

BOYLE COUNTY SCHOOLS

2017-2018 Annual District Wellness Progress Report



KIDS COME FIRST!

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BOYLE COUNTY SCHOOLS

2017-2018 Annual District Wellness Progress Report



KIDS COME FIRST!

PARTNERSHIP WITH ALLIANCE FOR A HEALTHIER GENERATION

The Kentucky Department of Education recommends school districts align with the Healthy Schools Program framework and complete their online tool to annually assess each school's level of health and wellness programming. The Healthy Schools Program has adopted the Center for Disease Control's School Health Index to help schools identify strengths and weaknesses in six specific assessment categories and to develop an action plan for improvements based on identified concerns. Each Boyle County school has completed the self-assessment and has been provided with an Action Plan from the Alliance for a Healthier Generation. The district received a District Report that is included in this progress report and is posted under the School Health department tab of the Boyle County Schools website. The six categories assessed by the Healthy Schools Program are School Health & Safety Policies & Environment, Health Education, Physical Education & Other Physical Activity Programs, Nutrition Services, Health Promotion for Staff, and Family & Community Involvement.

DISTRICT WELLNESS POLICY

The District shall actively seek to engage students, parents, physical and/or health education teachers, school food service professionals, school health professionals, school board members, school administrators, and other interested community members in developing, implementing, monitoring, and reviewing this Policy and in providing input on the District Wellness Plan.

The District shall permit community participation in the student wellness process by:

- Making a nutrition and physical activity report to be prepared by the School Nutrition Director available to the public on the District website no later than sixty (60) days prior to the public forum covered in [KRS 158.156](#). ([702 KAR 006:090](#))

- Discussing the findings of the nutrition report and physical activity report and seeking public comments during a publicly advertised special Board meeting or at the next regularly scheduled Board meeting following the release of the nutrition and physical activity reports.
- Holding an advertised public forum by January 31 of each year, to present a plan to improve the school nutrition and physical activities in the District in accordance with [KRS 158.856](#).

The Superintendent shall submit the wellness plan that includes a summary of the findings and recommendations of the nutrition and physical activity report as required by May 1 of each year to the Kentucky Department of Education (KDE).

The District shall include within the findings and recommendations the following:

1. Extent to which the District is in compliance with this Policy;
2. A comparison of how the District measures up to model wellness policies provided by recognized state and national authorities; and
3. A description of the measurable progress made towards reaching goals of the District wellness policy and addressing any gaps identified in the wellness report for the previous year.

The District and each school in the District shall maintain the following records:

- A copy of the written wellness policy or plan;
- Documentation on how the policy and assessments are made available to the public;
- The most recent assessment of implementation of the policy;
- Documentation of efforts to review and update the policy, including who was involved in the process and how stakeholders were made aware of their ability to participate; and
- Documentation demonstrating compliance with annual public notification requirements and annual reporting to the KDE.

Additional wellness efforts across the district:

- All schools have a school-specific wellness plan.
- All campuses are tobacco free.
- Each school has a Registered Nurse in the building a half day each school day.
- Contract with the University of Kentucky Adolescent Medicine Clinic to allow students to a UK Adolescent Medicine physician at school when there is a specialized concern or a barrier to accessing medical care.
- Free flu shots for staff provided in each school by the Boyle County Health Department.
- Free Vitality Checks for staff provided in each school by the Boyle County Health Department.
- Students in kindergarten, 1st, 2nd, 3rd, 4th, 5th, and 7th grades receive annual screenings for vision, hearing, height, and weight. Referrals for follow up examinations made as necessary.
- BCHS students who have a tobacco product violation are required to attend tobacco education group (TEG).

- Family Resource & Youth Service Coordinators provide health and mental health service referrals, education to enhance parenting skills, clothing and food assistance referrals, and referrals to community resources.
- All 6th, 8th, 10th, and 12th grade students bi-annually complete the KIP Survey (Kentucky Incentives for Prevention). This survey gives the district very valuable data regarding mental and behavioral health, including substance use/abuse by students.
- Each school has regular attendance at-risk meetings to discuss specific students showing truancy issues or chronic absenteeism concerns. Individual plans are put into place depending on the students' situations.
- Staff has the opportunity to participate in Go365 fitness challenges.

Food Services

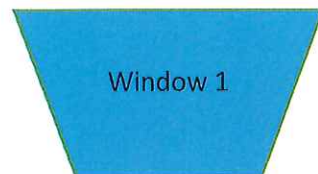
702 KAR 6:090. (State 2005) Minimum nutritional standards for foods and beverages available on public school campuses during the school day;

- During the period of time beginning thirty minutes (30) after the last lunch period until the end of the last instructional period, beverage and food items must meet nutritional standards.

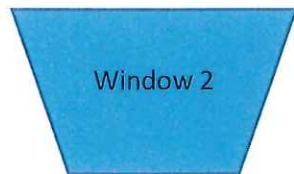
Healthy Hunger Free Kids Act 2010 PL 111-296 (2010)

7 CFR 210.11

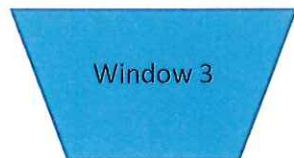
- Requires that USDA establish nutrition standards for all foods and beverages (competitive foods) sold in schools.
 - *Competitive food* means all food and beverages other than meals reimbursed under programs authorized by the NSLA and the CNA available for sale to student on the *School Campus* during the *School Day*
- Applies to all foods sold
 - Outside the school meals programs
 - On the school campus
 - At any time during the school day
- *School Day* means, for the purpose of competitive food standards implementation, the *period from the midnight before, to 30 minutes after the end of the official school day.*



First window is from midnight the night before until 30 minutes after the last lunch period. While this window is open, no sale of food or beverage may take place except as part of the school breakfast or school lunch program



Second window opens 30 minutes after the last lunch period ends and closes 30 minutes after the end of the official school day. While this window is open any food that is sold must meet all nutrition standards in the regulations



Third window opens 30 minutes after the end of the official school day and closes at midnight. During this window, there is no nutrient standards restricting what may be sold.

Effective June 2, 2017, 702 KAR 6:090 is now amended as to require the same standards for foods and beverages as the federal Smart Snacks Standards in 7 CFR 210.11

SMART SNACKS 7 CFR 210.11

- General Standards for FOOD (To be allowable the competitive FOOD item must;)
 - Meet all of the competitive food nutritive standards. Those include
 - Total Fats
 - Saturated Fats
 - Trans Fats
 - Sugar
 - Sodium
 - Calories
 - Accompaniments
 - Be a whole grain rich product; OR
 - Have the first ingredient a fruit, vegetable, dairy product or protein food; OR
 - Be a "Combination food" with at least ¼ cups fruit and / or vegetable
 - If water is the first ingredient, the second ingredient must be one of the above
- General Standards for BEVERAGES

	WATER	LF MILK UNFLAVOR	NF MILK FLAV/UNFLV	100% VEG/FR JUICE	FLAV/ CARB BEV < 5 CAL/ 8 OZ	FLAV/CARB BEV ≤ 40 CAL/ 8 OZ
ELEM	No Limit	≤ 8 oz	≤ 8 oz	≤ 8 oz		
MIDDLE	No Limit	≤ 12 oz	≤ 12 oz	≤ 12 oz		
HIGH	No Limit	≤ 12 oz	≤ 12 oz	≤ 12 oz	≤ 20 OZ	≤ 12 OZ

For complete listing of requirements,

<http://education.ky.gov/federal/SCN/Pages/USDANondiscriminationStatement.aspx>

- (1) Each school food service director shall annually assess school nutrition in the district and issue a written report to parent, the local school board, and school-based decision making councils.

The report shall include:

- (a) An evaluation of compliance with the National School Breakfast and National School Lunch programs;
- (b) An evaluation of the availability of contracted fast foods or foods sold through commercial vendors;
- (c) A review of access to foods and beverages sold outside the National School Breakfast and National School Lunch programs, including vending machines, school stores, canteens, and a la carte cafeteria sales;
- (d) A list of foods and beverages that are available to students, including the nutritional value of those foods and beverages; and
- (e) Recommendations for improving the school nutrition environment.

School Reporting

Following is a summary of each school's wellness goals, awards received from the 2017-2018 Healthy Schools assessment, and wellness initiatives occurring in the school this year.

Junction City Elementary School

Junction City Elementary School earned three bronze awards on the Healthy Schools Program assessment in the areas of School Health & Safety Policies & Environment, Health Education, and Family & Community Involvement.

Junction City Elementary has several after school clubs that offer students the opportunity for increased physical activity. These clubs are archery, fitness, Girls on the Run, and ballet. Approximately 145 students are in at least one of these clubs. Some are in multiple clubs.

Junction City Elementary hosted an annual 5-K fundraiser called the Jaguar Jog, and about 50 people (staff, students, community members) participated.

JCES's lunch visitation policy requests visitors to not bring in fast food or unhealthy food items.

Classroom teachers use Go Noodle for activity breaks during class instruction, and primary teachers have Professor Popcorn visit their classes and teach lessons on lifelong healthy eating habits. JCES's wellness policy recommends that teachers embed physical activity at least every 30 minutes into the schedule.

At least once a year, JCES assesses all students grades 3-5 using the President's Physical Fitness test. Preferably, the assessment is given in September and April of each school year.

JCES does not allow students to be deprived of physical activity as a consequence for misbehavior or as an academic consequence. The only exception is if the student is receiving a consequence for bullying or harassment.

Periodically, JCES has Fit Fridays as a part of the school's Leader In Me initiative. On Fit Fridays, teachers make a commitment to do a physical activity with the students, and teachers and students are encouraged to dress for exercise on these days.

Parents of JCES students are given guidelines for promoting healthy snacks for school functions or celebrations.

Perryville Elementary School

Perryville Elementary School earned three bronze awards on the Healthy Schools Program assessment in the areas of School Health & Safety Policies & Environment, Health Education, and Family & Community Involvement.

PES offers a Super Block to all 4th and 5th grade students which gives them the option of 60 additional minutes of physical activities during fitness class. Fitness is a 60-minute class that is in addition to the 60-minute PE class that all students have access to during the week.

Currently, PES offers archery, Girls on the Run, and dance as after-school activities for students.

PES's wellness policy states that each student shall participate in PE class once a week and shall have at least 20 minutes of physical activity, preferably outside, daily. Teachers are encouraged to incorporate physical activity into learning activities when possible, and if unable, periodic breaks for moderate activity is given.

Woodlawn Elementary School

Woodlawn Elementary School earned two bronze awards on the Healthy Schools Program assessment in the areas of School Health & Safety Policies & Environment and Family & Community Involvement.

WES identified three specific action plans to focus on this school year. The action items and strategies to address them are summarized below:

1. Availability of physical activity breaks in the classroom
 - a. Brain Breaks as a part of Kagan instruction in the classrooms.
 - b. Minds in Motion is being used across the classrooms. This national program has been shown to help students focus their minds before working using a variety of physical activities.
 - c. Go Noodle activities
 - d. Zumba
 - e. The Billion Mile Race, where classroom teachers are recording their class's daily steps/mileage to compete with schools across the state and nation. Last update as of December, WES was 3rd in the state.
2. Essential topics on healthy eating
 - a. All grade levels participate in a nutrition and healthy eating unit during the school year. In that unit, students are taught about the national "My Plate" concept, how to read nutrition labels, what calories mean, that exercise is important to burn calories, and

how to be a healthy lifelong mover. Students also play games during these units that reinforce the learning targets. An assessment is given at the end of the teaching unit.

3. School healthy/safety policy

- a. This policy was updated and approved in the 2017-2018 school year. This is included at the end of this progress report.

WES students are not deprived of recess or other physical activity as a consequence for misbehavior or academic performance. If students miss recess times, they will walk laps.

Parents of WES students are provided with suggestions for healthy party snacks and treats.

Boyle County Middle School

Boyle County Middle School is committed to providing a school environment that enhances learning and development of lifelong wellness practices. We encourage wellness with students as well as staff.

Health and Nutrition:

A food sold during the school day meets all state and federal nutrition guidelines. Every effort is made for food served during the school day to meet nutrition guidelines. We provide fruit and healthy snacks as student schoolwide and classroom rewards. We offer health classes in our master schedule. All 7th grade students go through a health screening. In our physical education and agriculture classes students study nutrition. All staff have access to health screenings provided by our health department as well as participate in go365 health and wellness rewards program.

Physical Activity:

Students at Boyle County Middle School are offered a wide range of opportunities to engage in physical activity.

During the school day...

All students have the opportunity to participate in Physical Education classes, students have the opportunity for Health and Wellness classes, every student has a thirty minute break every week, Staff vs. student games, Kagan structures are utilized in all classes.

After school activities include...

Several students participate in a club called Girls on the Run.

Many students participate on after school sports teams such as:

Football, girls and boys basketball, volleyball, golf, wrestling, boys and girls soccer, cross country, track, softball, baseball, cheerleading, dance, bowling, archery, tennis, swimming, and fishing.

Boyle County High School

Boyle County High School earned one gold award and one bronze award on the Healthy Schools Program assessment in the areas of Health Education and Nutrition Services, respectively.

Freshmen students complete an individualized face-to-face interview (the Perkins Adolescent Risk Screening, PARS) designed to identify at-risk behaviors. Referrals for support and intervention are made as necessary based on screening results.

All BCHS freshmen take a semester Wellness course that incorporates nine weeks of health instruction and nine weeks of physical education instruction. During this course, each student's Body-Mass Index (BMI) or BIA is evaluated.

While not required, students are offered opportunities to engage in physical activities in various athletic teams throughout the year, including swimming, golf, bowling, bass fishing, football, baseball, softball, soccer, wrestling, archery, volleyball, track and field, cross country, basketball, tennis, and cheerleading. In addition to athletic teams, BCHS offers a yoga club during school on Club Days, and the marching band offers the opportunity for physical activity.

BCHS's wellness policy states that teachers will make all reasonable efforts to avoid periods of more than 30 minutes when students are physically inactive, and when possible, physical activity will be integrated into learning activities.

In addition to the required Wellness course, BCHS offers multiple courses that allow students to gain knowledge in practical living, physical and mental health, nutrition, and fitness.

Student Welfare and Wellness

The health and safety of pupils shall be a priority consideration in all Board decisions.

The Board is committed to providing school environments that promote and protect student health, well-being, and ability to learn by supporting healthy eating and physical activity. To this end, the Board supports school efforts to implement the following:

- To the maximum extent practicable, schools will participate in available federal school meal programs.
- Schools will provide and promote nutrition education and physical education to foster lifelong habits of healthy eating and physical activity and will establish linkages between health education, school meal programs, and related community services.
- All schools containing grades K-5 or any combination thereof, shall develop and implement an individual wellness policy per [KRS 160.345](#) and Board Policy 02.4241.

WELLNESS LEADERSHIP

The Superintendent/designee will direct District officials (“wellness leadership group”) to monitor compliance with this and related policies. At the school level, the Principal/designee will monitor compliance with those policies in his/her school and will report on the school's compliance as directed by the Superintendent/designee.

The wellness leadership group shall work to encourage and support all students to be physically active on a regular basis as provided by school/council policy. Each school shall review and consider evidence-based strategies to set measurable goals in providing nutrition education and engaging in nutrition promotion to positively influence lifelong eating behaviors.

Suggested language may include goals related to activities and opportunities:

- 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;
- that include enjoyable, developmentally-appropriate, culturally-relevant, participatory activities, such as contests, promotions, taste testing, farm visits, and school gardens; and
- that promote fruits, vegetables, whole grain products, low-fat and fat-free dairy products, healthy food preparation methods, and health-enhancing nutrition practices.

PHYSICAL ACTIVITY AND PHYSICAL EDUCATION

- Each school council of a school containing grades K-5 or any combination thereof, or if there is no school council, the Principal, shall develop and implement a wellness policy that includes moderate to vigorous physical activity each day and encourages healthy choices among students consistent with [KRS 160.345](#) and Board Policy 02.4241.
- The policy may permit physical activity to be considered part of the instructional day, (not to exceed thirty (30) minutes/day or 150 minutes/week) and also in compliance with the school calendar regulation, [702 KAR 007:140](#) and Board Policy 08.1346.

Student Welfare and Wellness

DISTRICT WELLNESS PLAN/PUBLIC AND STAFF INPUT

The District shall actively seek to engage students, parents, physical and/or health education teachers, school food service professionals, school health professionals, school board members, school administrators, and other interested community members in developing, implementing, monitoring, and reviewing this Policy and in providing input on the District Wellness Plan.

The District shall permit community participation in the student wellness process by:

- Making a nutrition and physical activity report to be prepared by the School Nutrition Director available to the public on the District website no later than sixty (60) days prior to the public forum covered in [KRS 158.156](#). ([702 KAR 006:090](#))
- Discussing the findings of the nutrition report and physical activity report and seeking public comments during a publicly advertised special Board meeting or at the next regularly scheduled Board meeting following the release of the nutrition and physical activity reports.
- Holding an advertised public forum by January 31 of each year, to present a plan to improve the school nutrition and physical activities in the District in accordance with [KRS 158.856](#).

The Superintendent shall submit the wellness plan that includes a summary of the findings and recommendations of the nutrition and physical activity report as required by May 1 of each year to the Kentucky Department of Education (KDE).

The District shall include within the findings and recommendations the following:

1. Extent to which the District is in compliance with this Policy;
2. A comparison of how the District measures up to model wellness policies provided by recognized state and national authorities; and
3. A description of the measurable progress made towards reaching goals of the District wellness policy and addressing any gaps identified in the wellness report for the previous year.

RECORDKEEPING

The District and each school in the District shall maintain the following records:

- A copy of the written wellness policy or plan;
- Documentation on how the policy and assessments are made available to the public;
- The most recent assessment of implementation of the policy;
- Documentation of efforts to review and update the policy, including who was involved in the process and how stakeholders were made aware of their ability to participate; and
- Documentation demonstrating compliance with annual public notification requirements and annual reporting to the KDE.

STANDARDS AND NUTRITION GUIDELINES FOR ALL FOODS AND BEVERAGES

Foods and beverages sold during the school day shall be done in accordance with state and federal regulations and Board Policies 07.111 and 07.12.

Student Welfare and Wellness**STANDARDS FOR ALL FOODS AND BEVERAGES SOLD TO STUDENTS**

Foods and beverages sold or served at school shall be consistent with the state and federal regulations for school meal nutrition standards. Nutrition guidelines for all foods and beverages served or sold on campus shall be maintained by the Superintendent/designee and made available upon request. The Superintendent shall designate an individual or individuals to monitor compliance of beverages and food sold ala carte with state and federal nutrition requirements.

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.

STANDARDS FOR ALL FOODS AND BEVERAGES PROVIDED BUT NOT SOLD TO STUDENTS

- When possible, rewards given to students shall be other than food/beverage items. When food/beverage items are used as rewards, such items shall comply with nutritional guidelines set out in 7 C.F.R 210.11 and [702 KAR 006:090](#).
- Foods and beverages provided in school, but not made available for sale, shall meet standards outlined in the schools' individual wellness plan (if applicable) and will not conflict with District Policy.

FOOD AND BEVERAGE MARKETING

All marketing on the school campus during the school day shall be of only those foods and beverages that meet the nutrition standards of the Smart Snack in School Nutrition Standards (7 C.F.R 210.11 and [702 KAR 006:090](#)).

REFERENCES:

[KRS 158.850](#); [KRS 158.854](#)

[KRS 160.290](#)

[702 KAR 006:090](#)

P. L. 111-296

7 C.F.R. Part 210

7 C.F.R. Part 220

U. S. Dept. of Agriculture's Dietary Guidelines for Americans

RELATED POLICIES:

02.4241; 07.1; 07.111; 07.12; 08.1346

Adopted/Amended: 7/13/2017

Order #: 221

BOYLE COUNTY HIGH SCHOOL

PHYSICAL ACTIVITY PLAN

All students will participate in physical activity, as follows:

1. Student will be offered opportunities to engage in physical activities in various athletic teams throughout the year.
2. Each student must participate in and pass a physical education class and health class before graduating from high school.
3. Teachers will make all reasonable efforts to avoid periods of more than 30 minutes when students are physically inactive. When possible, physical activity will be integrated into learning activities. When that is not possible, students will be given periodic breaks during which they are encouraged to stand and move in some form.
4. Students will not be deprived of physical activity as a consequence for behavior or academic performance.
5. Appropriate accommodations will be made for students with special needs, as required by law and sound professional judgment.

HEALTHY CHOICE PLAN

Healthy choices are encouraged among students using the following methods:

1. Implementing the nutritional standards required by federal and state laws and regulations, which apply to our food program and to other food and beverages available during the school day.
2. Implementing a practical living curriculum, which addresses the standards for health education, physical education, and consumerism.
3. Integrating all content areas by making connections to health and wellness and by incorporating movement-based activities when possible.

ASSESSMENT TOOL

We will assess students' level of physical activity and physical fitness at least once a year using the following procedures:

1. The principal (or principal designee), with collaboration from teachers and parents with wellness expertise, will select an assessment tool which includes Body-Mass Index (BMI) or BIA evaluation of each student enrolled in physical education or health education.
2. The principal (or principal designee) will develop a schedule for completing the assessment.
3. The principal will report the results of the wellness assessment, including the BMI percentile data to the council annually.
4. The council will discuss the results of the report and decide if wellness goals need to be added or revised in the School Improvement Plan.

POLICY EVALUATION

A Coordinated School Health committee will collect and analyze data in order to recommend adjustments to the wellness policy. The council will evaluate the effectiveness of this policy based on the feedback from Coordinated School Health committee and through our annual School Improvement Planning Process.

Date Adopted: __/__/__

Date Reviewed or Revised: _____ Council Chairperson's Initials _____

Date Reviewed or Revised: _____ Council Chairperson's Initials _____

BOYLE COUNTY MIDDLE SCHOOL POLICY

17.0 WELLNESS

Boyle County Middle School is committed to providing a school environment that enhances learning and development of lifelong wellness practices.

Nutrition:

- A. An effort will be made to make healthy food choices available when food is on Boyle County Middle School's campus.
 - B. District regulates the sale or serving of foods and snacks high in fat, sodium, and added sugars in compliance with state and federal guidelines.
 - C. All school meals and snacks served by the school nutrition and food services operation comply with state and federal laws and regulations.
 - D. The consumption of healthy beverage choices will be encouraged when beverages are made available on campus and on school field trips. The use of "energy" drinks is prohibited on campus as well as on school field trips. Energy drinks are referring to drinks containing high amounts of caffeine and other non-nutritive stimulants. Any drinks in question will be determined by school administration.
-

These standards (A, B and C) do not apply to school sponsored or school related fundraising activities. Nor do they apply to booster sales at school related events where parents and other adults are a significant part of an audience or are selling food as boosters either during intermission or immediately during evenings and weekends. Examples of these events include but are not limited to interscholastic sporting events, concerts, etc.

Physical Education:

A comprehensive physical education curriculum consistent with Kentucky requirements and aligned to national physical education standards shall be adopted. The curriculum will be developmentally appropriate, utilizing strategies that support needs of the diversity of the student population.

Every effort is made that all middle school students will have physical education at least once in the three years they attend Boyle County Middle School. Most middle school students will have physical education once a year. Physical education classes shall be appropriately modified or adapted to promote the participation of all students, in particular, students with chronic health conditions and/or special needs. Restriction of physical education shall not be used as a disciplinary consequence.

Physical activity is also encouraged 30 minutes a week during the students break time.

Health Education and Nutrition Education:

Boyle County Middle School utilizes a comprehensive health education curriculum consistent with Kentucky requirements and aligned to national health education standards. The curriculum will provide opportunities for developmentally appropriate, skill-based instruction for grade 6-8. Because good health is integral to a successful and

productive future, health education featuring information on healthy eating and physical activity will be integrated where possible into other subject areas.

Student and Staff Wellness:

The health, safety and attendance of Boyle County Middle School students and staff are critical for meeting the rigorous learning goals we have set. Boyle County Middle School wellness program will include, but is not limited to physical activity and nutrition information, access to a school nurse, health screenings, and other evidence-based approaches. Staff also participate in health challenges encouraging physical exercise and nutrition.

revised 1/18

Adopted _____ Signature _____
(Chairperson)

Junction City Elementary School--Wellness Policy

Purpose: This is a legally required SBDM policy.

Physical Activity Plan

All students will participate in moderate to vigorous physical activity each day, as follows:

1. Students will be provided opportunities to engage in at least 20 minutes of supervised physical activity, preferably outdoors, during which the school staff shall encourage moderate to vigorous activity (not to exceed 30 minutes per day/150 minutes per week).
2. The school will provide space and equipment to make that activity possible and appealing to all students. With input from the school staff, the principal shall work out how this activity will be handled. The arrangements must fit within the limits of our building and staffing and be compatible with our school improvement plan.
3. Each student will participate in a physical education class a minimum of once a week.
4. Teachers will make all reasonable efforts to avoid periods of more than 30 minutes when students are physically inactive. When possible, physical activity should be integrated into learning activities. When that is not possible, students should be given periodic breaks during which they are encouraged to stand and be moderately active.
5. Appropriate accommodations will be made for students with special needs, as required by law and sound professional judgment.
6. Students will not be deprived of physical activity as a consequence for behavior or academic performance except in as a result of a bullying/harassment consequence.

Healthy Choice Plan

We will encourage healthy choices among students using the following methods:

1. Implementing the nutritional standards required by federal and state laws and regulations, which apply to our food program and to other food and beverages available during the school day.
2. Implementing a practical living curriculum, which addresses the standards for health education, physical education, and consumerism.
3. Integrating all content areas by making connections to health and wellness and by incorporating movement-based activities when possible.
4. Providing guidelines for parents promoting healthy snacks for school functions or celebrations.

Assessment Tool

We will assess students' level of physical activity and physical fitness at least once a year using the following procedures:

1. Students in grades 3-5 will take the President's Physical Fitness Test in September and April of each school year.
2. The principal will report the results of the wellness assessment data to the council annually.
3. The council will discuss the results of the report and decide if wellness goals need to be added or revised in the School Improvement Plan.

Policy Implementation

The provisions of this policy will be implemented to comply with provisions required by federal law, state law, and local board policy. If any specific requirement above does not fit with those rules, the principal will notify the council so that the policy can be amended to fit.

The principal will share this policy with the Kentucky Department of Education upon request for the information.

Policy Evaluation

The SBDM council will collect and analyze data in order to recommend adjustments to the wellness policy.

Date Adopted:

Perryville Elementary School Wellness Policy
2016-2017

All students shall participate in moderate to vigorous physical activity each day, as follows:

- Each student shall participate in physical education class once a week.
- Each student shall have at least 20 minutes a day of supervised PT (physical training), preferably outdoors, during which the school staff shall encourage moderate to vigorous physical activity. The school shall provide space and equipment to make that activity possible and appealing to students.
- When possible, physical activity should be integrated into learning activities. When that is not possible, students should be given periodic breaks during which they are encouraged to stand and be moderately active.
- Appropriate accommodations shall be made for students with special needs, as required by law and sound professional judgment.

Our school shall assess students' level of physical activity at least once a year. The council shall select an assessment tool by the start of each school year, and the principal shall develop a schedule for completing that assessment. Our school shall encourage healthy choices among students using the following methods:

- Our school shall implement the nutritional standards required by federal and state laws and regulations. Those rules apply to our food program and to other food and beverages available during the school day.
- The rest of our curriculum as documented in Program Review and teacher's lesson plans shall reflect an integrated concern for wellness, including health, consumerism and physical education.

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.

The principal shall share this policy with the Kentucky Department of Education when KDE asks for this information.

Reviewed Date: 11/9/2016

Adopted Date: 12/7/2016

WOODLAWN ELEMENTARY SCHOOL

WELLNESS POLICY

Physical Activity Plan

All students will participate in moderate to vigorous physical activity each day, as follows:

1. Each student shall engage in at least 20 minutes of planned moderate to vigorous physical activity each day. With input from the teachers and the rest of the staff, the principal shall work out how this activity will be handled. The arrangements must fit within the limits of our building and staffing and be compatible with our school improvement plan. The school shall provide space and equipment to make that activity possible and appealing to students.
2. Each student in grades K-3 shall participate in physical education class as outlined in the school schedule, an average of 40 minutes per week. Students in grades 4 and 5 will participate in physical education class an average of 40 minutes daily for a nine week period. Ordinarily, students will be expected to participate in physical activities unless a note with restrictions is provided.
3. Teachers shall make all reasonable efforts to avoid long periods when students are physically inactive. When possible, physical activity should be integrated into learning activities. When possible, students will be given periodic breaks during which they are encouraged to stand and be moderately active. Brain breaks which include Go Noodle and Zumba can be done during this time.
4. Students shall not be deprived of recess or other physical activity as a consequence for behavior or academic performance. If students miss recess times, student will walk laps.
5. Appropriate accommodations shall be made for students with special needs, as required by law and sound professional judgment.

Healthy Choice Plan

Our school shall encourage healthy choices among students using the following methods:

1. Our school shall implement the nutritional standards required by federal and state laws and regulations as applies to our school food program and other foods available during the school day.
2. Parents will be provided suggestions for healthy party snacks and treats.
3. Our Practical Living curriculum shall address the full Core Content, including health, consumerism, and physical education.

4. The rest of our curriculum shall reflect an integrated concern for wellness, including connections to Science, Social Studies, and other subjects. Movement-based activities will be incorporated when possible.

Policy Implementation

The provisions of this policy will be implemented to comply with provisions required by federal law, state law, and local board policy. If any specific requirement above does not fit with those rules, the principal will notify the council so that the policy can be amended to fit.

The principal will share this policy with the Kentucky Department of Education upon request for this information.

The plan will be available in our front office in our SBDM binder and added to our school website.

POLICY EVALUATION

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

Wellness Policy

Rationale

According to SB 172, Section 11, passed by the 2005 General Assembly, an elementary school council shall develop and implement a wellness policy that includes moderate to vigorous physical activity each day and encourages healthy choices among students. The policy may permit physical activity to be considered part of the instructional day, not to exceed thirty minutes per day, or one hundred and fifty minutes per week. The School Council shall adopt the assessment tool used during the annual Health Checks to measure each to determine each child's level of physical activity on an annual basis.