

District: Boone County

School: Burlington Elementary

Council Policy #7.3

Standard: Culture

POLICY DESCRIPTION

Wellness

POLICY STATEMENT

Vision:

BES Wellness Committee will improve the physical and mental health of our students and their families, our staff, and our community.

Mission:

To improve the health of the Burlington Elementary Community. We will accomplish this by providing direct health instruction and by adopting policies to promote health and wellness.

To fulfill our mission, the following shall apply:

NUTRITION:

- ❖ School food service will comply or exceed federal, state, and local requirements. School food service will be accessible to all children, including breakfast and lunch.
- ❖ All foods made available at school will adhere to food safety and security guidelines.
- ❖ The school environment will be safe, comfortable, pleasing, and allow ample time and space for eating meals.
- ❖ Sequential and interdisciplinary nutrition education will be provided and promoted. Teachers will follow Kentucky Core Content for health education.
- ❖ Soft drinks or food items from vending machines will not be available to any students on school grounds.
- ❖ If the teacher allows daily classroom snacks, the students must bring a fruit and/or vegetable (fresh, frozen, packaged or canned).
- ❖ No fast food/drinks will be allowed in the cafeteria during the food serving hours of 8:15am-9:00 am, and 10:40 am-1:30pm.

BIRTHDAYS/CELEBRATIONS/REWARDS:


- ❖ Food will not be used as a reward during routine classroom activity (except as a motivational tool when used in conjunction with a behavior plan and/or an Individualized Education Plan).

- ❖ Any food utilized in classroom FOOD-BASED PROJECTS must be pre-approved by the Wellness Committee two weeks prior to the event. All projects that are edible after completion must be sent home and will not be allowed to be eaten during school hours.
- ❖ For **birthday celebrations**, NO FOOD WILL BE ALLOWED. In order to maximize our instructional time, the birthday child will be recognized during morning announcements, but celebrations will not take place in the school setting.
- ❖ **School-wide celebrations** will include Fall Celebration and Winter Celebration. A homeroom parent will be assigned to coordinate the celebrations with the individual teacher. Focus will be on physical activity and non-food items. Only fruits and vegetables (fresh, frozen, packaged or canned) will be allowed. If providing a classroom-wide fruit or vegetable, these items must be in a store package with label attached (including fresh fruit/vegetable trays). All food items will be checked by the classroom teacher.

PHYSICAL ACTIVITY:

- ❖ Each student will be provided the opportunity to engage in moderate physical activity for a minimum of 150 minutes a week.
- ❖ Patterns of meaningful physical activity will connect to students' lives outside of Physical Education. Physical education courses will be the environment where students learn, practice and are assessed on developmentally appropriate motor skills, social skills and knowledge.
- ❖ Physical activity will be developmentally appropriate and integrated across curriculum throughout the school day.
- ❖ Policies ensure that qualified instructors will teach all physical education classes.
- ❖ Physical activity will not be assigned as a punishment, nor will the opportunity to participate in outdoor play with classmates be denied as a form of punishment. While at play in the event that a student plays in an unsafe manner that may result in harm to themselves or others, they may be excluded from play. A student may have the option to attend a class or homework work session, if they choose, instead of participating in outside playtime.

Policy History:

Date adopted: <u>August 14, 1996</u>	Council Chairperson: <u>Bob Warnick</u>
Date amended: <u>March 22, 2005</u>	Council Chairperson: <u>David Sammons</u>
Date amended: <u>September 20, 2011</u>	Council Chairperson: <u>David Sammons</u>
Date amended: <u>June 19, 2014</u>	Council Chairperson: <u>Kim Carnes</u>
Date amended: <u>September 18, 2014</u>	Signature: <u></u> Council Chairperson