

COVINGTON  
SCHOOL  
CORPORATION  
WELLNESS POLICY

Health and Safety  
Wellness Policy

**I. POLICY STATEMENT**

The Covington Community School Corporation promotes healthy students and staff by supporting wellness, good nutrition, and regular physical activity as a part of the total learning environment. The school corporation supports a healthy environment where children learn and participate in positive dietary and lifestyle practices. By facilitating learning through the support and promotion of good nutrition and physical activity, schools contribute to the basic health status of children; improved health optimizes student performance potential.

**II. GOALS**

Covington Community Schools has established the following goals to promote our student/staff wellness.

**A. Nutrition Policy**

- Covington Community Wellness Board of Trustees recognizes that students need adequate, nourishing food in order to grow, learn and maintain good health. It further recognizes that significant research indicates a positive relationship between adequate nutrition and learning resulting in academic success.
- The Board will commit that all schools will participate in available child nutrition programs. Including, but not limited to, Breakfast and lunch throughout the instructional day.
- The Corporation will provide adequate resources to implement and maintain the Nutrition Policy.
- All employees of the corporation will support the implementation of the Nutrition Policy.
- Parents/Guardians will be encouraged to support the corporation's nutrition education efforts by considering nutritional quality when selecting snacks.
- All foods available to students before and during school hours shall be selected to contribute to student's nutritional well-being and prevention of disease; prepared in ways that will appeal to students, retain nutritive quality, and fostering lifelong healthful eating habits; and provide a variety of healthy choices at all sites.

- All school sites will provide an environment where healthful eating behaviors are the norm and are modeled and reinforced.
- The Superintendent or designees will ensure practices are in place to foster mutual respect between food service providers, school personnel.

#### B. Nutrition Guidelines

- All foods provided to students by CCSC staff during the instructional day shall meet or exceed the Corporation Nutrition Standards and will not be less restrictive than regulations and guidance issued by the USDA. (See our Nutrition Standards Below)
- Breakfast and lunch will emphasize foods nutrition dense per calorie; Foods should be served with these things in mind= Appeal, Taste, Safety, Variety and Packaging to ensure high quality meals.
- All Fundraising sales shall follow the Corporation Nutrition Standards.
- All food and beverages sold in vending machines accessible to students shall follow the Corporation Nutrition Standards.
- The school community shall encourage all school groups to include healthy foods during after school events.
- The school community shall encourage parents to bring healthy foods to school sponsored events and parties.
- All instructional staff will be encouraged to integrate healthy food themes into daily lessons when appropriate.

#### C. Covington Community Schools Nutritional Standards

Covington Community School Corporation has adopted the following Nutritional Standards governing the sale of food, beverages, and snack items on its school grounds throughout the instructional day.

- Any food item for sale prior to the start of the school day and throughout the instructional day will have no more than 30% of its total calories derived from fat.
- Any food item for sale prior to the start of the school day and throughout the instructional day will have no more than 10% of its total calories derived from saturated fat. Nuts and seeds are exempt from these set standards because they are nutrient dense and contain high levels of monounsaturated fat.
- Consumption of nutrient dense foods, i.e. whole grains, fresh vegetables and Fruit will be encouraged by all school staff.
- Beverages including water, milk, sports drinks (Low or no calorie) in grades 9-12, and 100% fruit juice may be sold on school grounds both prior to and

throughout the instructional day. All vending machines accessible to students will follow these guidelines.

- Groups selling beverages after the end of the school day will be encouraged to offer nutritional choices.
- Students will have a minimum of 15 minutes to eat meals.

#### D. Physical Activity

- Students are given opportunities for physical activity during the school day through Physical Education (P.E.) classes, daily recess periods for elementary school students, and the integration of physical activity into the academic curriculum where appropriate.
- Students are given many opportunities for physical activity through a range of before and after school programs including, but not limited to, after school sports, basketball in the MPR during lunch hour, interscholastic athletics, dance/cheer/guard clubs.
- CCSC works closely with the City of Covington Police department to make walking/biking to and from school a safe activity.
- CCSC will encourage parents/guardians to support their children's participation in physical activity, to be physically active role models, and to include physical activity in family events.
- CCSC will provide training to enable staff to promote enjoyable, lifelong physical activity among its students.

#### E. Wellness Education

- CCSC will display posters in its cafeterias promoting good nutrition choices.
- Our wellness policy, monthly menus for breakfast and lunch, as well as educational nutrition articles will be able to be found on our website
- Nutritional Lunch for the day will be announced first thing each morning for every student/staff to hear.
- The importance of eating a healthy breakfast will be posted in the weekly announcements at the elementary level.
- All staff should encourage (should the opportunity arise) students to try new fruits and vegetables available to them in the cafeteria.

#### F. Evaluation Plan

An evaluation committee consisting of the building principals, nurses, community representative(s), student representative(s) and at least one teacher representative from each school shall meet annually to review the Wellness Policy programs. This committee will be called and chaired by the superintendent of schools.

Superintendent\_\_\_\_\_

School Board Member\_\_\_\_\_

CCSC Nurse\_\_\_\_\_

Citizen of the City of Covington\_\_\_\_\_

Elem. Teacher\_\_\_\_\_

M.S. Teacher\_\_\_\_\_

H.S. Teacher\_\_\_\_\_

Student Rep.\_\_\_\_\_

Elem. Principal\_\_\_\_\_

M.S. Principal\_\_\_\_\_

H.S. Principal\_\_\_\_\_