

CASEY COUNTY SCHOOL DISTRICT

LOCAL WELLNESS POLICY

The Casey County School District is committed to providing a school environment that enhances learning and development of lifelong wellness practices.

To accomplish these goals:

- **Child Nutrition Programs comply with federal, state and local requirements. Child Nutrition Programs are accessible to all children.**
- **Sequential and interdisciplinary nutrition education is provided and promoted.**
- **Patterns of meaningful physical activity connect to students' lives outside of physical education.**
- **All school-based activities are consistent with local wellness policy goals.**
- **All foods and beverages made available on campus (including vending, concessions, a la carte, students' stores, parties, and fundraising) during the school day are consistent with the current Dietary Guidelines for Americans.**
- **All foods made available on campus adhere to food safety and security guidelines.**
- **The school environment is safe, comfortable, pleasing, and allows ample time and space for eating meals. Food and/or physical activity are not used as a reward or punishment.**

NUTRITION EDUCATION

- **Nutrition education will be integrated into other areas of curriculum such as math, science, language arts and social studies.**
- **Nutrition education information will be reviewed by a qualified, credentialed nutrition professional (e.g. School Food and Nutrition Specialist, (SFNS), a Registered Dietitian (R.D.) who is specialized in school-based nutrition.**
- **Nutrition education will involve sharing information with families and the broader community to positively impact students and the health of the community.**
- **School district will provide information to families that encourage them to teach their children about health and nutrition and to provide nutritious meals for their families.**
- **Students will be encouraged to start each day with a healthy breakfast.**

PHYSICAL ACTIVITY

- **Physical activity will be integrated across curricula and throughout the school day. Movement can be made a part of science, math, social studies, and language arts.**
- **Physical education courses will be the environment where students learn, practice and are assessed on developmentally appropriate motor skills, social skills and knowledge.**
- **Policies ensure that state-certified physical education instructors teach all physical education classes.**
- **Policies ensure that state physical education classes have a student/teacher ratio similar to other classes.**

- Physical education includes the instruction of individual activities as well as competitive and non-competitive team sports to encourage life-long physical activity.
- Adequate equipment is available for all students to participate in physical education. Physical activity facilities on school grounds will be safe.
- The school provides a physical and social environment that encourages safe and enjoyable activity for all students, including those who are not athletically gifted.
- Information will be provided to families to help them incorporate physical activity into their student's lives.
- Schools encourage families and community members to institute programs that support physical activity.

OTHER SCHOOL BASED ACTIVITIES

- After-school programs will encourage physical activity and healthy habit formation.
- Local wellness policy goals are considered in planning school-based activities.
- Support for the health of all students is demonstrated by hosting health clinics, health screenings, and helping to enroll eligible children in Medicaid and other state children's health insurance programs.
- Schools organize local wellness committees comprised of families, teachers, administrators, and students to plan, implement and improve nutrition and physical activity in the school environment.

NUTRITION GUIDELINES FOR ALL FOODS ON CAMPUS

- All foods made available for purchase on campus will comply with the current USDA Dietary Guidelines for Americans.
- Food providers will take every measure to ensure that student access to foods and beverages meets federal, state, and local laws and guidelines.
- Classroom snacks available or purchase will feature healthy choices.,
- Advertising messages are consistent with and reinforce the objectives of the education and nutrition environment goals of the school.
- Advertising of foods or beverages in the areas accessible to students during meal times must be consistent with established nutrition environment standards.

EATING ENVIRONMENT

- The National Association of State Boards of Education recommends that students should be provided adequate time to eat, at least 10 minutes for breakfast and 20 minutes for lunch.
- Lunch periods are scheduled as near the middle of the school day as possible.
- Cafeterias include enough serving areas so that students do not have to spend too much time waiting in line.
- Dining areas are attractive and have enough space for seating all students at specific scheduled times.

CHILD NUTRITION OPERATIONS

- The child nutrition program will aim to be financially self-supporting. However, the program is an essential educational support activity. Budget neutrality or profit generation will not take precedence over the nutritional needs of the students. If subsidy of the child nutrition fund is needed it will not be from the sale of foods that have minimal nutritional value and/or compete nutritionally with program meals.
- The child nutrition program will ensure that all students have affordable access to the varied and nutritious foods they need to stay healthy and learn well.
- The school will strive to increase participation in the available Federal Child Nutrition programs (e.g. school lunch, school breakfast, after-school snack, and summer feeding programs).
- Employ a food service director, who is properly qualified, certified, and/or credentialed according to current professional standards, to administer the school food service program, and satisfy reporting requirements.
- All food service personnel shall have adequate pre-service training in food service operations.
- A child's need for nutrients does not end when school does. Therefore we recommend offering meals during breaks in the school calendar and to collaborate with agencies and community groups to operate, or assist with operating a summer food service program for children and adolescents who are eligible for federal program support.
- Students are encouraged to start each day with a healthy breakfast.

FOOD SAFETY/FOOD SECURITY

- All foods made available on campus comply with the state and local food safety and sanitation regulations. Hazard Analysis and Critical Control Points (HACCP) plans and guidelines are implemented to prevent food illness in schools.
- For the safety and security of the food and facility access to the food service operation are limited to Child Nutrition staff and authorized personnel. For further guidance see the US Department of Agriculture food security guidelines.