

Student Welfare and Wellness

PURPOSE:

The purpose of the Barren County Schools wellness policy is to ensure that all students at Barren County Schools are provided with a safe and healthy environment that promotes wellness through high quality health education and physical education to enrich student learning and ensure success. Barren County Schools believe student health is closely associated with academic achievement, attendance rate and behavior supports, thus our students need to be striving for healthy lifestyles.

The health and safety of students and staff shall be a priority consideration in all Board decisions.

The Board is committed to providing school environments that promote and protect student health, well-being, and ability to learn by supporting good nutrition and physical activity. To this end, the Board supports District and school efforts to implement the following:

- To the maximum extent practicable, schools will participate in available federal school meal programs.
- Schools will provide and promote nutrition education and physical education to foster lifelong habits of healthy eating and physical activity and will establish linkages between health education, school meal programs, and related community services.
- All students and staff will have opportunities, support, and encouragement to engage in proper nutrition and physical activity on a regular basis as provided by school/council policy and district initiatives such as the We Can 9-5-2-1-0 plan (described below).
- Qualified child nutrition professionals will provide students with access to a variety of affordable, nutritious, and appealing foods that meet the health and nutrition needs of students; will accommodate the religious, ethnic, and cultural diversity of the student body in meal planning; and will provide clean, safe, and pleasant settings and adequate time for students to eat.

SCHOOL WELLNESS PLANS

After reviewing guidelines set out in district Policy 09.2, each school shall develop a Wellness Plan detailing how those guidelines shall be incorporated in the school.

DISTRICT/SCHOOL WELLNESS COMMITTEE

The district, partnering with Healthier Generation Organization, will convene a district wellness committee to establish goals and to oversee the welfare and wellness policies and programs, including development, implementation periodic review and update of the policy. Membership on the committee will include, but not be limited to, students, parents, physical and/or health education teachers, school food service professionals, school health professionals, representative from the Healthier Generation Organization, school board members, school administrators, and other interested community members in developing, implementing, monitoring, and reviewing this policy.

IMPLEMENTATION AND MONITORING

Representatives from each school who serve on the district wellness committee will be responsible for convening a wellness committee at each respective school to ensure the schools are informed of the district wellness policy and implementation requirements. At the school level, that representative, along with the building principal, will monitor implementation of the policy

through the completion of annual progress reports provided by Healthier Generation. School representative(s) will report on progress at the school level to the district committee which will then be communicated to the Board, to include extent to which schools/District is in compliance with the set policy, a comparison to district performance compared to other wellness policies, and a description of the measurable progress made towards reaching the goals of the District.

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NUTRITION PROMOTION AND EDUCATION, PHYSICAL ACTIVITY, AND OTHER SCHOOL-BASED ACTIVITIES

Each school is to set measurable goals in providing nutrition education and engaging in nutrition promotion to positively influence lifelong eating behaviors. Suggested language may include goals related to activities and opportunities:

- To promote hydration, free, safe, unflavored drinking water will be available to all students throughout the school day.
- To ensure content of the Health Education Curriculum is frequently integrated into all content areas to meet the health and safety needs of all students.
- To offer 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;
- To offer as part of not only health education classes, but also classroom instruction in subjects such as math, science, language arts, social sciences, and elective subjects;
- To provide activities that include enjoyable, developmentally-appropriate, culturally-relevant, participatory activities, such as contests, promotions, taste testing, farm visits, and school gardens;
- To promote fruits, vegetables, whole grain products, moderate sodium items, low-fat and fat-free dairy products, healthy food preparation methods, and health-enhancing nutrition practices;
- To emphasize caloric balance between food intake and energy expenditure (physical activity/exercise);
- To link with school meal programs, other school foods, and nutrition-related community services;
- To provide all students with opportunities, support, and encouragement to be physically active on a regular basis as provided by school/council policy. Schools with K-5 organization, or any configuration thereof, shall include in their wellness policy, moderate to vigorous physical activity each day in accordance with KRS 160.345 and Board Policy 02.4241;
- To teach media literacy with an emphasis on food marketing; and
- To include training for teachers and other staff.
- To utilize the Nutrition Education Liaison to provide services at all schools to promote wellness.

Schools will limit food and beverage marketing to the promotion of foods and beverages that meet the nutrition standards for meals or for foods and beverages. School-based marketing of brands promoting low-nutrition foods and beverages is prohibited. Marketing is most effective when implemented consistently by school staff and teachers, parents, students and the community.

PHYSICAL EDUCATION AND PROMOTION

Physical activity can take place in the school through physical education, recess, classroom-based physical activity and during planned activities before and after school. Schools will ensure that these varied opportunities are in addition to, and not as a substitute for, physical education class. All students will be encouraged to participate in one hour of physical activity daily. This can occur through:

- Lesson plans including planned student movement and integration into academic lessons.
- Recess- at least 20 minutes of recess time is allocated and supervised each day.
- Incentives to encourage each student to engage in physical activity.
- Planned activities before and after school.

Our school will limit the use of physical activity as punishment and withholding of physical activity for behavior management.

Each school is encouraged to provide a comprehensive school based physical activity program that includes physical education and physical activity that:

- Provide age appropriate, sequential instruction and aligned with national and state standards for physical education by a certified teacher.
- Promotes the benefits of a physically active lifestyle;
- Develops skills to help students and staff engage in lifelong healthy lifestyles;
- Incorporates essential health education concepts;
- Promotes student physical fitness through individualized fitness and activity assessments.

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OTHER ACTIVITIES THAT PROMOTE STUDENT WELLNESS

- We Can 9-5-2-1-0 Plan

The district plan will help promote a healthy lifestyle for staff, students and families by encouraging the following:

- 9 = recommended hours of sleep per night
- 5 = recommended servings of fruits and vegetables per day
- 2 = limit number of hours of screen time (after school hours)
- 1 = recommended time for physical activity per day
- 0 = no sugar-added beverages

Anytime a student or staff member completes one of the above activities during the course of the day, he/she can complete a ticket and return it to school. When tickets are returned to school, students and staff become eligible to win monthly prizes.

- 95210 Family night events will be held annually.

GREENHOUSE, TOWER TO TABLE, AND FARM TO FORK COLLABORATIONS

- Following procedures outlined by Farm to School Programs, the District will continue to utilize Tower Gardens, student gardens, and other local resources for the purpose intended: growing vegetables and fruits to supplement the Nutrition Service healthy menu offerings, enriching classroom instruction and after school programs, and providing hands-on activities for students, staff, and families.
- Greenhouses and Tower Gardens will be utilized for the purpose intended: growing vegetables to supplement the food service health menu offerings, enriching classroom instruction and providing hands-on activities for students.

NUTRITION GUIDELINES FOR ALL FOODS

Each school is to follow minimum federal and state nutrition standards. Below is suggested language for the District to choose from to reach District specific desired outcomes:

- Foods and beverages sold during the school day shall be done in accordance with state and federal regulations and Board Policies 07.111 and 07.12.
- Parents may block the purchase of “extras” from their child’s cafeteria account.
- Foods and beverages sold or served at school shall be consistent with the federal regulations for school meal nutrition standards. Nutrition guidelines for all foods and beverages served or sold on campus shall be maintained by the Superintendent/designee and made available upon request. The Superintendent shall designate an individual or individuals to monitor compliance of beverages and food sold a la carte with state and federal nutrition requirements.
- In compliance with the Healthy, Hunger-Free Kids Act, any food item offered for sale through a vending machine, school store or fundraiser on school property shall meet the state requirements.
- Qualified child nutrition professionals will provide students with access to a variety of affordable, nutritious, and appealing foods that meet the health and nutrition needs of students; will accommodate the religious, ethnic, and cultural diversity of the student body

in meal planning; and will provide clean, safe, and pleasant settings and adequate time for students to eat.

- When possible, rewards given to students shall be other than food/beverage items. When food/beverage items are used as rewards, such items shall comply with nutritional guidelines set out in Kentucky Administrative Regulation. Items that do not comply will be limited to one food and one beverage. Nutrition Education Liaison will provide a list of items available for purchase and a list of non-food alternatives for rewards and celebrations.

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EVALUATION AND ENFORCEMENT

Leadership:

The Superintendent/designee will monitor compliance with this and related policies. At the school level, the Principal/designee will monitor compliance with those policies in his/her school and will report on the school's compliance as directed by the Superintendent/designee.

The District shall form a District Wellness Committee and actively seek to engage students, parents, physical and/or health education teachers, school food service professionals, school health professionals, school board members, school administrators, and other interested community members in developing, implementing, monitoring, and reviewing this policy. In compliance with 702 KAR 6:090, Barren County Schools will utilize the Alliance for a Healthier Generation's Healthy Schools Program to evaluate the school environment. This report will be shared annually with the district as required by KRS 160.345(11) and release the report at least 60 days prior to the public forum. Results will be reported to parents and community stakeholders via the school's website.

The provisions of this policy shall be implemented to comply with provisions required by federal law, state law or local board policy. If any specific requirement above does not fit with those rules, the principal shall notify the council so that the policy can be amended to fit.

Annual Progress Report:

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

1. The District website and/or other information on how the public can access copies of school and District Wellness Policies;
2. A summary of each school's wellness events and/or activities;
3. A description of each school's progress in meeting the school wellness goals;
4. Contact information for the leader(s) of the Wellness Committee; and
5. Information on how individuals can get involved.

ASSESSMENT

The District shall measure and make available to the public once every three (3) years at a minimum, 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; and
3. A description of the measurable progress made towards reaching goals of the District wellness policy and addressing any gaps identified in the wellness report for the previous year.

REFERENCES:

KRS 158.850; KRS 158.854

702 KAR 006:090

P. L. 111-296

7 C.F.R. Part 210; 7 C.F.R. Part 220

U. S. Dept. of Agriculture's Dietary Guidelines for Americans

RELATED POLICIES:

02.4241, 07.1, 07.111, 07.12

Adopted/Amended: 7/9/2015

Order #: 145/95