

STUDENTS

STUDENT WELFARE AND WELLNESS

PHILOSOPHY

The Meade County Board of Education promotes healthy students by supporting wellness, good nutrition and regular physical activity as a part of the total learning environment. The health, safety and wellness of our pupils shall be a priority consideration in all Board decisions. We believe student health is closely associated with academic achievement, attendance rate and positive behavior, thus our students need to strive for healthy lifestyles in order to truly be prepared for “college and career readiness.” The board is committed to providing a school environment that enhances learning and development of lifelong wellness practices.

COORDINATED SCHOOL HEALTH PROGRAM

As designated by the Superintendent/designee, the District Coordinated School Health Council shall implement a process to engage students, parents, school staff and the community in developing, implementing, monitoring, and reviewing this policy. Membership consideration will be given to: students, parents, school administration, school board members, health and physical education teachers, family resource and youth services centers coordinators, mental health or social services staff, school food service staff, school nurses, maintenance and transportation staff, local health department staff, businesses, local government and other community partners. The council will designate an individual to monitor implementation and evaluation of the policy. Refer to the section on Measurement and Evaluation.

Each school is encouraged to establish a Coordinated School Health Committee (CSHC). The CHSC may consist of individuals representing the school and community, including, but not limited to the list above for the District CSHC. The committee will designate an individual to monitor implementation and evaluation of the policy. Refer to the section on Measurement and Evaluation.

CURRICULUM

Schools will align the curriculum and instruction to the Practical Living standards of the Kentucky Core Academic Standards regarding health and wellness. Personal wellness, nutrition, safety, psychomotor skills and lifetime physical wellness are the key areas that will be addressed utilizing a Coordinated School Health approach. In accordance with the Practical Living Program Review, schools will implement this policy via a school level wellness policy that is annually reviewed. The Comprehensive School Improvement Plan will include goals for school wellness.

NUTRITION EDUCATION & PROMOTION

The primary goal of nutrition education is to influence student’s eating behaviors. Building nutrition knowledge and skills helps children make healthy eating choices. Children have to be healthy to learn and have to learn how to be healthy. The promotion of nutrition education should involve parents, students, school staff and the community.

- a) Provide nutrition education and engage in nutrition promotion that is offered at each grade level as part of a sequential, comprehensive, standards-based program designed to provide students with the knowledge and skills necessary to promote and protect their health.

- b) Classroom nutrition education reinforcement and nutrition activity resources are provided by the cafeteria nutrition services through food demonstrations, and/or classroom nutrition education activities.
- c) Healthy eating is encouraged in the cafeteria through the use of visual mediums and decorative merchandising props. Nutrition education materials such as posters in the school cafeteria and around the school campus are used to promote good nutrition.
- d) The district website includes a nutrition site with information regarding the importance of healthy eating habits and promoting the school nutrition program as an avenue for balanced meals. A message about the Dietary Guidelines for Americans, the USDA's MyPlate, and other pertinent information is included. The school district provides information to families that encourage them to teach their children about health and nutrition and to provide nutritious meals for their families.

NUTRITION STANDARDS FOR ALL FOODS AVAILABLE ON SCHOOL CAMPUS DURING THE SCHOOL DAY

Student's lifelong eating habits are greatly influenced by the types of foods and beverages available to them. Standards address all foods and beverages sold or served to students, including those available outside of school meal programs. These standards focus on increasing nutrient density, decreasing fat and added sugars, and moderating portion size.

- a) Child Nutrition Programs comply with federal, state and local requirements.
- b) Reimbursable school meals meet the program requirements and nutrition standards set forth under 7 CFR Part 210 (lunch and after school snacks) and Part 220 (breakfast) and are characterized by daily choices of entrees and fruits and vegetables and at least two types of milk. All guidance issued by the Secretary of Agriculture pursuant to subsections (a) and (b) of section 10 of the Child Nutrition Act (42 U.S.C. 1779) and sections 9(f)(1) and 17(a) of the Richard B. Russell National School Lunch Act (42 U.S.C. 1758(f)(1), 1766(a)), as those regulations and guidance apply to schools is followed.
- c) The Food Service Department will encourage student participation in the USDA School Breakfast Program.
- d) Child Nutrition Programs ensure that all students have affordable access to the varied and nutritious foods they need to stay healthy and learn well.
- e) Menus are planned by the Food Service Director to ensure a balance between optimal nutrition and student acceptance. Strategies include: offer more choices, address time and location issues.
- f) Menus are analyzed for nutrient content to ensure that the proper targets with regard to fat, saturated fat and calories are met and other guidelines are followed.
- g) Healthy preparation techniques are primarily used.
- h) No contracted fast foods or foods sold through commercial vendors are available to students in the school cafeterias.
- i) School nutrition program staff responds to requests from students with special dietary needs.
- j) All schools abide by the nutritional standards for food and beverages that are in compliance with Federal and State regulations.
- k) All schools abide by Federal and State regulations when dealing with competitive food sales.
- l) Drinking water will be available to students at all times during the school day.
- m) Nutrition Services Managers will annually receive at least two (2) hours of continuing

- education in nutrition and healthy meal planning and preparations as required by Kentucky Senate Bill 172. All Nutrition Services Staff will have annual training required by Federal and State regulations.
- n) The District web site, The Nutrition and Physical Activity Report Card will serve as the communication sources for menus, nutrient analysis information, program updates and nutrition education links.

PHYSICAL EDUCATION AND ACTIVITY

The primary goal for physical education is to provide opportunities for every student to develop the knowledge and skills for specific physical activities, maintain physical fitness, regularly participate in physical activity, and understand the short-and long-term benefits of a physically active and healthy lifestyle. Each school will utilize a Comprehensive School Physical Activity Program (CSPAP) to increase the quality of the physical education instruction as well as increase physical activity opportunities throughout the school environment.

- a) Sequential physical education curriculum consistent with standards and teacher-student ratio as set by SBDM council.
- b) Physical activity is integrated across curricula and through-out the school day. Movement can be made a part of science, math, social studies and language arts, and other disciplines.
- c) Certified physical education teachers teach all physical education classes.
- d) Instruction for special health care needs is provided.
- e) Physical activity facilities on school grounds are safe.
- f) Schools evaluate opportunities for before and/or after school programs that promote physical activity for students.
- g) Schools are encouraged to participate in physical activity breaks during classroom time. (i.e. recess, GoNoodle, Brain Breaks, etc.)
- h) Students are encouraged to participate in physical activity before or after school. (i.e. clubs, classes, intramurals or interscholastic activities.)
- i) Schools do not use physical education as punishment.
- j) Schools encourage families and community members to institute programs that support physical activity and provide families with information to help them incorporate physical activity into their student's lives.
- k) School staff members serve as role models for students for health and wellness, schools will engage staff to be involved in employee wellness programs.

OTHER SCHOOL-BASED ACTIVITIES DESIGNED TO PROMOTE STUDENT WELLNESS

Policies established under this category create a school environment that provides consistent wellness messages that are conducive to healthy eating and being physically active.

- a) The school environment is safe, comfortable, pleasing, and allows ample time and space for eating meals.

- b) The school district encourages all students to participate in school meals program and protects the identity of students who eat free and reduced price meals.
- c) After-school programs will encourage physical activity and healthy habit formation.
- d) District wellness policy goals are considered in planning school-based activities (such as school events, fundraising, field trips, dances, class parties or reward programs and assemblies). A list of suggested healthy food rewards and snacks is available on the Meade County Schools website.
- e) Support for the health of all students is demonstrated by hosting health clinics, health screenings, and helping to enroll eligible children in state children's health insurance programs.
- f) All foods made available on campus comply with the state and local food safety and sanitation regulations.

MEASUREMENT AND EVALUATION

The Coordinated School Health Committee, made up of representatives from district schools, food service professionals, school health professionals, administration and other interested community leaders, will annually evaluate the Wellness Policy and submit findings to the Superintendent/designee no later than the regular May Board Meeting.

District Wellness Policy will be implemented upon Board approval of the policy and approval of each subsequent revision of the policy. The Superintendent/designee shall monitor compliance with this policy. At the school level, the principal in collaboration with school CSHC will monitor compliance with the District Wellness Policy in his/her school and will report on the school's compliance as directed by the Superintendent/designee.

Policy will be evaluated annually by the District Wellness Committee with input from a variety of stakeholders including students, parents, faculty and staff, and the District Wellness Committee. Successful completion of policy implementation and/or need for revisions will be measured in a variety of methods including but not limited to: WellSAT, CDIP Impact & Implementation Check, School CSHC Reviews, parent, student and principal surveys as deemed appropriate. Progress reports and any recommended revisions will be presented to the Board of Education for formal adoption of the District Wellness Policy in June of each year.

Progress Report

The District shall periodically measure and update the public on the content and progress of implementation of its school wellness efforts. The report shall include:

1. Extent to which the District is in compliance with this policy.
2. A comparison of how the District measures up to model wellness policies provided by recognized state and national authorities.
3. A description of the measurable progress made towards reaching goals of the District wellness policy and addressing any gaps in the wellness report for the previous year.