

EDYTHE J. HAYES MIDDLE SCHOOL

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REVIEWED ON: NOVEMBER 22, 2022

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COORDINATED SCHOOL HEALTH POLICY

REQUIRED LAW THAT POLICY MEETS (IF APPLICABLE)

USDA recently published practical, science-based nutrition standards for snack foods and beverages sold to children at school during the school day. The standards, required by the Healthy, Hunger-Free Kids Act of 2010, will allow schools to offer healthier snack foods to children, while limiting junk food.

POLICY

Nutrition:

- All school meals and snacks served by the school nutrition and food services operation must comply with state and federal laws and regulations.
- An effort will be made to make healthy school choices available when food is offered at EJH Middle for students and staff.

These standards do not apply to school sponsored or school related fund raising activities when sold 30 minutes after school is dismissed. This does not 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 before or after such events. These school related events frequently occur during evenings and weekends. Examples of these events include but are not limited to interscholastic sporting events, concerts, etc...

Physical Education:

A comprehensive school physical activity and physical education curriculum is consistent with Kentucky requirements and aligned to national physical education standards. The curriculum will be developmentally appropriate, utilizing strategies that support needs of the diversity of the student population. All physical education classes will include student assessment of skills and knowledge and this assessment will be reported on the report card every term that a student is enrolled in physical education.

Every effort is made that all middle school students will have physical education once in the three years they attend EJH. 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.

Health Education and Nutrition Education:

EJH utilizes a comprehensive health education curriculum consistent with Kentucky requirements and aligned to national health education standards. Every effort is made that all middle school students will have health education once in three years they attend EJH. The curriculum will provide opportunities for developmentally appropriate, skills-based instruction for grades 6 – 8. Instruction will include topics of healthy eating and physical activity. All health education classes will include student assessment and this assessment will be reported on the report card every term health education is offered.

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.

School Employee Wellness:

The health, safety and attendance of school teachers and staff are critical to our students meeting the rigours learning goals we have set. In addition, staff members are unique and valuable resource. To this end, EJH wellness program will include, but is not limited to physical activity and nutrition information, weight management, stress management, health screenings, and other evidence-based approaches. This program will be evaluated annually for its overall effectiveness.

Evaluation:

EJH Wellness Committee will receive input from the stakeholders and oversee the implementation of the school wellness policy.