

Oldham County Schools
Ignite Passion. Experience Excellence.

26-27 School Wellness Policy

PURPOSE

The purpose of the Oldham County Schools Wellness Policy is to ensure that all students are provided with a safe and healthy environment that promotes wellness through high quality health education and physical education to enrich student learning and foster lifelong habits of physical activity. 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 “postsecondary readiness.”

This policy implements, and shall not conflict with, Oldham County Schools Board Policy 09.2 (Student Welfare and Wellness) and the District Wellness Plan, consistent with KRS 160.345 and Board Policy 02.4241.

Local Wellness Team

Oldham County Schools maintains a Local Wellness Team. Our Local Wellness Team serves as a resource to create, strengthen, and support board policy on the promotion of student health and wellness. The LW Team will review the policy and plan annually to provide updates on progress in implementing this policy and other LW programs. Every three years, the LW team will review the latest national recommendations pertaining to school health and will update the wellness policy accordingly.

SCHOOL ACTIVITY AND PHYSICAL EDUCATION

PHYSICAL EDUCATION

- A certified teacher will provide instruction. Each full time teacher will complete 24 hours of professional development.
- Each K-5 school’s SBDM Council will select an assessment tool to assess each student’s level of physical activity annually, consistent with KRS 160.345(11) and Board Policy 02.4241.
- K-5 students will receive the equivalent of 1200 minutes of Physical Education across the school year as a related art, in addition to teacher-led recess time.

PHYSICAL ACTIVITY DURING THE SCHOOL DAY

- Lesson plans may include planned student movement integrated into academic lessons.
 - When possible, physical activity may be integrated into learning activities. When that is not possible, students may be given periodic breaks during which they are encouraged to stand and be moderately active.
- Incentives may be used during the school year to encourage each class to engage in physical activity.
- Consistent with Board Policy 02.4241, our school prohibits the use of physical activity as punishment (e.g., running laps, doing push-ups) and prohibits withholding physical activity/physical education time for behavior management or for make-up work.

PHYSICAL ACTIVITY BEFORE AND AFTER SCHOOL

Indoor school facilities are available for intramural activities and school-sponsored sports, based on availability and staffing.

SCHOOL NUTRITION

- Our schools will adhere to all guidelines of the USDA National School Lunch Program, consistent with Board Policy 07.1 and Federal Regulation 7 CFR 210.10/220.8.
- Schools will provide 25 minutes for a daily lunch period.
- Our schools shall encourage healthy choices among students using the following methods:
 - Schedule adequate time for all meals, consistent with 702 KAR 6:060.
 - Our schools shall implement the nutrition standards required by federal and state law and regulation. Those rules apply to our school meal program and to other food and beverages available during the school day, consistent with Board Policies 07.111 and 07.12.
 - All Schools will provide breakfast through the USDA School Breakfast Program.
 - Parents may block the purchase of “extras” for their child’s cafeteria account.
 - School Nutrition Personnel will work closely with parent(s) and/or guardian(s) to make reasonable accommodations for students with disabilities or special dietary needs, consistent with Board Policy 07.1.
 - Consistent with KRS 158.852 and the USDA Professional Standards for Child Nutrition Professionals (7 CFR 210.30), District school nutrition program directors and managers shall obtain required credentials and complete annual continuing education/training: new and current directors, at least 12 hours; new and current managers, at least 10 hours; new and current staff, at least 6 hours. This standard is also used as the basis for the District's WellSAT assessment of training compliance.
 - In compliance with the federal Healthy, Hunger-Free Kids Act and 702 KAR 006:090, any food item offered for sale through a vending machine, school store, canteen, or fundraiser on school property shall meet the established state requirements, consistent with Board Policies 07.111 and 07.12.
 - Provide information to students or families on the nutrition, caloric, and sodium content of foods available.

NUTRITION EDUCATION AND PROMOTION

- Our Practical Living curriculum shall address the full Kentucky Academic Standards, including health, consumerism, and physical education.
- Potable water is encouraged and available to students free of charge at all times during the school day.
- Healthy choices, such as fruits and salads, will be displayed in cafeterias to encourage students to make healthy choices.
- Fundraising Activities: Schools will encourage fundraising activities that promote physical activity. School fundraising activities occurring on the school campus during the school day will either not involve food, or will use foods and beverages that meet the nutrition and portion-size standards outlined above. This standard does not apply to:
 - Fundraisers held off school premises, or on campus more than 30 minutes after the end of the instructional day;
 - Exempted fundraising days permitted under state law and District policy; and
 - Sales conducted through a District-approved student-based enterprise authorized under KRS 158.854, which may sell competitive foods throughout the school day consistent with District policy.
- Snacks: Our schools will comply with USDA Smart Snacks standards. For more information, see: <https://www.fns.usda.gov/healthierschoolday/tools-schools-focusing-smart-snacks>
- Rewards: Schools are recommended to use non food alternatives as rewards. For example, extra recess or physical activity may be provided when time allows. Meals/scheduled snacks will not be withheld as punishment.

- Celebrations: Schools should limit celebrations that involve food and beverages during the school day to no more than one party per class per month. Food and beverages used for celebrations should comply with USDA Smart Snacks standards. Due to concerns about food safety and allergies, food and beverages brought in for celebrations during the school day should be individually packaged and labeled. No homemade food is allowed. This does not include food being prepared within a classroom as part of daily living instruction. Lists of compliant snacks can be obtained from the School Nutrition Department or the Cafeteria Manager at each school.
- Food Marketing in Schools: Consistent with federal rule, schools may only permit marketing on the school campus during the school day of foods and beverages that meet the nutrition standards under 7 CFR 210.11 and promote student health and reduce childhood obesity. School marketing includes the name or depiction of products, brands, logos, trademarks, or spokespersons/characters on any property or facility owned or leased by the District or school — including school buildings and campus, areas adjacent to school buildings, athletic fields, school buses, and parking lots. Marketing may appear on signs, scoreboards, and sports equipment; in curriculum, textbooks, and websites; on vending machine exteriors, food/beverage containers, and food display racks; and in school publications, school radio or television, screen savers, school-sponsored internet sites, or PA announcements.
- The WellSAT (Wellness School Assessment Tool) will be used as the District's assessment of this policy, including its food marketing provisions.
- Communication with Parents: Schools will support parents' efforts to provide a healthy diet. Our schools will offer healthy eating programs for students and make nutrition information available. Our schools provide nutrient analysis of school menus on the district's Meal Viewer site (<https://schools.mealviewer.com/district/OldhamCountySchools,KY>).

MEASUREMENT AND EVALUATION

Assessment

In compliance with 702 KAR 6:090, each elementary school council — or the principal if there is no school council — will adopt an assessment tool to determine each child's level of physical activity annually, as required by KRS 160.345(11).

Oversight and Reporting

The District Local Wellness Team will oversee the implementation and evaluation of this policy. The LW Team shall report to the Superintendent and Board annually. The report shall include:

- Extent to which the school is in compliance with this policy;
- How this policy compares to a model school wellness policy;
- Assessment results (triennially); and
- A designated LW Team representative will describe progress made toward the wellness plan's goals and address any gaps identified in the previous year's report.

Date Approved: AUG 24 2026

Chair Signature: Claudette Z. Herald

Appendix A: School Wellness Policy

EXAMPLES OF ACCEPTABLE SCHOOL SNACKS

Apples	Fruit Snacks
Oranges	Goldfish Crackers
Grapes	Cheez-Its
Banana	String Cheese
Broccoli	Baked Chips
Cauliflower	Pretzels
Carrots	Graham Crackers
Celery	Fruit Cups
Fruit Juices	Animal Crackers
Milk	Smoothies
Water	

Note: this list should be periodically reconciled with the current USDA Smart Snacks calculator, since product formulations and portion sizes change over time.