

COUNCIL POLICY

DISTRICT: Washington

SCHOOL: North

TITLE

Wellness

KRS 160.345(11)

POLICY STATEMENT

PURPOSE

The purpose of the North Washington Elementary School wellness policy is to ensure that all students at NWES 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 in order to truly be prepared for “college and career readiness.”

NUTRITION PROMOTION AND EDUCATION

- There is a standards based-nutrition curriculum, health education curriculum, or other curriculum that includes nutrition that is integrated into the curriculum and education program.
- Nutrition topics shall be integrated within the comprehensive health education curriculum and taught at every grade level.
- Nutrition education is integrated into the larger school environment to include enjoyable and developmentally-appropriate opportunities.
- Nutrition education teaches skill-based behaviors (e.g. reading food labels, meal planning, etc.).
- Nutrition education curriculum is aligned with Kentucky Academic Content and National Health Education Standards.

SCHOOL MEALS

- North Washington Elementary School will provide breakfast through the USDA School Breakfast Program.
- North Washington Elementary School shall ensure that all reimbursable school meals meet current USDA nutrition standards. USDA standards are provided by clicking [here](#).
- Morning bus routes will be scheduled to allow students to arrive at school in time to eat breakfast.
- North Washington Elementary School is a closed campus. School staff may not provide permission for students to leave campus for the purpose of obtaining lunch.
- After obtaining food, students will have at least 10 minutes to eat breakfast and 20 minutes to eat lunch.
- Appropriate supervision shall be provided in the cafeteria during breakfast and lunch.
- North Washington Elementary School will share and publicize information about the nutritional content of meals with students and parents via the district website.

- Students will be made aware of the availability of water during meals. Water jugs and cups will be present in the cafeteria and supervisory staff will allow students to access water throughout the meal period.

NUTRITION STANDARDS FOR COMPETITIVE AND OTHER FOODS AND BEVERAGES

- All foods sold to students during the school day are required to meet or are in compliance with USDA Smart Snacks federal nutrition.
- All foods and beverages served to students in before/aftercare, whether run by the school or an outside party, will meet Smart Snacks standards.
- Due to concerns about food safety and food allergies, food and snacks brought in from outside school must be store-purchased and packaged with nutritional facts.
- Students will be permitted to bring **water only** in a container to be consumed during class time. This includes no flavoring packets. Water containers must have a closing lid to prevent spills.
- Students will not be permitted to bring soda or energy drinks to be consumed anytime during the regular school hours, including meal and snack times.
- Juice drinks (Capri Suns, Squeeze-Its, Gatorade, etc.) will be permitted during lunch/snack time. What is not consumed during lunch will be thrown away, if opened.
- Soft drinks will only be allowed for classroom celebrations and special occasions at the discretion of the classroom teacher.
- North Washington administrators, teachers, and staff will be mindful of candy, snacks, etc. that is provided to students as rewards and make efforts to keep this to limited amounts.
- Vending machines will not be accessible to students until 30 minutes after dismissal of school.
- Students and staff will have access to free, safe, and fresh drinking water throughout the school day.
- When candy is sold as a school-sponsored fundraiser, sales will not be allowed until 30 minutes after dismissal.

PHYSICAL EDUCATION PLAN

- KRS 160.345:11 states that up to 30 minutes per day of instructional time may be used for physical activity. Therefore, all students will participate in moderate to vigorous physical activity each day, as follows:
- Each student will engage in at least 10 minutes of teacher planned and organized, moderate to vigorous activity each day. Grade level teams will design a plan for implementation.
- All students will participate in physical education class during the school year. Students will not be deprived of Physical Education class to make up missed assignments.
- The school will allow all physical education teachers access to annual professional development opportunities that are focused on physical education/ physical activity topics and competencies specifically for physical education teachers.
- Weather permitting, recess will occur outdoors as often as possible and teachers will encourage the students verbally to engage in moderate to vigorous physical activity. The school will provide space and equipment to make that activity possible and appealing to students.

- 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.
- Appropriate accommodations will be made for students with special needs, as required by law and sound professional judgment.

Assessment Tool

We will assess students' level of physical activity twice per year using the following procedures:

1. The principal (or designee) will recommend an assessment tool to the council for adoption. Once the council has adopted this tool, it will remain in use unless the principal or designee recommends a change.
2. The principal or designee and school nurse will develop a schedule for completing the assessment in the fall and spring of each school year.

Evaluation:

The school council shall review annually, the level of student activity and compiled data from the assessment tool. This data shall be included as part of the improvement planning process.

Date Adopted: 11/4/2010

Most Recent Review: July 2024