



**Hazard Independent School District  
Physical Activity and Nutrition  
Wellness Policy**

**Mission Statement:** The Mission of Hazard Independent Schools is to offer students a world-competitive education that will challenge their minds, inspire their hopes, and provide them the opportunity to achieve their dreams.

**PREAMBLE**

Whereas, children need access to healthful foods and opportunities to be physically active in order to grow, learn, and thrive;

Whereas, good health fosters student attendance and education;

Whereas more than one-third of children and more than two-thirds of adults in the United States are overweight or obese, the 7<sup>th</sup> edition of the Dietary Guidelines for Americans places stronger emphasis on balancing calories with physical activity, and encourages Americans to make more nutrient-rich food choices that contain less sodium, saturated fats and trans-fats, added sugars and refined grains.

Whereas, heart disease, cancer, stroke, and diabetes are responsible for 55% of deaths in the United States, and major risk factors for these diseases, including unhealthy eating habits, physical inactivity, and obesity, often are established in childhood.

Whereas, 83% of high school students do not participate in sufficient vigorous physical activity and 70% of high school students do not attend daily physical education classes, and there are numerous studies showing that physical activity can improve academic achievement in students.

Whereas, nationally, until the Healthy Hunger Free Kids Act of 2010 was enacted, the items most commonly sold from school vending machines, school stores, and snack bars included low-nutrition foods and beverages, such as soda, sports drinks, imitation fruit juices, chips, candy, cookies, and snack cakes.

Whereas, Perry County ranks 118 out of 120 counties in health length and quality of life.

Whereas, 46% of adolescents in Kentucky report consuming fruits and vegetables less than one time daily.

Whereas, school districts around the country are facing significant fiscal and scheduling constraints; and whereas, community participation is essential to the development and implementation of successful school wellness policies;

Thus, the Hazard Independent District is committed to providing school environments that promote and protect children's health, well-being, and ability to learn by supporting healthy eating and physical activity. Therefore, it is the policy of the Hazard Independent School District that:

- ❖ The school district will engage students, parents, teachers, food service professionals, health professionals, and other interested community members in developing, implementing, monitoring, and reviewing districtwide nutrition and physical activity policies.
- ❖ All students in grades Preschool-12 will have opportunities, support, and encouragement to be physically active on a regular basis.
- ❖ Foods and beverages sold or served at school will meet the nutrition recommendations of the U.S. Dietary Guidelines for Americans, and meet the new meal pattern requirements of the Healthy Hunger Free Kids Act of 2010.
- ❖ 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.
- ❖ To the maximum extent practicable, all schools in our district will participate in available federal school meal programs (including the School Breakfast Program, National School Lunch Program (including after schools snacks), Summer Foods Service Program, and Child Care Food Program for suppers.
- ❖ Schools will provide nutrition education and physical education to foster lifelong habits of healthy eating and physical activity, and will establish linkages between

health education and school meal programs, and with related community services.

**TO ACHIEVE THESE GOALS THE HAZARD INDEPENDENT SCHOOL DISTRICT WILL ADDRESS THE FOLLOWING CRITERIA:**

**I. Nutrition Education**

**Nutrition Education and Promotion:** The Hazard Independent School district aims to teach, encourage, and support healthy eating by students. Schools should provide nutrition education and engage in nutrition promotion that integrates the comprehensive health education curriculum that:

- Provides nutrition lessons at each grade level (PPreschool-12- 12) 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;
- Is part of not only health education classes, but also classroom instruction in subjects such as math, science, language arts, social sciences, and elective subjects;
- Includes enjoyable, developmentally-appropriate, culturally-relevant, participatory activities, such as contests, promotions, taste testing, farm visits, and school gardens; Promotes fruits, vegetables, whole grain products, low-fat and fat-free dairy products, healthy food preparation methods, and health-enhancing nutrition practices;
- Emphasizes caloric balance between food intake and energy expenditure (physical activity/exercise);
- Links with school meal programs, other school foods, and nutrition-related community services;
- Teaches media literacy with an emphasis on food marketing and lessons designed to cover topics such as reading nutrition fact labels and healthy menu planning as well as the effect of media advertisement marketing.
- Includes training for teachers and other staff.

When addressing curriculum content for nutrition education, the Hazard Independent School District will align the nutrition curriculum with state and federal learning objectives and standards. Hazard Independent utilizes the Kentucky Core Academic Standards aligned to the National Health Education Standards. The district will also access the CDC's HECAT (Health Education Curriculum Analysis Tool) and the PECAT (Physical Education Curriculum Analysis Tool) to support evidence in the Practical Living/Career Studies Program reviews in all schools.

**II. Standards for USDA Child Nutrition Programs and School Meals**

**School Meals**

All schools will provide meals through the USDA School Lunch and School Breakfast Programs. All meals will:

- Be appealing and attractive to children;
- Be served in clean and pleasant settings;

- All reimbursable school meals meet, at a minimum, nutrition requirements established by local, state, and federal (USDA) statutes and regulations;
- Offer a variety of fruits and vegetables; there are at least 4 choices of fruits and vegetables daily for lunch and breakfast. No more than half of the fruits and Vegetables offered will be in the form of juice.
- Serve only low-fat(1%) white milk, and fat free flavored milk, and nutritionally-equivalent non-dairy alternatives (to be defined by USDA); and
- Ensure that all the grains served for lunch and breakfast are whole grain.
- USDA Standards can be found at the following link: <http://www.usda.gov>

### **Obtaining Feedback from Stakeholders**

Schools should engage students and parents, through taste-tests of new entrees and surveys, and in selecting foods sold through the school meal programs in order to identify new, healthful, and appealing food choices. In addition, schools should share information about the nutritional content of meals with parents and students. Such information could be made available on the menus, a website, on cafeteria menu boards, placards, or other point-of-purchase materials. Directions on how to select a reimbursable meal will be available on the menus, and at the beginning of the serving line. The district may use the USDA's Smarter Lunchroom tools and resources available on the USDA website.

**Breakfast:** To ensure that all children have breakfast, either at home or at school, in order to meet their nutritional needs and enhance their ability to learn:

- Schools will, to the extent possible, operate the School Breakfast Program.
- Schools will, to the extent possible, arrange bus schedules and utilize methods to serve school breakfasts that encourage participation, including serving breakfast in the classroom, "grab and go" breakfast.
- Schools that serve breakfast to students will notify parents and students of the availability of the School Breakfast Program.
- Schools will encourage parents to provide a healthy breakfast for their children through newsletter articles, take-home materials, or other means.

**Free and Reduced-price Meals:** Schools will make every effort to eliminate any social stigma attached to, and prevent the overt identification of, students who are eligible for free and reduced-price school meals. Toward this end, Hazard Independent Schools has chosen to participate in the CEP (Community Eligibility Provision) program in order to provide meals at no charge to all children, regardless of income; promote the availability of school meals to all students; and/or use nontraditional methods for serving school meals, such as "grab-and-go" or

classroom breakfast. Second meals or a la carte items can be purchased at the same lines as reimbursable meals. Students have an account that they can use to purchase these foods.

**Summer Food Service Program:** Schools in which more than 50% of students are eligible for free or reduced-price meals may sponsor the Summer Food Service Program for at least six weeks between the last day of the academic school year and the first day of the following school year, and preferably throughout the entire summer vacation. Hazard Independent Schools participated in this program for the several years, and also participates in the after school snack and supper program.

### **Closed Campus Policy**

School administrative staff will strive to manage the lunch period schedule in a way that ensures adequate space and time for all students to eat, with the goal of eliminating the need for an open campus policy. SBDMs may draft and approve a “closed campus” policy.

### **Meal Times and Scheduling:** Schools:

Students will have at least 10 minutes to eat after sitting down for breakfast and 20 minutes after sitting down for lunch to meet the required “seat time” for meal periods.

- Should schedule meal periods at appropriate times, e.g. , lunch should be scheduled between 11 a.m. and 1 p.m., or as close to these times as possible;
- Should not schedule tutoring, club, or organizational meetings or activities during mealtimes, unless students may eat during such activities;
- Will schedule lunch periods to follow recess periods (in elementary schools) as often as scheduling will allow;
- Will provide students access to hand washing or hand sanitizing before they eat meals or snacks; and
- Should take reasonable steps to accommodate the tooth-brushing regimens of students with special oral health needs (eg. Orthodontia or high tooth decay risk).

**Qualifications of School Food Service Staff.** Qualified nutrition professionals will administer the school meal programs. As part of the school district’s responsibility to operate a food service program, we will provide continuing professional development for all nutrition professionals in schools that follow the USDA Professional Standards for state and local Nutrition Programs. Staff development programs should include appropriate certification and/or training programs for child nutrition directors, school nutrition managers, and cafeteria workers, according to their levels of responsibility. Hazard Independent Schools provide annual training for all cooks and managers that meet the state requirements and the Child Nutrition Director attends all required state and USDA trainings, the KSNA Conferences, and Food Shows.

### **School Environment**

- Space/Seating-Lunch periods will be designed to maximize the space and seating of students by staggering lunch periods thus allowing for a less crowded cafeteria.
- Supervision-Appropriate supervision shall be provided in the cafeteria and rules for safe behavior shall be consistently enforced.
- Clean Pleasant Environment-Schools will strive to maintain an environment that is pleasant and clean.

**Sharing of Foods and Beverages:** Schools should discourage students from sharing their foods or beverages with one another during meal or snack times, given concerns about allergies and other restrictions on some children's diets.

### **Notification of Eligibility for Meals**

Prior to the beginning of each school year, a notice is included in the local paper stating that all schools in Hazard Independent will be participating in CEP so that all students will receive one breakfast and one lunch at no cost to them no matter what their income is. This is also posted on the district website.

### **Drinking Water Availability**

All students will have access to free drinking water. Students and staff will have access to free, safe, and fresh drinking water fountains throughout the school campus.

## **III: Nutrition Standards for Competitive and Other Foods and Beverages**

Due to a waiver for the SY 14-15, Foods and Beverages Sold Individually ( e.g., foods sold outside of reimbursable school meals, such as through vending machines, cafeteria a la carte line, fundraisers, school stores, etc.) during the school day, no longer must meet the 702 KAR 6:090 regulations, but do have to meet the Federal Smart Snacks regulations. This waiver is for food only and does not eliminate the time period for which food may be sold. No food or beverage may be sold except as part of the school lunch or school breakfast programs from midnight the night before until 30 minutes after the last lunch period. Foods and beverages may be sold 30 minutes after the last lunch period until 30 minutes after the end of the official school day, but must meet all nutrition standards in the regulations.

Standards for Food:

The following standards for food apply to all grade levels, (Elementary, Middle, Junior High and High Schools):

All foods must meet all of the competitive food nutrient standards, and

1. Be a whole grain rich product (must include 50% or more whole grains by weight or have whole grain as the first ingredient), or
2. Have as the first ingredient a fruit, vegetable, dairy product or protein food (meat, beans, poultry, etc.); or
3. Be a "combination food" with at least ¼ cups fruit and/or vegetable; or
4. Contain 10% of the Daily Value on one nutrient of public health concern (only through June 30, 2016) which are:  
calcium, potassium, vitamin D, and dietary fiber.

The Nutrient Standards are:

Calories from fat shall not exceed 35% (excluding low fat cheese, nuts, seeds, nut/seed butters, seafood with no added fat, and dried fruit with nuts or seeds)

Calories from saturated fat must be less than 10% as served. (same exclusions as above apply here)

Acceptable food items must have zero grams of trans fat as served. (< 0.5 g per portion)

Calories from sugar shall not exceed 35% by weight. (divide the grams of sugar by the gram weight of the product), (there are exemptions for fruits and vegetables, see regulations.)

Will have no more than 230 mg of sodium and no more than 200 calories per serving for any side dishes or snack items that are sold a la carte. (Starting in July 1, 2016, will not have more than 200 mg of sodium per serving)

Any entrée items sold a la carte shall not exceed 480 mg of sodium, and not exceed 350 calories per serving including any added accompaniments.

#### **Standards for Beverages:**

#### **Elementary Schools will only serve the following beverages:**

Plain water or carbonated water

Low fat milk (1% Fat) (8 oz. or less) or fat free flavored or unflavored milk (8 oz. or less).

Nutritionally equivalent milk alternatives as permitted by the school meals

Requirements

100% fruit/vegetable juice, 100% fruit/vegetable juice diluted with water (with or without carbonation), and no added sweeteners ( 8 oz. or less)



**Middle Schools will only serve the following beverages:**

Plain water or carbonated water

Low fat milk (1% Fat) (12 oz. or less) or fat free flavored or unflavored milk (12 oz. or less)

Nutritionally equivalent milk alternatives as permitted by the school meals

Requirements

100% fruit/vegetable juice, 100% fruit/vegetable juice diluted with water (with or without carbonation), and no added sweeteners ( 12 oz. or less)

**High Schools will only serve the following beverages:**

Plain water or carbonated water

Low fat milk( 1% Fat), (12 oz. or less), or fat free flavored or unflavored milk (12 oz. or less)

Nutritionally equivalent milk alternatives as permitted by the school meals Requirements

100% fruit/vegetable juice, 100% fruit/vegetable juice diluted with water. (with or without carbonation), and no added sweeteners ( 12 oz. or less )

Other beverages flavored or carbonated that contain 5 calories or less per 8 oz. or 10 calories or less per 20 oz. Other flavored and/or carbonated beverages (12 oz. or less) that contain 40 calories or less per 8 oz., or 60 calories or less per 12 oz.

Beverages for high school students may contain caffeine according to the new USDA guidelines.

The CACFP nutrition standards are followed for our supper program and Smart Snack standards are followed for our After School Snack Program. Snacks served during the school day or in after-school care or enrichment programs will make a positive contribution to children's diets and health, with an emphasis on serving fruits and vegetables as the primary snacks and water as the primary beverage. Schools will assess if and when to offer snacks based on timing of school meals, children's nutritional needs, children's ages, and other considerations. The district will disseminate a list of healthful snack items to teachers, after-school program personnel, and parents.

Hazard Independent Schools have been approved to participate in the after school snack program through the National School Lunch Program.



### **Celebrations/School Parties**

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 (nutrition standards as previously stated). The district will disseminate a list of healthy party ideas to parents and teachers that meet the Smart Snack standards. No homemade snacks or treats are permitted.

Smart Snack standards can be found at:

[http://www.fns.usda.gov/sites/default/files/allfoods\\_flyer.pdf](http://www.fns.usda.gov/sites/default/files/allfoods_flyer.pdf)

### **Fundraising Activities:**

During school hours to support children's health and school nutrition education efforts, school fundraising activities are encouraged to not involve food or will use only foods that meet the above nutrition standards for foods and beverages sold individually. Schools will encourage activities that promote physical activity. The school district will make available a list of ideas for acceptable fundraising activities. . No homemade snacks or treats are permitted.

**School-Sponsored Events:** (Such as, but not limited to, athletic events, dances, or performances.)

Foods and beverages offered or sold at school-sponsored events outside the school day should be encouraged to meet the nutrition standards for meals or for foods and beverages sold individually (as previously stated).

## **IV. Physical Education and Physical Activity**

When addressing curriculum content for nutrition education, the Hazard Independent School District will align the nutrition curriculum with state and federal learning objectives and standards. Hazard Independent utilizes the Kentucky Core Academic Standards aligned to the National Health Education Standards. The district will also access the CDC's HECAT (Health Education Curriculum Analysis Tool) and the PECAT (Physical Education Curriculum Analysis Tool) to support evidence in the Practical Living/Career Studies Program reviews in all schools. The AAHPERD national physical education standards and the NASPE standards will be included in the physical education curriculum.

**Daily Physical Education (P.E.) K-12:** All students in grades K-12, including students with disabilities, special health-care needs, and in alternative educational settings, will receive daily

physical education (or its equivalent of 150 minutes/week for elementary school students and 225 minutes/week for middle and high school students) for the entire school year. Student involvement in other activities involving physical activity will count for wellness time. Any movement by Students during the day will count as wellness time such as transition time, recess, standing in class, etc. toward the goal of 150/225 minutes /week. Physical education classes will have the same student/teacher ratio as used in other classes.

(e.g., interscholastic or intramural sports) will not be substituted for meeting the physical education requirement. Students will spend at least 50% of physical education class time participating in moderate to vigorous physical activity. Lesson plans will reflect calculation of Body Mass Index of students at various checkpoints throughout the course.

### **Qualifications/Training**

All physical education courses for Preschool-12 shall be taught by a certified/licensed teacher and professional development opportunities in physical education will be provided to all staff.

Schools shall develop a plan that provides physical activity throughout the school day.

**Physical Activity Opportunities Before and After School:** All elementary, middle, and high schools may offer extracurricular physical activity programs, such as physical activity clubs or intramural programs. All high schools, and middle schools as appropriate, may offer interscholastic sports programs. Schools may offer a range of activities that meet the needs, interests, and abilities of all students, including boys, girls, students with disabilities, and students with special health-care needs.

After-school child care and enrichment programs will provide and encourage – verbally and through the provision of space, equipment, and activities - daily periods of moderate to vigorous physical activity for all participants.

**Daily Recess:** All elementary school students are encouraged to have a scheduled daily recess. Schools will be encouraged to schedule recess before the lunch period.

Schools should discourage extended periods (i.e., periods of 45 min. to 1 hr.) of inactivity. When activities, such as mandatory school-wide testing, make it necessary for students to remain indoors for long periods of time, schools should give students periodic breaks during which they are encouraged to stand and be moderately active.

All schools should develop a plan that provides physical activity throughout the school day and includes physical activity breaks for all Preschool-12 students.

**Integrating Physical Activity into the Classroom Setting:** For students to receive the nationally recommended amount of daily physical activity (i.e., at least 30 minutes per day) and for students to fully embrace regular physical activity as a personal behavior, students need opportunities for physical activity beyond physical education class. Toward that end:

- Classroom health education will complement physical education by reinforcing the knowledge and self-management skills needed to maintain a physically-active lifestyle and to reduce time spent on sedentary activities, such as watching television;
- Opportunities for physical activity will be incorporated into other subject lessons; and
- Classroom teachers will provide short physical activity breaks between lessons or classes, as appropriate. Teachers will be provided opportunities to participate in physical activity professional development trainings.
- Physical activity opportunities shall be offered at the school for families and community members.

**Use of School Facilities Outside of School Hours:** School spaces and facilities should be available to students, staff, and community members before, during, and after the school day, on weekends, and during school vacations. These spaces and facilities also should be available to community agencies and organizations offering physical activity and nutrition programs. To this end, Hazard Independent Schools have a policy in place where request to use facilities are made and reviewed for approval by the board. School policies concerning safety will apply at all times.

## **V: Wellness Promotion and Marketing**

As more attention is given to the issue of food marketing in schools, the Hazard Independent School Wellness Policy is focused on preventing the detrimental effects of negative food marketing by addressing the following:

### **Promoting Wellness**

The Hazard Independent School district shall encourage teachers to be role models by demonstrating healthy habits and to participate in activities that promote wellness. Teachers will be encouraged to participate in exercise break activities with their students. When at all possible, teachers should not consume unhealthy food and beverages when students are present.

### **Rewards:**

Schools are not encouraged to use foods or beverages, as rewards for academic performance or good behavior, and will not withhold food or beverages (including food served through school meals, or snacks sent from home) as punishment. Furthermore, we strongly recommend that staff members use physical activity as a reward when feasible.

**Physical Activity and Punishment:** Teachers and other school and community personnel are encouraged not to use physical activity (e.g., running laps, pushups) as punishment. Total wellness and instructional time cannot be taken as punishment. Recess time will not be taken as punishment, teachers and staff will be provided a list of alternative methods for punishment.

### **Wellness Activity**

Schools will encourage participation in after-school activities that promote physical fitness and wellness. Such programs may include, but not limited to, after school sports program, wellness programs, and clubs. Students will be made aware of these opportunities through school announcements, school newsletters, posters, etc. Also nutrition and physical activities will be incorporated into family events provided throughout the year. Schools within the district will be able to select events that support the promotion of nutrition as well as plan various after school physical activities that meet their community needs.

**Food Marketing in Schools:** School-based marketing will be consistent with nutrition education and health promotion. As such, 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 sold individually as previously identified. School-based marketing of brands promoting predominately low-nutrition foods and beverages is prohibited. The promotion of healthy foods, including fruits, vegetables, whole grains, and low-fat dairy products is encouraged.

Examples of marketing techniques include the following: logos and brand names on/in vending machines, websites, books or curricula, textbook covers, school supplies, scoreboards, school structures, and sports equipment; educational incentive programs that provide food as a reward; programs that provide schools with supplies when families buy low-nutrition food products; in-school television; free samples or coupons; and food sales through fundraising activities. Marketing activities that promote healthful behaviors (and are therefore allowable) include: vending machine covers promoting water; pricing structures that promote healthy options in a la carte lines or vending machines; sales of fruit for fundraisers; and coupons for discount for gym memberships. Schools will provide nutrition education lessons that cover topics such as reading a nutrition facts label and how to plan a healthy menu.

## **VI. Implementation, Evaluation, and Communication**

Hazard Independent Schools will continually communicate the importance of wellness with all stakeholders. The district wellness committee will ensure that the district wellness plan provides for:

**Staff Wellness:** The Hazard Independent School District 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. Each district/school should establish and maintains a staff wellness committee composed of at least one staff member, school health council member, local hospital representative, dietitian or health professional, recreation program representative, and employee benefits specialist. (The staff wellness committee could be a subcommittee of the school health council.) The committee should develop, promote, and oversee a multifaceted plan to promote staff health and wellness. The committee will meet every bi-annually to review and evaluate their progress. The plan should be based on input solicited from school staff and should outline ways to encourage healthy eating, physical activity, and other elements of a healthy lifestyle among school staff. The staff wellness committee should distribute its plan to the school health council annually.

The school district and/or individual schools within the district will create, strengthen, or work within existing school health councils, or other committees, to develop, implement, monitor, review, and, as necessary, revise school nutrition and physical activity policies. The councils also will serve as resources to school sites for implementing those policies. (A school health council, or wellness committee will consist of students, representatives of the school food authority, members of the school board, school nurses, school administrators, teachers, health professionals, parents, and other interested members of the community. The PE Teacher or principal designee at each school will be the lead person on these councils/committees. Community members will be notified about opportunities to serve on the wellness committee by email, social media, and postings on the district website. Anyone wishing to serve can contact the central office Food Service Director. The district Food Service Director will be assigned the role of ensuring wellness policy and procedures are in place at all schools are reported to the Superintendent. In addition, Hazard Independent Schools has a District Office Nurse that coordinates all school Health needs. All schools will be encouraged to obtain height and weight on each student enrolled so that this information can be entered into Infinite Campus where BMI will automatically be calculated. This BMI will be valuable in the evaluation of Hazard Independent Schools Wellness Policy. Also, more frequent physicals including lab work will be encouraged so that any needed treatments will be started timely to help improve student health and wellness.

**Monitoring:** The superintendent or designee will ensure compliance with established districtwide nutrition and physical activity wellness policies. In each school, the principal or designee will ensure compliance with those policies. In each school, the principal or designee will ensure compliance with those policies in his/her school and will report on the school's compliance to the school district superintendent or designee.

School food service staff, at the school or district level, will ensure compliance with nutrition policies within school food service areas and will report on this matter to the superintendent ( or if done at the school level, to the school principal). In addition, the school district will report on the most recent USDA formerly called the School Meals Initiative (SMI) review, which is now called the Administrative and Smart Reviews, findings and any resulting changes. Beginning in 2014, school districts will receive a state meals review every 3 years.

The superintendent or designee will develop a summary report every year on districtwide compliance with the district's established nutrition and physical activity wellness policies, based on input from schools within the district. That report will be provided to the school board and also distributed to all school health councils, parent/teacher organizations, students, school principals, and school health services personnel in the district.

**Policy Review:** To help after the initial development of the district's wellness policies, each school in the district will review policies annually. A more thorough assessment will be repeated every 3 years to help review policy compliance, assess progress, and determine areas in need of improvement based on best practices and the latest national recommendations. As part of that review, the school district will review our nutrition and physical activity policies; provision of an environment that supports healthy eating and physical activity, and nutrition and physical education policies and program elements. The district, and individual schools within the district, will, as necessary, revise the wellness policies and develop work plans to facilitate their implementation. Progress reports will be shared with the public using a public forum that is advertised in local media formats.

### **Communication**

The district/school will support parents' efforts to provide a healthy diet and daily physical activity for their children. The district/school will offer healthy eating seminars for parents, send home nutrition information, post nutrition tips on school websites, and provide nutrient analysis 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 previous listed nutrition standards for individual foods and beverages. The district/school will provide parents a list of foods that meet the district's snack standards and ideas for healthy celebrations/parties, rewards, and fundraising activities. In addition, the district/school will



provide opportunities for parents to share their healthy food practices with others in the school community.

The district/school will provide information about physical education and other school-based physical activity opportunities before, during, and after the school day; and support parents' efforts to provide their children with opportunities to be physically active outside of school. Such supports will include sharing information about physical activity and physical education through a website, newsletter, or other take-home materials, special events, or physical education homework.

Hazard Independent currently sends information covering these topics home with students, has information on the website: [www.hazard.kyschools.us](http://www.hazard.kyschools.us) including links to more information, gives out information at the annual parent fair, and various activities throughout the year. Several walk/run fundraisers are planned throughout the year, including the Cameron Run, Run for the Hills Run, and the Hazard Girls Basketball 5K walk/run. The district also has the following programs and activities that promote wellness: HealthCorps, Kids on the Move, Girls Planning for Success (GPS), Fitness Fair, Parent Fair, Go Noodle, Ripple Effects, Field Day and much, much more. The Hazard Independent Wellness Policy is a working document that encompasses the need to promote physical activity and awareness of how to live a healthier lifestyle.

#### **Hazard Independent Wellness Policy**

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## **VII. Resources for Local School Wellness Policies on Nutrition and Physical**

### **Activity:**

#### **Crosscutting:**

School Health Index, Centers for Disease Control and Prevention

Local Wellness Policy website, U.S. Department of Agriculture,  
<http://www.fns.usda.gov/tn/Healthy/wellnesspolicy.html>

Fit, Healthy, and Ready to Learn: a School Health Policy Guide, National Association of State Boards of Education, [www.nasbe.org/HealthySchools/fitthealthy.mgi](http://www.nasbe.org/HealthySchools/fitthealthy.mgi)



Preventing Childhood Obesity: Health in the Balance, the Institute of Medicine of the National Academies, <http://www.iom.edu/report.asp?id=22596>

The Learning Connection: The Value of Improving Nutrition and Physical Activity in Our Schools, Action for Healthy Kids, <http://www.actionforhealthykids.org/docs/specialreports/LCColor>

Health, Mental Health, and Safety Guidelines for Schools, American Academy of Pediatrics and National Association of School Nurses, <http://www.nationalguidelines.org/>

[Alliance for a Healthier Generation](#)

[Action for Healthy Kids](#)

[United States Department of Agriculture, Food And Nutrition Service](#)

[Kentucky Department of Education, Nutrition and Health Services](#)

[Kentucky Department of Education, Shape Kentucky, Coordinated School Health](#)

[WellSat 2.0 School Wellness Policy Evaluation Tool](#)