**Spencer County Elementary School**

**School Wellness Plan**

**Spencer County Elementary School Wellness Plan**

The Spencer County Public School Board recognizes its responsibility to provide a healthy learning environment by supporting wellness, good nutrition and regular physical activity as outlined in SCPS Board Plan 09.2. This School Wellness Plan promotes life-long wellness behaviors, and links healthy nutrition and exercise to students' overall physical well-being. Healthy eating behaviors and regular physical activity are essential for students to achieve their full academic and life potential.

This School Wellness Plan also supports employee life-long wellness behaviors, linking healthy nutrition and exercise to overall health, job performance and a positive work environment. Specifically, the (School Name) shall strive to accomplish the following physical activity, nutrition education, nutrition goals, and wellness goals:

**1. Physical Education**

*The physical education curriculum shall teach students the importance of physical fitness and expose students to a wide variety of physical activities so students develop the concepts and skills necessary to be active for life. The physical education curriculum shall meet or exceed state standards, including emphasis on health-related physical fitness and lifetime activities. Student involvement in other activities involving physical activity shall not be a substitute for meeting the physical education requirement.*

Spencer County schools is committed to providing a school environment that enhances learning and development of lifelong wellness practices. The physical education curriculum is aligned to the practical living standards of the Kentucky core academic content. Personal wellness, nutrition, safety, psychomotor skills and lifetime physical wellness are the key areas of focus.

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 with utilize core content/practical living standards to increase the quality of the physical education instruction as well as increase physical activity opportunities throughout the school environment.

**A.)** Physical activity is integrated across curricula and throughout the school day. Movement can be made a part of science, math, social studies and language arts, etc.

**B.)** Instruction for special health-care needs is provided.

**C.)** Certified physical education teachers teach all physical education classes.

**D.)** Physical activity facilities on school grounds are safe.

**E.)** School evaluates opportunities for before and/or after school programs that promote physical activity for students.

**F.)** School encourages families and community members to institute programs that support physical activity and provide families with information to help them incorporate physical activity into student’s lives.

**G.)** School staff members serve as role models for students for health and wellness. Schools will also engage staff to be involved in employee wellness programs.

**2. Physical Activities**

*All elementary schools shall schedule daily recess for students and encourage students in active play. All district schools shall offer a range of activities for all students, including students with disabilities and students with special health care needs, as additional ways to be physically active.*

Activities and Evidence

* Playground activities on outside equipment
* Rainy Day Recess:  ​Dance, aerobics, & exercise
* Brain Breaks:  Stretching
* We do several stretching and jogging breaks
* “Just Dance” videos for indoor recess
* Wiggle dance with Wulfe Bros to get the wiggles out
* Stretches between assessments questions like make your left elbow touch your right knee, jumping jacks
* Musical Topic Journals
* Math Vocabulary Movements--Geometry
* A quick birthday dance on students' birthdays to one of the Wulfe Bros. songs.
* The chairs in my room do not stack on the desks, so students are responsible for stacking them up each afternoon and getting them out every morning.  This doesn't sound like much, but it can be a workout.
* Adventure to Fitness for brain breaks or indoor recess
* Continental drift for a brain break
* ​Brain breaks with song and dance
* Milling to Music (movement around the room and stopping to chat about content with a partner, then moving some more)
* Indoor recess sometimes includes charades
* Hokey Pokey, Walking Song, Gummy Bear Dance, Monkey Dance, Robot Song.
* run while counting to 100, elbow to knee cross while saying letters/sounds, 5 Minds in Motion activities, dancing brain breaks, march in place while waiting
* Greg and Steve music with movements, other cd's with music and movements, ABC exercise DVDMix and Match for review (music on walk/off high five/tell your partner (whatever we are learning or reviewing).
* Brain Breaks, acting out concepts when possible--being a seed and growing into a plant, changing locations from carpet to seats to group work on the floor--giving a chance to move whenever possible, having work spots around the room that are not so confining to a chair, motions to songs and plays, wiggle time/recess
* We perform a lot of skits in our lessons, 4 corners for recess
* Every morning after we complete our Word Work we have a routine that we do.  I tell them to put their checked papers in their cubbies, give me 10-10-10, get a drink and then meet me on the floor for Shared Reading.  They know that they have to do 10 jumping jacks, 10 toe touches, and 10 crunches. It's a great Brain Break - quick and simple.
* We have brain breaks, dance, sing, and move to content songs, use some elements of whole brain instruction (which includes movement), and cheer content vocab.
* Minds in Motion Maze
* Folk dancing and parachute movement dance in music class
* GoNoodle website activities

**3. Health Education**

*The health education curriculum shall teach students the concepts, attitudes, skills and behavior for life-long healthy eating habits and physical activity. The District supports curriculum standards and student outcomes for health education that include an emphasis on good nutrition, disease prevention and healthy lifestyles.*

Activities and Evidence

1. Health education follow Kentucky Core Academic Standards for Primary/Intermediate Health Education (aligned to National Physical Education Standards)
2. School nurse provides a yearly 5th grade Health, Hygiene and Puberty Program
3. School nurse provides a yearly *Be the Beat* 5th grade –**hands only** CPR lesson
4. Yearly Kindergarten hand washing program
5. Yearly vision screenings on all 1,3,5th grades
6. Yearly hearing screenings on all K,2,4th grades
7. Smile KY – U of L Dental School screenings
8. Yearly Heights, Weights, and BMI for 1st -5th grade students
9. Guidance lessons including: Self Esteem, Positive Thinking, Respect, Conflict Resolution, 7 Habits, Social Skills and Hygiene, Anger Management, Decision Making Skills, Coping with Grief, and Divorce Group.
10. Red Ribbon Week lesson- Making Healthy Choices
11. 5th grade anti- bullying program
12. Spencer County Health Fair/Readifest provides health resources and free health screenings.

**4. Nutrition Education**

*The nutrition education curriculum shall emphasize the knowledge and skills for a lifetime of healthy eating behaviors and be consistent with state and national standards and guidelines, such as the Dietary Guidelines for Americans.*

Activities and Evidence

1. Health education follow Kentucky Core Academic Standards for Primary/Intermediate Health Education (aligned to National Physical Education standards)
2. Health & Fitness club teaches the Dietary Guidelines for Americans and eat snacks that follow the guidelines.

**5. School Nutrition Programs**

*The School Nutrition Department shall promote healthy meals and healthy meal alternatives as part of the educational learning environment to promote a healthy lifestyle and reduce the incidence of childhood obesity. Students shall receive the same quality school lunch and/or breakfast regardless of eligibility status, under all circumstances. All district schools shall participate in federal child nutrition programs (NSLP and NSBP). The district shall comply with federal program guidelines and applicable state and federal laws and regulations. Food safety will be a major part of the school nutrition program.*

Activities and Evidence

1. Planned 3 week rotating menu for the year.
2. Menus and recipes are posted on the district website.
3. Copy of the menu is sent home with students
4. Daily menu is announced on the Bearly News program

**6. Nutrition and Wellness Promotion in the School Environment**

*The entire school environment shall reflect the District's commitment to student and staff wellness. All food and beverage vending machines accessible to students on school campus shall be limited to products meeting USDA nutritional guidelines. Foods of minimal nutritional value shall not be sold/served/provided to students during school hours. The exception to this is celebration foods. Celebration foods that are less nutritious should be limited to occasionally and not served prior to lunch. Staff are encouraged to serve as nutrition role models for students. Parents are encouraged to provide nutritional foods for lunches and snacks*.

Activities and Evidence

1. Vending machines are not available to students.
2. Celebrations are limited to major holidays or academic achievement rewards.
3. Outside (fast food) is not allowed in the cafeteria.
4. Parents are requested to send healthy snack options for their child.
5. Posters are used to promote nutrition and wellness throughout the school.
6. School nurse discusses good nutrition with each student encounter.
7. Water bottles are allowed to be used in classrooms for students to stay hydrated.
8. During Summer Enrichment Program, student are presented with a Healthy Snack lesson provided by the Spencer County Cooperative Extension Office and a Fitness Program (Hula Hoops) offered by AHEC.

**7. Employee Wellness**

*Health and wellness shall be promoted to and promoted by district employees. The district shall provide wellness programs, educational opportunities and a healthy work environment to encourage employee health and well-being.*

Activities and Evidence

1. Staff is invited to participate in the Health & Wellness and Running clubs by SCES club leaders.
2. Staff is invited to participate in Zumba Club on Mondays after school.
3. Flu shots are offered to school employees as provided by the local health department.
4. Healthy recipes and health tips are provided in the district’s employee newsletter.
5. January- SCES – Yearly weight loss initiative for staff provided. Program encourages healthy habits, weight loss, and group support.
6. School nurse provides access to scale and BMI calculation as well as blood pressure measurement as needed.
7. Wellness incentives through employee’s insurance program

**8. Wellness Committee**

The School Wellness Committee is advisory to the District Wellness Committee meets at least quarterly to review plan implementation, progress made on attainment of goals, nutrition and physical activity policies, evidence on student health impact, and effective programs and program elements. In addition, the district wellness plan will be reviewed annually, and recommendations for changes will be discussed.

**9. Wellness Plan Implementation and Enforcement**

All building administrators are responsible for implementing and enforcing the wellness plan at their building. All employees are responsible for implementing and complying with this plan while in the workplace in the presence of students.