*Local Wellness Policy for Augusta Independent Schools*

Augusta Independent Schools are committed to providing a school environment that enhances learning and the development of lifelong wellness practices. The Wellness Policy are supported by the following goals:

* Child Nutrition Programs will be accessible to all children and will comply with federal, state and local requirements. Emphasis will be placed on offering a variety of foods, increasing dietary fiber and calcium, and reducing fat, sodium, and sugar. In addition, fresh fruits and vegetables will be offered daily.
* School menus will be planned that ensure a balance between optimal nutrition and student acceptance. The nutritional value of school meals will be evaluated over a period of 5 to 7 days with meals averaging no more than 30% of total calories from fat.
* All foods and beverages made available for sale on campus (including vending, concessions, a la carte, student stores, and fundraising) during the school day will be consistent with the current State Board of Education Administrative Regulation 702 KAR 6:090 and will be selected to ensure optional nutrition quality and foster healthful eating habits.
* Parents and Teachers will be encouraged to provide a variety of healthy foods for classroom parties and snacks and offer no more than two items from the empty calorie group. (See Healthy Food Guide for School Activities and Other Special Occasion)
* All school-based activities will be consistent with local wellness policy goals. Administrators, principals, teachers, staff and parent organizations will not serve or sell foods to students in competition with school meals. (Competitive Food Rule 702 KRA 6:090).
* All school environment will provide a safe, comfortable, and pleasing, environment for eating meals. Staff will be encouraged not to use food and/or physical activity as a reward or punishment.
* Sequential and interdisciplinary nutrition and physical education will be provided and promoted. Professional development will be provided for school nutrition staff that will foster the promotion of healthy school meals. The incorporation of nutrition and physical activity into the curriculum will also be addressed with professional development for teachers.
* Students will be introduced to meaningful physical activity that will connect to students’ lives outside of physical education classes.
* Schools will provide physical educational classes to all students grades K – 9 and promote physical activity for all grade levels. Extra-curricular physical activity involvement will be encouraged for all students grades K – 12.

Progress toward these goals will be measured in a variety of methods including, but not limited to: Effective School Surveys, National School Lunch/Breakfast Daily Production Records, Daily Count and Cash Reconciliation Reports, Daily Participation Reports, Vending Machine Sales Records, parent, students, and principal surveys as deemed appropriate. The Local Wellness Policy for Augusta Independent Schools will be printed and added to the school handbooks and posted to the district web site.

Augusta Independent Schools Nutrition Guidelines

for 2019-2020 School Year

*or until development and approval of*

*Administrative Regulations from the State Board of Education*

*and full implementation of SB 172*

***Foods and Snack Items***

Elementary, Middle and High School

During the period beginning thirty (30) minutes after the last lunch period until the end of the last instructional period, if a food item is offered for sale through vending machines, school store, canteen, or fundraiser on school property *(this includes bake sales)* it shall meet the following standards:

* Calories from fat shall not exceed thirty (30%) per cent
* Calories from saturated fat shall not exceed ten (10%) per cent
* Calories from sugar shall not exceed thirty-two (32%) per cent by weight and grams of sugar shall not exceed fourteen (14) grams
* Chewing gums, fondants, hard candies, licorice, spun candy, jellies and gums, marshmallow candies and candy coated popcorn shall not be made available
* Portion size for chips, crackers, popcorn, shall not exceed two (2) ounces
* Portion size for cookies shall not exceed one (1) ounce
* Portion size for cereal bas, granola bars, pastries, muffins, doughnuts and other bakery-type items shall not exceed eight (8) ounces
* Portion size for frozen dessert items shall not exceed four (4) ounces

***Beverages Guidelines***

During the period beginning thirty (30) minutes after the last lunch period until the end of the last instructional period, if a food item is offered for sale through vending machines, school store, canteen, or fundraiser (this includes bake sales) on school property it shall meet the following standards:

Elementary Schools

**Available 1 half hour after the close of the last lunch period only**

Water – unflavored, unsweetened and non-carbonated 100% fruit juice

Middle and High School

**Available 1 half hour after the close of the last lunch period only**

Soft drink vending-must be diet, caffeine free and not exceed seventeen (17) ounces

***3Penalties*** are listed at the beginning of the law

Any public school that violates the provisions shall be subject to a penalty assessed by the commissioner of education:

* First violation – fine of no less that one weeks revenue from sale of competitive foods
* Subsequent violations – fine of no less than one month’s revenue from sale of competitive foods
* Habitual violations (5 or more violation within a six month period) shall result in a six-month ban on competitive food sales

The following **beverages meet all criteria for use during the entire school day** and would not be in competition with the NSBP or NSLP. They will be available in vending machines at **AIS**.

* Water
* 100% Fruit Juice

***Physical Activity & Physical Education***

The school district will offer the following opportunities for Physical Activity and Physical Education:

1. Daily Physical Education P.E.
2. Daily Recess
3. Physical Activity opportunities before and after school
4. Sate Routs to School
5. Use of School Facilities Outside of School Hours
6. Recommended Physical Education “Best Practices”

***Nutrition and Physical Activity Promotion and Food Marketing***

The school district will offer the following opportunities for Nutrition and Physical Activity Promotion and Food Marketing:

1. Education and Promotion
2. Integrating Physical Activity into the Classroom Setting
3. Communications with Parents
4. Food Marketing in the Schools
5. Staff Wellness
6. Student Wellness

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**School AUGUSTA INDEPENDENT SCHOOLS**

|  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- |
| **Module 3 Score Card –Middle and High School** | | | | | | |
| **Only on box in each row should have a number (3, 2, 1, or 0).** | | **Fully in Place**  **(3)** | **Partially in Place**  **(2)** | **Under Development (1)** | | **Not in Place**  **(0)** |
| PA. 1 | 225 minutes of physical education per week | 3 |  |  | |  |
| PA. 2 | Adequate teacher/ student ratio | 3 |  |  | |  |
| PA. 3 | Sequential physical education curriculum consistent with standards | 3 |  |  | |  |
| PA. 4 | Physical education grading | 3 |  |  | |  |
| PA. 5 | Prohibit substation for physical education | 3 |  |  | |  |
| PA. 6 | Individualized physical activity/fitness plans | 3 |  |  | |  |
| PA. 7 | Health-related physical fitness | 3 |  |  | |  |
| PA. 8 | Students active at least 50% of class time | 3 |  |  | |  |
| PA. 9 | Teachers avoid practices that result in student inactivity | 3 |  |  | |  |
| PA. 10 | Physical education is enjoyable | 3 |  |  | |  |
| PA. 11 | Promote community physical activities | 3 |  |  | |  |
| PA. 12 | Instruction for special health care needs | 3 |  |  | |  |
| PA. 13 | Credentialed physical education teachers | 3 |  |  | |  |
| PA. 14 | Professional development for teachers | 3 |  |  | |  |
| PA. 15 | Participation in extracurricular physical activity programs | 3 |  |  | |  |
| PA. 16 | Training requirements for coaches | 3 |  |  | |  |
| S. 1/PA. 17 | Physical education safety practices | 3 |  |  | |  |
| S. 2/PA. 18 | Physical activity facilities meet safety standards | 3 |  |  | |  |
| S. 3/PA. 19 | Athletics safety requirements | 3 |  |  | |  |
| For each column, add up the  numbers that are circled and enter  the sum in the row. | | 57 | 0 | 0 | | 0 |
|  | | TOTAL POINT: Add the four sums  Above and enter the total to the right. | | | 57 | |
| MODULE SCORE =  (Total Point / 57) x 100 | | | 100.0% | |