

**Fayette County School Nutrition**

# Wellness Committee Meeting

2021-2022 Wellness Committee Survey





**We established **3** goals for  
our schools in  
SY: 2021-2022.**



# GOAL 1:



Goal 1 - Did your school encourage health and wellness by advertising employee discounts and memberships at local wellness centers and gyms?



## School Level Responses on meeting Goal #1

Circulate email about memberships and discounts to faculty and staff., Posted flyers about membership and discounts near breakrooms and commons areas.

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Discussed memberships and discounts at faculty/staff meetings.

Posted flyers about membership and discounts near breakrooms and commons areas., Invited local wellness center or gym sales representative to school for faculty / staff membership drive., We have weekly yoga classes

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# GOAL 2:



Goal 2 - Did your school have a school garden this year? (Any activity where students participated in growing plants, flowers, herbs, food, etc. in the classroom)



## School Level Responses on meeting Goal #2

1 in our courtyard

1

I believe only the special ed classes kept up a garden

We have a kitchen garden with growing plots for each grade level and a pollinator garden

1

One

We have one garden.

2

1 garden behind the school



# GOAL 3:



Goal 3 - Did your school provide a list of healthy options (both food and non-food items) for school celebrations to parents and teachers.



## School Level Responses on meeting Goal #3

For birthdays, parents are encouraged to purchase ice cream passes (meets federal requirements) rather than sweet treats. Low sugar and natural snacks are provided for staff gatherings and periodic treats.

Our school handbook encourages alternatives to food for birthdays---such as purchasing a book for the class library, or board game or puzzle.

We asked parents to purchase the school approved ice cream

It is given to the PTO.

In cafeteria & clinic

There were always healthy options at lunch and during all events where food was available



# New Goal Suggestions



**01**

Encourage water consumption to students, faculty and staff throughout the day.



**02**

Encourage employee safety and wellness by hosting trainings such as CPR, Stop the Bleed, and Flu Clinic at your school.



**03**

Encourage or host extracurricular physical activities for students such as running club, or walking clubs before or after school.



**04**

Encourage or host physical activities for faculty and staff such as yoga, Zumba, aerobics, CrossFit, walking clubs, or boot camp before or after work hours.



**05**

Limit sugary snacks offered to students in the classroom as rewards.



**06**



Offer school wide promotions using community partners to encourage healthy eating and physical activity. (Fuel up to Play 60, Children Healthcare of Atlanta, Georgia Farm Bureau, UGA Community Extension, Dairy Alliance or School Nutrition Prom

# Goals Committee Selected for SY: 2022-2023



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Encourage or host physical activities for faculty and staff such as yoga, Zumba, aerobics, CrossFit, walking clubs, or boot camp before or after work hours.

