

SCHOOL DISTRICT: Burgin Independent SCHOOL: Burgin School

COUNCIL POLICY TYPE (Check One)
_____ By-Laws (Council Operational Policies)
<u> X </u> Function (School Operational Policies)

POLICY TOPIC DESCRIPTION
Wellness Policy

POLICY STATEMENT
<u>Nutrition</u>
1. 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.
2. Our school shall encourage healthy food choices for classroom parties and activities that are in compliance with Smart Snacks. Teachers will monitor the snacks brought in. A list of Healthy Food Options will be provided to teachers and to families.
3. Teachers will not use food as a reward or reinforcement for students.
4. Parents will be provided Free/Reduced lunch forms in their enrollment packets to complete. No student will be denied a meal due to a charge balance on their account.
5. Teachers will encourage students to participate in breakfast and lunch programs provided by the school.
6. Fundraisers for food to be consumed during the school day must meet the Smart Snack requirements.
7. Food for purchase and provided during the school day to students will meet Smart Snack requirements.
8. Food provided to students after school that doesn't meet Smart Snack requirements can be served at 3:30 each day.
9. Drinking Water is available to students at all times throughout the school day.

10. Practical Living Curriculum shall address in full core content, including health, consumerism and physical education. The rest of our curriculum shall reflect an integrated concern for wellness, including connections to Science, Social Studies, and other subjects such as Agriculture classes.

Physical

1. All elementary students shall participate in moderate to vigorous physical activity each day.
2. Each elementary student shall participate in physical education class at least once a week.
3. Each elementary student shall have at least 20 minutes a day of supervised recess or planned physical activity, preferably outdoors, during which the school staff shall encourage moderate to vigorous physical activity verbally. They shall provide space and equipment to make that activity possible and appealing to students.
4. Teachers shall make all reasonable efforts to avoid periods of more than 40 minutes when students are physically inactive. When possible, physical activity shall be integrated into learning activities. When that is not possible, students will be given periodic breaks during which they are encouraged to stand and be moderately active.
5. Physical activity (recess or other physical activity) shall not be used as a consequence for behavior or academic performance. Recess will not be taken away from students.

Marketing

1. Marketing in school publications, media, school property, equipment, or fund raisers is determined on a case-by-case basis with the approval of the Superintendent, Principal, and/or Board.

Implementation/Evaluation/Communication:

1. The Wellness Report, along with rating scales, will be published by January of each year. The Wellness Report will be presented at the January Board meeting each year, and the public will be invited to comment.
2. The Wellness Policy is the responsibility of the Site-Based Council with input from the Wellness Committee, which is composed of Faculty, Staff, Administration, Board Members, Parents, and Student representatives.
3. The Wellness Policy will be posted on the Burgin Independent Schools website under Site-Based Policies.

4. The implementation of the Wellness Policy will be assessed once every three years and will be updated based on the results of the WellStat Report.

5. Burgin Independent Schools will have a Wellness Committee that meets 4 times per year.

The provision 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.

Date Adopted _____

Signature _____

Council Chairperson