toward creating policy and environmental change and promoting physical activity and nutrition within your school. Our ultimate goal is to help you *make the healthy choice the easy choice* for students and staff members at your school, and spark behavior change that will decrease the incidence of chronic disease.

School Wellness Committee

School has a wellness committee that includes a member of the administration AND members from at least 5 of the following categories:

- P.E. Teacher
- Cafeteria Manager
- School Nurse
- Classroom Teacher
- Staff
- Parent Volunteer
- Student
- Physician

- School has a wellness policy that includes nutrition and physical activity promotion
- There is a lead school official to ensure compliance with local wellness policy
- Wellness committee meets regularly, at least 4 times per year

Physical Activity

- Prohibits the use of physical activity as punishment
- Prohibits withholding recess as punishment (Elementary only)
- If feasible, the school's physical activity facilities are open to students, families, and the community outside of school hours
- Physical Education program integrates both of the following:
 - Professional development for P.E. teachers on proper use and integration of fitness education, fitness assessment, and recognition
 - Recognition of students meeting Healthy Fitness Zones or their physical activity goals
- The school provides competitive AND non-competitive physical activity opportunities before and/or after the school day
- School participates with Safe Routes to School as a Gold or Platinum level member (if school has an infrastructure that allows for safe walking and/or biking to school)
- Students are provided opportunities to participate in physical activity breaks during class time (outside of P.E., recess, and class transition periods) on 4 or more days during a typical school week
- All P.E. classes are taught by licensed teachers who are certified to teach physical education (all Greenville County Schools P.E. teachers are certified)
- All P.E. teachers are required to participate at least once per year in physical education professional development

- School has set a physical activity goal
- School has an action plan in place to accomplish physical activity goal
- Students have at least 30 minutes of recess per day

Staff Wellness

- School has a staff wellness committee (this can be a subcommittee)
- Staff wellness committee encourages healthy eating and physical activity
- Staff is encouraged to model healthy food choices around students
- School offers health assessments for staff members at least once a year
- School offers and promotes accessible and free or low-cost physical activity/fitness programs for staff members (programs could be arranged by district)
- Staff is provided with information about both of the following topics:
 - The importance of modeling healthy eating behaviors
 - The importance of engaging in physical activities with students
- School promotes and encourages staff to participate in health promotion programs
- Staff members are provided with strategies and information on how to incorporate physical activity into classrooms
- Provide staff with examples of healthy foods and beverages to bring in or consume during the regular or extended school day

Nutrition Outside the Cafeteria

- Administration prohibits the use of food as a reward
- There is a policy in place that requires parents to bring in only healthy options for celebrations, etc.
- No drinks sold OR only healthy drink options (water, 100% fruit juice, non-fat or 1% milk) are sold during the school day
- No foods sold OR only healthy foods (fruits, vegetables, and low-fat snacks) are sold during the school day
- There is a policy in place that no drinks are offered OR only healthy drinks (water, 100% fruit juice, non-fat or 1% milk) are offered during the school day (celebrations, parties, etc.)
- There is a policy in place that no food is offered OR only healthy foods (fruits, vegetables, and low-fat snacks) are offered during the school day (celebrations, parties, etc.)
- No drinks available OR only healthy drink options (water, 100% fruit juice, non-fat or 1% milk) are available outside of school hours (festivals, open houses, etc.)
- No foods available OR only healthy foods (fruits, vegetables, or low-fat snacks) are available outside of school hours (festivals, open houses, etc.)
- School has set a nutrition goal
- School has an action plan in place to accomplish nutrition goal
- Students are allowed to have filled water containers in class

Nutrition in the Cafeteria

- School lunch program offers fruits, vegetables, or whole grains five times per week (if school operates school lunch program outside of FANS)
- Only healthy drink options (water, 100% fruit juice, fat-free or 1% milk) are offered during school lunch
- School provides parents with resources and ideas for healthy breakfast and lunch options
- Participates in farm to school activities (private/charter schools)

For more information, contact Erica McCleskey at emccleskey@livewellgreenville.org.