

POLICY #19 WELLNESS POLICY



PURPOSE:

The purpose of the Mary A. Goetz Elementary School wellness policy is to ensure that all students at Mary A. Goetz Elementary School 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.

SCHOOL NUTRITION:

- Our school will serve healthy meals to children with plenty of fruits, vegetables, and whole grains, and low-fat milk
- Meals will be moderate in sodium, low in saturated fat, and have zero grams of trans fat.
- Parents may block the purchase of “extras” from their child’s cafeteria account.
- 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.
- Menus will be created/reviewed by a Registered Dietitian or other certified nutrition professional.

NUTRITION EDUCATION AND PROMOTION:

- School ensures content of the Health Education Curriculum is frequently integrated into all content areas to meet the health and safety needs of all students.
- Price nutritious foods at a lower cost and raise price of less nutritious foods.
- Include nutrition education training for teachers and other staff.

Fundraising

School fundraising activities will not involve food or will only use foods that meet above nutrition or portion size standards for food and beverages sold individually. Schools will encourage fundraising activities that encourage physical activity such as walk-a-thons or fun runs.

Food Marketing

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.

Communication with Parents

The school will offer healthy eating seminars for parents, send home nutrition information, post nutrition tips on website, and provide lunch menus. Schools should encourage parents to pack healthy lunches and snacks that meet the nutrition standards.

PHYSICAL ACTIVITY:

Physical activity can take place in the school through physical education, recess and classroom-based physical activity. Schools will ensure that these varied opportunities are in addition to, and not as a substitute for, physical education class. All students will receive at least 20 minutes of physical activity outside of physical education class. This can occur through:

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

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

PHYSICAL EDUCATION:

- A certified physical education teacher will provide instruction. The instruction will be consistent with national and state standards for physical education.
- Students will receive the equivalent of 70 minutes of physical education per week.
- The physical education program will promote student physical fitness through individualized fitness and activity assessments.

MEASUREMENT AND EVALUATION:

Incompliance with 702.KAR 6:090, Mary A. Goetz Elementary School will utilize the Alliance for a Healthier Generations' 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.

POLICY EVALUATION

We will evaluate the effectiveness of this policy through our School Improvement Planning Process.

Date Adopted: February 21, 2012

Date Reviewed or Revised: May 24, 2016 Council Chairperson's Initials _____

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