

# SCAPA at Bluegrass

## WELLNESS POLICY

### I. Physical Activity

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- a. Intermediate students (grades 4 and 5) receive physical education for 60 min once a week for the entire year.
- b. The middle school students (grades 6,7,8) receive required physical education 45 minutes 3 days a week for 18 weeks. All physical education and creative movement classes engage students in moderate to vigorous activities each class period. Physical Education shall be taught by a state certified health and physical education teacher.
- c. Teachers will make all reasonable efforts to avoid periods of more than 30 minutes in which students are physically inactive. Students will received 2 to 5 minutes of physical activity per class.
- d. Intermediate students will have at least 20 minutes a day of supervised recess, preferably outdoors, during which the school encourages the students to participate in moderate physical activity verbally and through the provision of space and equipment. The school shall provide space and equipment to make physical activity possible and appealing to students. Recess will not be taken away or used as a punishment.
- e. The school offers opportunities for students to participate in physical activity either before and/or after the school day (or both) through a variety of methods. The school will encourage students to be physically active before and after school by: running club, physical activity in MPR, etc.

### II. Healthy Choices Plan

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- a. SCAPA shall encourage healthy choices among students using the following methods:
- b. Foods and beverages sold or served at school, specifically schools meals, will meet the nutritional recommendations as required by KRS 158.854(1)702KAR 6:090 and federal laws and regulations. These standards apply to our food program and to other food and beverages served during school hours.
- c. Students are encouraged not to bring sugar sweetened beverages to school for lunch. Snacks brought or served during the school day or in after school activities or enrichment programs should make a positive contribution to children's diets and

health, with an emphasis on serving fruits and vegetables as the primary snacks. Water, 100% fruit and vegetable juices are encouraged as drinks.

- d. Water is the drink of choice for ALL activities, classroom parties, dances, and other events. Students are encouraged to bring a water bottle to school to hydrate throughout the day. Students are permitted to drink water in all classes without causing any disruptions.
- e. Student performance shall be rewarded with praise, privileges, special activities, physical activity. Only in rare instances, should food or drink be used as a reward.
- f. For whole class or school celebrations, When more than one food item is offered, every effort should be made to balance a non-nutritious item with a nutritious option (Example: Holiday celebrations, K-Prep Celebrations, 8<sup>th</sup> grade completion ceremony)
- g. Food treats are not permitted for birthday celebrations.
- h. SCAPA strongly encourages healthy food options for all activities and events sponsored events.
- i. Parents of children that bring their lunch from home should be encouraged to prepare meals that are low in fat, sugar, and salt.

### III. Nutrition Education

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- a. Nutrition Education is offered at each grade level 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.
  - b. Health education at every grade level is required and will be taught to promote development of children that are knowledgeable, motivated, engaged, and connected to healthy living.
  - c. Focus on development and practice of personal and social skills such as effective communication and decision-making.
  - d. Focus on behaviors that have the greatest effect on health especially those related to nutrition; physical activity; violence and injury, emphasizing short-term and long-term consequences.

### IV. Staff Wellness

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- a. SCAPA will implement strategies to support staff in actively promoting and modeling healthy eating and physical activity behaviors. Examples of strategies schools will use, as well as specific actions staff members can take, include walking during lunch, yoga afterschool, participating in a local 5K, etc. The school promotes staff member

participation in health promotion programs, biometric screenings, and will support programs for staff members on healthy eating/weight management that are accessible and free or low-cost.

## V. School Wellness Committee

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- a. The school will convene a representative school wellness committee that meets at least four times per year to establish goals for and oversee school health and safety policies and programs, including development, implementation and periodic review and update of this school-level wellness policy

## VI. Fundraising

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- a. Foods and beverages that meet or exceed the USDA Smart Snacks in Schools nutrition standards may be sold through fundraisers on the school campus\* during the school day.
  - a. SCAPA will use only non-food fundraisers, and encourage those promoting physical activity (such as walk-a-thons, Jump Rope for Heart, 5K, etc.)
  - b. Fundraising during and outside school hours will sell only non-food items or foods and beverages that meet or exceed the Smart Snacks nutrition standards.

## VII. Monitoring and Policy Review

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- a. The SBDM approves the wellness policy and is responsible for making amendments when possible improvements are seen. Additionally, the school wellness policy shall be reviewed and updated to ensure consistency with district policies. The school will develop work plans to facilitate implementation.

### Wellness Policy

**Adopted:** 4/22/14

**Revised:** 6/6/17

**Amended:** 11/9/17