Henry County Middle School *School Wellness Policy*

PURPOSE

The purpose of the Henry County Middle School (HCMS) *School Wellness Policy* is to ensure that all students at HCMS 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. We believe student health is closely associated with academic achievement, attendance rate, and behavior supports, thus our students need to be striving for healthy lifestyles in order to truly be prepared for "college and career readiness".

SCHOOL COMMITTEE

HCMS maintains a Coordinated School Health Committee (CSHC). Our CSHC serves as a resource to create, strengthen, and support school policy on the promotion of student health and wellness. This committee will report to the SBDM at a minimum every three months to provide updates on school progress of implementation of this policy and other CSHC programs.

SCHOOL ACTIVITY AND PHYSICAL EDUCATION

Comprehensive School Physical Activity Program [CSPAP]
Our school recognizes that a CSPAP is an approach our school will utilize to ensure opportunities for the school-based physical activity required to develop physically educated students who participate in the nationally recommended 60+ minutes of physical activity each day and develop the knowledge, skills, and confidence to be physically active for a lifetime. With a CSPAP, quality physical activity, including school-based physical education, is the cornerstone of the program while also opportunities for school employee wellness and involvement, and family and community involvement.

PHYSICAL EDUCATION

- ✔ A certified physical education teacher will provide instruction.
- ✔ Physical education teachers are allocated annually 24 hours to participate in professional learning to address issue related to instructional practices, data analysis, and improve instructions.
- ✔ Our school will use a student assessment tool similar to the Fitnessgram Assessment tool to muscular strength and endurance, cardiovascular endurance, flexibility, and Body Mass Index annually to determine each student's performance in relation to grade level benchmarks of the Kentucky Core Academic Standards (KCAS) as well as National Association for Sport and Physical Education (NASPE) Standards
- ✔ Students will receive, at minimum, 45 minutes of physical education for nine weeks per school year through Physical Education as a related art.
- ✔ The Alliance for a Healthier Generation will assess our efforts regarding a coordinated school health program, which includes PE.
- ✔ The physical education teachers at HCMS also uses a standards and researched based curriculum that meets NASPE standards.

- ✔ All students will be assessed on the KCAS and receive a written grade based on the ~~school~~ HCMS grading schedule.
- ✔ Physical education class sizes follow the district policy for pupil-teacher ratio in non-PE classrooms.

PHYSICAL ACTIVITY DURING THE SCHOOL DAY

- ✔ All students will receive at least 30 minutes of physical activity outside of physical education class namely through passing periods. Students pass from class to class a minimum of 7 times per day and just prior to and just after the beginning of the day for a total of 30 minutes of physical activity.
- ✔ Incentives may be used during the school year to encourage each class to engage in physical activity.

✔ Our school prohibits the use of physical activity as punishment (e.g. running laps, doing pushups etc.), and the withholding of physical activity/physical education time for behavior management. Our school also prohibits withholding physical activity/physical education time for make-up work.

PHYSICAL ACTIVITY BEFORE AND AFTER SCHOOL

Students also have the opportunity to participate in a variety of extra-curricular sports after school.

STAFF INVOLVEMENT

- ✔ **Staff Wellness:** School highly values the health and well-being of every staff member and will plan and implement activities and policies that support personal efforts by staff to maintain a healthy lifestyle. CSHC will work in conjunction with our district Health Coordinator. The committee should develop, promote, and oversee, a plan to promote staff health and wellness. The plan should be based on input solicited from school and should outline ways to encourage healthy eating, physical activity, and other elements of a healthy lifestyle among school staff. The Staff Wellness Committee may be asked to work with the district Health Coordinator to plan district-wide activities.

SCHOOL NUTRITION

- ✔ Our school will adhere to all guidelines of the USDA National School Lunch Program.
- ✔ Our school shall encourage healthy choices among students using the following methods:
  - Increase breakfast participation via second chance as well as "grab-n-go" programs.
  - Schedule adequate time for all meals (702 KAR 6:060).
  - Our school shall implement the nutritional standards required by federal and state laws and regulations. Those rules apply to our food program and to other food and beverages available during the school day.
  - Parents may block the purchase of "extras" for their child's cafeteria account.
  - School Nutrition Personnel will work closely with the parents(s) and/or guardian(s) to make reasonable accommodations for students with disability or special dietary needs.
  - School cafeteria managers shall annually receive a minimum of two (2) hours of continuing education in applied nutrition and healthy meal planning and preparation [KAR 158.852].

- In compliance with the federal Healthy Hunger Free Kids Act and 702 KAR 006:090, any food item offered for sale through a vending machine, school store, canteen, or fundraiser on school property shall meet the established state requirements.
- User Smarter Lunchroom strategies for increasing healthy food selection (i.e. place fruits and vegetables near cafeteria or at easy access, etc.).
- Provide information to students or families on the nutrition, caloric, and sodium content of foods available.

NUTRITION EDUCATION AND PROMOTION

- Our Practical Living curriculum shall address the full Kentucky Core Academic Standards, including health, consumerism, and physical education. Health and practical living classes are provided for students as a part of their enrichment and rotation periods.
- Drinking water is encouraged and available to students free of charge at all times during the school day.
- Sports drinks are not available in the school setting. Price nutritious foods and beverages at a lower cost while increasing the price of less nutritious foods and beverages.
- **Fundraising Activities:** To support children's health and school nutrition-education efforts, school fundraising activities will not involve food or will use only foods that meet the above nutrition and portion size stands for foods and beverages sold individually. Schools will encourage fundraising activities that promote physical activity
- **Snacks:** Our school will comply with USDA Smart Snack Standards. For more information, see: https://www.fns.usda.gov/healthierschoolday/tools-schools-focusing-smart-snacks
    - If eligible, schools that provide snacks through the after-school programs will pursue receiving reimbursement through the National School Lunch Program.

- **Rewards:** Schools will not use foods or beverages, especially those that do not meet the nutrition standards for food and beverages sold individually (above), as rewards for academic performance or good behavior, and will not withhold food or beverages (including food served through school meals) as punishment.
- **Celebrations:** Schools should limit celebrations that involve food during the school day to no more than one party per class per month. Each party should include no more than one food or beverage that does not meet nutrition standards for foods and beverages sold individually (above). Foods brought in for class parties / celebrations, during the school day should be packaged and labelled***. Due to food allergies no home-made foods will be allowed.*** See Appendix A

- **Food Marketing in Schools -**The Wellsat survey addresses food marketing and will be used as the assessment in our school.

- **Communication with Parents:** Schools will support parents' efforts to provide a healthy diet. Our school will offer healthy eating programs for parents, send home nutrition information, post nutrition tips on school websites, and provide nutrient analyses of school menus. Schools should encourage parents to pack healthy lunches and snacks and to refrain from including beverages and foods that do not meet the above nutrition standards for individual foods and beverages. Our school will provide parents a list of foods that meeting the district's snack standards and

ideas for healthy celebrations/parties, rewards, and fundraising activities. Any food item brought in by parents during the regular lunch schedule must meet the same food guidelines as food served in the school cafeteria.

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 requirements above do not fit with those rules, the principal shall notify the council/committee so that the policy can be amended to fit.

MEASUREMENT AND EVALUATION

In compliance with 702 KAR 6:090 Henry County Middle School ~~School~~ 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 as required by KRS 160.345 (11) and release the report at least 60 days to the public forum required by KRS 158.856 (5). Results will be reported to parents and the community stakeholders via the school's website.

The Henry County Middle School CSHC will oversee the implementation and evaluation of this policy. The CSH committee shall periodically report to the school principal and SBDM on the content and progress of implementation of the school's wellness efforts. The timeline for reporting is at the discretion of the principal and shall be noted in the SBDM minutes of record. The report shall include:

1. Extent to which the school is in compliance with this policy;
2. School assessment results
3. A designated school representative of the CSHC will communicate on the description of the measurable progress make towards reaching goals of the school wellness policy and address any gaps identified in the wellness report of the previous year.

Policy 1st Reading: _____

Policy 2nd Reading:_____

Date Approved:_____Chair Signature:_____

Appendix A: School Wellness Policy

EXAMPLES OF ACCEPTABLE SCHOOL SNACKS

Bananas	*Apples*
Cheese	*Pretzels*
Celery	*Broccoli*
Cauliflower	*Low fat dips or dressings*
Strawberries	*Carrots*
Fruit Cups	*Goldfish Crackers*
Yogurt	*Bagels*
Gatorade	*Water*
Sherbert	*Sugar free/fat free ice cream*
Popcorn	*Jello*
Fruit Snacks	*Sugar/fat free pudding*
Fruit Pico	*Beef Jerky*
Baked Chips	*Vanilla Wafers*
Cheezits	*Animal Cookies*
Fruit Juices	*Fruit Smoothies*
Milk	*Graham Crackers*
Wheat Crackers	*English Muffins*
Rice Cakes	*Rice Cakes*
Dry Cereal	*Fig Bars*
Fresh Fruit	*Frozen Fruit Bars*
String Cheese	
Etc……..	