Local Wellness Policy for

Danville Independent School

Local Wellness Policy

School Year-2026-2027

Local Wellness Policy Compliance Contact Information:

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Food Service Director

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This institution is an equal opportunity provider.

I. Recommendations

Danville Independent School District recognizes that good nutrition and regular physical activity affect the health and well-being of the students of Danville Independent School District. Furthermore, research suggests that there is a positive correlation between a student's health and well-being and his/her ability to learn. Moreover, schools can play an important role in the developmental process by which students establish their health and nutrition habits by providing nutritious meals and snacks through the sponsor's meal programs, by supporting the development of good eating habits, and by promoting increased physical activity both in and out of the instructional day. As required by law, the Board of Education establishes the following wellness policy.

Research shows that two components, good nutrition and physical activity before, during and after the school day, are strongly correlated with positive student outcomes. For example, student participation in the U.S. Department of Agriculture's (USDA) School Breakfast Program is associated with higher grades and standardized test scores, lower absenteeism and better performance on cognitive tasks.[i,ii,iii,iv,v,vi,vii] Conversely, less-than-adequate consumption of specific foods including fruits, vegetables and dairy products, is associated with lower grades among students.[viii,ix,x] In addition, students who are physically active through active transport to and from school, recess, physical activity breaks, high-quality physical education and extracurricular activities – do better academically.[xi,xii,xiii,xiv]. Finally, there is evidence that adequate hydration is associated with better cognitive performance. [15,16,17]

The health and safety of students shall be a priority consideration in all Danville Schools decisions. Danville Independent School District is committed to providing educational environments that promote and protect student health (mentally and physically), well-being, and ability to learn by supporting healthy eating and physical activity. To this end, Danville Independent School District supports efforts to implement the following:

- To the maximum extent practicable, Danville Independent School District will participate in available federal school meal programs.
- Danville Independent School District will provide and promote nutrition education and physical education to foster lifelong habits of healthy eating and physical activity and will

establish linkages between health education, school meal programs, and related community services.

- All Danville Independent School District containing grades K-5 or any combination thereof shall develop and implement an individual wellness policy per KRS 160.345.

This policy outlines the Danville Independent School District's approach to ensuring environments and opportunities for all students to practice healthy eating and physical activity behaviors throughout the instructional day while minimizing commercial distractions. Specifically, this policy establishes goals and procedures to ensure that:

- Students have access to healthy foods throughout the instructional day – both through reimbursable school meals and other foods available throughout the campus– in accordance with Federal and state nutrition standards;
- Students receive quality nutrition education that helps them develop lifelong healthy eating behaviors;
- Students have opportunities to be physically active before, during and after the instructional day;
- Sponsor engages in nutrition and physical activity promotion and other activities that promote student wellness;
- Staff are encouraged and supported to practice healthy nutrition and physical activity behaviors in and out of instructional day;
- The community is engaged in supporting the work of the Sponsor in creating continuity between them and other settings for students and staff to practice lifelong healthy habits; and
- The Sponsor establishes and maintains an infrastructure for management, oversight, implementation, communication about and monitoring of the policy and its established goals and objectives.

In accordance with the LWP Implementation rule under the Healthy, Hunger-Free Kids Act of 2010, the Sponsor establishes the following policy for implementation**.** This policy applies to

all students and staff. Specific measurable goals and outcomes are identified within each section below.

- Danville Independent School District will coordinate the wellness policy with other aspects of school management, including the Danville Independent School District's school Improvement Plan, when appropriate.
- Danville Independent School District will also include any relevant data or statistics from state or local sources supporting the need for establishing and achieving the goals in this policy.

II. Local Wellness Policy Leadership & Sponsor Wellness Group

Danville Independent School District Wellness Group (SWG)

Danville Independent School District Wellness Group (SWG) shall be formed and maintained to oversee the activities set forth in this policy. The Group shall meet annually to review nutrition and physical activity policies and to develop an action plan for the coming year. The Group shall meet no less than 2 times during the school year to discuss the implementation of the established activities and address any barriers and challenges. The Group shall report annually to the Board of Education, or board equivalent, on the implementation of the policy and any recommended changes or revisions. The Board will adopt, or revise policies based on the Group's recommendations.

The SWG will include representatives from the respective agency and reflect the diversity of the community. The SWG membership will represent all educational instruction levels (elementary and secondary schools) and include Physical Education Teacher(s), School Nutrition Program Representative(s) (e.g., school nutrition director), School Nurse(s), Parent(s), Student(s), Medical/Health Care Professional(s) (e.g., dietitians, doctors, nurses, and dentists).

Each school within the District will establish an ongoing School Wellness Committee that convenes to review school level issues, in coordination with the District Wellness Committee.

Danville Independent School District wellness group shall work to encourage and support all students to be physically active on a regular basis as provided by Danville Schools policy. Each SWG shall review and consider evidence-based strategies to set measurable goals in providing nutrition education and engaging in nutrition promotion to positively influence lifelong eating behaviors.

- offered at each grade level as part of a sequential, comprehensive, standards-based program designed to provide students with the knowledge and skills necessary to promote and protect their health;
- offered as part of health education classes, but may also be included in subjects such as math, science, language arts, social sciences, and elective subjects;

- that include enjoyable, developmentally appropriate, culturally relevant, participatory activities, such as contests, promotions, taste testing, farm visits, and school gardens;
- that promote fruits, vegetables, whole grain products, low-fat and fat-free dairy products, healthy food preparation methods, and health-enhancing nutrition practices;
- that emphasize caloric balance between food intake and energy expenditure (physical activity/exercise);
- that link with school meal programs, other school foods, and nutrition-related community services; and
- that include training for teachers and other staff.

The designee(s) will convene the SWG and facilitate development of and updates to the wellness policy and will ensure each agency's compliance with the policy. The following individuals are contacts for the wellness group:

Name	Title / Relationship to Sponsor	Email Address	Roles & Responsibilities
Tammy Lynn	Food Service Director	tammy.lynn@danville.kyschools.us	Local Wellness Policy Compliance Contact
Cameron Jackson	Director of Pupil Personnel	cameron.jackson@danville.kyschools.us	Danville High School Manager
Tyler Smithwick	PE Teacher	tyler.smithwick@danville.kyschools.us	PE Teacher

Kathleen Kennedy	PE Teacher	kathleen.kennedy@danville.kyschools.us	PE Teacher
Sammi Anders	District Wellness Counselor	Sammi.anders@danville.kyschools.us	Wellness Counselor
Becky Swann	DHS School Nurse	becky.swann@danville.kyshools.us	District Nurse

III. Local Wellness Policy Implementation, Monitoring, Accountability & Community Engagement

Implementation Plan

Danville Independent School District will develop and maintain a plan for implementation to manage and coordinate the execution of this wellness policy. The plan delineates roles, responsibilities, actions and timelines specific to Danville Schools at each educational level; and includes information about who will be responsible to make what change, by how much, where and when; as well as specific goals and objectives for nutrition standards for all foods and beverages available on the campus, food and beverage marketing, nutrition promotion and education, physical activity, physical education and other school-based activities that promote student wellness. It is recommended that the school use the Healthy Schools Program online tools to complete a Sponsor-level assessment based on the Centers for Disease Control and Prevention's School Health Index, create an action plan that fosters implementation and generate an annual progress report which can be accessed by contacting the School Wellness Policy Coordinator.

Recordkeeping

Danville Independent School District will retain records to document compliance with the requirements of the wellness policy on the Sponsor's web site. Documentation maintained in this location will include but will not be limited to:

- The written wellness policy;
- Documentation demonstrating that the policy has been made available to the public;
- Documentation of efforts to review and update the Local Schools Wellness Policy; including an indication of who is involved in the update and methods the Sponsor uses to make stakeholders aware of their ability to participate on the SWG;

- Documentation to demonstrate compliance with the annual public notification requirements;
- The most recent assessment on the implementation of the local school wellness policy;
- Documentation demonstrating the most recent assessment on the implementation of the Local School Wellness Policy has been made available to the public.

The Superintendent or specific designee listed of the LEA shall:

- Per KRS 158.856(6), submit the wellness plan that includes a summary of the findings and recommendations of the nutrition and physical activity report as required by May 1 of each year to the Kentucky Department of Education (KDE).

Danville Independent School District will evaluate compliance with the wellness policy to assess the implementation of the policy and include:

- The extent to which the Danville Independent School District is in compliance with the wellness policy;

Annual Notification of Policy

Danville Independent School District must hold a public forum regarding the nutrition and physical activity environment as it pertains to the contents of their policy by January 31st of each year. Danville Independent School District will actively inform families and the public each year of basic information about this policy, including its content, any updates to the policy and implementation status. Danville Independent School District will make this information available via the Danville Independent School District website and/or Sponsor-wide communications. Danville Independent School District will provide as much information as possible about the instructional nutrition environment. This will include a summary of the Danville Independent School District's events or activities related to wellness policy implementation. Annually, Danville Independent School District will also publicize the name and contact information of the Danville Independent School District and school officials leading and

coordinating the committee, as well as information on how the public can get involved with the Danville Independent School District's wellness committee.

Triennial Progress Assessments

Danville Independent School District will champion the monitoring and evaluation of the wellness policy by conducting an evaluation every three years and reporting the findings of their evaluations.

- Danville Schools will notify staff, students, and households/families of the availability of the wellness report via District Website:
- Menus will be posted on the Danville Independent School District website.
- Danville Independent School District child nutrition program will accommodate students with special dietary needs.
- Students will be allowed at least 10 minutes to eat breakfast and at least 20 minutes to eat lunch.
- Students are served lunch at a reasonable and appropriate time of day.
- Participation in Federal child nutrition programs will be promoted among students and families to help ensure that families know what programs are available in their children's school.
- Shall notify parents of the availability of the breakfast, lunch, and summer food programs and shall be encouraged to determine eligibility for reduced or free meals
- Shall allow students the opportunity to provide input on menu items;
- Shall restrict the scheduling of club/organizational meetings during the lunch period unless students are allowed to purchase lunch to be consumed during the meetings;
- Shall explore the use of nontraditional breakfast service models (such as breakfast in the classroom) to increase breakfast participation;
- Danville Independent School District wellness policy will be updated as needed based on evaluation results, Danville Independent School District changes, emersion of new health science information/technology, and/or new federal or state guidance are issued.

The Food Service Director is responsible for managing the triennial assessment and contact information is the Local Wellness Policy Compliance contact. The SWG, in collaboration with the Danville Independent School District, will monitor their compliance with this wellness policy. Danville Independent School District will actively notify households/families of the availability of the triennial progress report.

Revisions and Updating the Policy

The SWG will update or modify the wellness policy based on the results of the annual School Health Index and triennial assessments and/or as Danville Independent School District priorities change; community needs change; wellness goals are met; new health science, information, and technology emerges; and new Federal or state guidance or standards are issued. The wellness policy will be assessed and updated as indicated at least every three years, following the triennial assessment.

Community Involvement, Outreach and Communications

Danville Independent School District is committed to being responsive to community input, which begins with awareness of the wellness policy. Danville Independent School District will actively communicate ways in which representatives of SWG and others can participate in the development, implementation and periodic review and update of the wellness policy through a variety of means appropriate for that Sponsor. Danville Independent School District will also inform parents of the improvements that have been made to school meals and compliance with school meal standards, availability of child nutrition programs and how to apply, and a description of and compliance with Smart Snacks in School nutrition standards. Danville Independent School District will use electronic mechanisms, such as email or displaying notices on the Danville Independent School District's website, as well as non-electronic mechanisms, such as newsletters, presentations to parents, or sending information home to parents, to ensure that all families are actively notified of the content of, implementation of,

and updates to the wellness policy, as well as how to get involved and support the policy. Danville Independent School District will ensure that communications are culturally and linguistically appropriate to the community and accomplished through means similar to other ways that Danville Independent School District is communicating important agency information with parents. Danville Independent School District will actively notify the public about the content of or any updates to the wellness policy annually, at a minimum. Danville Independent School District will also use these mechanisms to inform the community about the availability of the annual and triennial reports. Danville Independent School District will notify the community of these reports via the electronic and non-electronic media channels of:

Danville Independent School District is committed to providing an instructional environment that promotes students to practice healthy eating and physical activity. Students shall receive consistent nutrition messages that promote health throughout campus(es), classrooms, cafeterias, and school media.

School nutrition services shall implement at least 2 Promotion techniques at each school.

School nutrition services shall purchase at least 2 locally grown/produced products each year.

School nutrition services shall menu at least 2 local food(s) per month.

Danville Independent School District shall offer students the ability to participate in culinary activities, such as cooking clubs and the Kentucky Junior Chef Competition through the KY Department of Agriculture.

IV. Nutrition Standards

School Meals Programs

Our agency is committed to serving healthy meals to children, with plenty of fruits, vegetables, whole grains, and fat-free and low-fat milk; that are moderate in sodium, low in saturated fat, and have zero grams trans-fat per serving (nutrition label or manufacturer's specification); and to meeting the nutrition needs of children within their calorie requirements. The school meal programs aim to improve the diet and health of school-aged children, help mitigate childhood obesity, model healthy eating to support the development of lifelong healthy eating patterns and support healthy choices while accommodating cultural food preferences and special dietary needs.

Danville Independent School District will participate in USDA child nutrition programs, including the National School Lunch Program (NSLP) and School Breakfast Program (SBP), as well as:

*After School Care Program

*Summer Food Service Program

The Sponsor also operates additional nutrition-related programs and activities including:

*Breakfast before the Bell: Traditional Breakfast

*Breakfast before the Bell: Grab n Go Breakfast

*Breakfast after the Bell: Second Chance Breakfast

*USDA Smart Snacks

Danville Independent School District as a whole is committed to offering school meals through the NSLP and SBP programs, and other applicable Federal child nutrition programs, that:

- Are accessible to all students are appealing and attractive to children. Students will be served in clean and pleasant settings.
- Meal times will provide at least 10 minutes for breakfast and at least 20 minutes after being seated for lunch. Our schools will provide students access to handwashing or sanitizing before they eat. Lunch times should be scheduled between 10:50 AM and 1:00 PM
- Are protective of students' privacy who qualify for free or reduced-price meals in accordance with federal and state regulations. Danville Schools are participate as a CEP(Community Eligibility Provision) Schools were all students eat Breakfast and Lunch at no charge to the students.

Promote healthy food and beverage choices using the following techniques

*Sliced or cut fruit is available daily.

*Daily fruit options are displayed in a location in the line of sight and reach of students.

*All available vegetable options have been given creative or descriptive names.

*Daily vegetable options are bundled into all grab-and-go meals available to students.

*All staff members, especially those serving, have been trained to politely prompt students to select and consume the daily vegetable options with their meal.

*White milk is placed in front of other beverages in all coolers.

*Alternative entrée options (e.g., salad bar, yogurt parfaits, etc.) are highlighted on posters or signs within all service and dining areas.

*A reimbursable meal can be created in any service area available to students (e.g., salad bars, snack rooms, etc.).

*Student surveys and taste testing opportunities are used to inform menu development, dining space decor and promotional ideas.

*Daily announcements and meal viewer software are used to promote and market menu options

Farm to School Participation Activities

As a participant in the USDA's Farm to School program, we as Danville Independent School District will implement the following Farm to School activities:

Local and/or regional products are incorporated into the school meal program;

School hosts field trips to local farms;

In addition, the Sponsor commits to offering meals that:

Report Additional Commitments to Abide By

*Menus will be posted on the Danville Website and will accommodate students with special dietary needs.

*Participation in Federal child nutrition programs will be promoted among students and families to help ensure that families know what programs are available in their children's school.

*Shall notify parents of the availability of the breakfast, lunch, and summer food programs and shall be encouraged to participate ; All school meals will meet or exceed current nutrition requirements established by local, state, and Federal statutes and regulations (Danville Schools offers reimbursable school meals that meet USDA nutrition standards at no charge to students

Staff Qualifications and Professional Development

All school nutrition program directors, managers and staff will meet or exceed hiring and annual continuing education/training requirements in the USDA professional standards for child nutrition professionals. These school nutrition personnel will refer to USDA's Professional Standards for School Nutrition Standards website to search for training that meets their learning needs.

Water

To promote hydration, free, safe, unflavored drinking water will be available to all students throughout the instructional day and throughout Danville Schools campus(es). Danville Schools will make drinking water available where school meals are served during mealtimes, as well as throughout the duration of the instructional day via multiple water stations throughout.

Competitive Foods and Beverages

Danville Independent School District is committed to ensuring that all foods and beverages available to students on the campus during the instructional day, defined by USDA as midnight to thirty minutes after the last bell, support healthy eating. The foods and beverages sold and served outside of the school meal programs (e.g., "competitive" foods and beverages) will meet the USDA Smart Snacks in School nutrition standards, at a minimum. Smart Snacks aim to improve student health and well-being, increase consumption of healthful foods during the instructional day and create an environment that reinforces the development of healthy eating habits. A summary of the standards and information, as well as a Guide to Smart Snacks in Schools are available at: https://www.fns.usda.gov/tn/guide-smart-snacks-school. The Alliance for a Healthier Generation provides a set of tools to assist with implementation of Smart Snacks available at: https://www.healthiergeneration.org/our-work/business-sector-engagement/improving-access-to-address-health-equity/smart-food-planner.

*To support healthy food choices and improve student health and well-being, all foods and beverages outside the reimbursable school meal programs that is sold to students on the Danville Schools campus during the instructional day will meet or exceed the USDA Smart Snacks and/or State nutrition standards. These standards will apply in all locations and through all services where foods and beverages are sold, which may include, but are not limited to, à la carte options in cafeterias, vending machines and snack.

*The sale of foods and/or beverages containing caffeine (with the exception of trace amounts of naturally occurring caffeine) at all grade levels during the instructional day, defined by USDA as midnight to thirty minutes after the last bell, are prohibited.

*No beverages with nonnutritive sweeteners (artificial or natural), such as diet iced tea, diet soda, etc. shall be sold to students during the instructional day, defined by USDA as midnight to thirty minutes after the last bell, regardless of their compliance with the USDA Smart Snacks standards.

*In compliance with the Competitive Food Rule no Fast Food will be brought into Danville School Campus(s).

These nutrition standards do not restrict the sales of caffeinated beverages to high school students. With this, it is still recommended that the Sponsor be cautious in the selection of items that are sold to these students containing caffeine. At this grade level, students can be offered other alternatives like low-calorie and calorie-free beverage options.

Celebrations and Rewards

All foods offered on the Danville Schools campus will meet or exceed the USDA Smart Snacks in School and/or State nutrition standards, including through:

1. Celebrations and parties. Danville Independent School District will provide a list of healthy party ideas upon request to parents and teachers, including non-food celebration ideas. Healthy party ideas are available from the Alliance for a Healthier Generation and from the USDA.
2. Classroom snacks brought by parents. Danville Independent School District will provide to parents upon request a list of foods and beverages that meet Smart Snacks nutrition standards.

3. Rewards and incentives. Danville Independent School District will provide teachers and other relevant staff upon request a list of alternative ways to reward children. Foods and beverages will not be used as a reward, or withheld as punishment for any reason, such as for performance or behavior.

Fundraising

Foods and beverages that meet or exceed the USDA Smart Snacks in Schools nutrition standards may be sold through fundraisers. Danville Independent School District will make available to parents and teachers a list of healthy fundraising ideas upon request [examples from the Alliance for a Healthier Generation and the USDA].

*Fundraising during instructional hours are encouraged to be only non-food fundraisers, and the Sponsor encourages those fundraisers promoting physical activity (such as walk-a-thons, jump rope for heart, fun runs, etc.)

*Fundraising during instructional hours sell only non-food items or foods and beverages that meet or exceed the Smart Snacks nutrition standards.

*Food and beverages that meet or exceed the USDA Smart Snacks standards may be sold through fundraisers during the instructional day. No restrictions are placed on the sale of food/beverage items sold outside of the instructional day.

Nutrition Education & Promotion Guidelines

Nutrition promotion and education positively influence lifelong eating behaviors by using evidence-based techniques and nutrition messages, and by creating food environments that encourage healthy nutrition choices and encourage participation in school meal programs. Students and staff will receive consistent nutrition messages throughout Sponsor location(s), classrooms, gymnasiums, and cafeterias. Nutrition promotion also includes marketing and advertising nutritious foods and beverages to students and is most effective when implemented consistently through a comprehensive and multi-channel approach by Sponsor staff, teachers, parents, students and the community. Marketing specifically includes:

- Brand names, trademarks, logos, or tags except when placed on food or beverage product/container

- Displays, such as vending machine exteriors
- Corporate/brand equipment
- Sponsor equipment, such as message boards, scoreboards, uniforms
- Advertisements in Sponsor publications/mailing
- Sponsorship of school activities, fundraisers, or sports teams
- Educational incentive programs such as contests or programs
- Free samples or coupons displaying advertising of a product

Danville Independent School District will promote healthy food and beverage choices for all students (K-12) throughout the campus, as well as encourage participation in school meal programs. This promotion will occur through at least ensuring 100% of foods and beverages promoted to students meet the USDA Smart Snacks in School nutrition standards. Additional promotion techniques that the Sponsor and individual schools may use are available at https://www.healthiergeneration.org/our-work/business-sector-engagement/improving-access-to-address-health-equity/smart-food-planner.

Nutrition Education Guidelines

Danville Independent School District will teach, model, encourage and support healthy eating by all students. They will provide nutrition education and engage in nutrition promotion that:

- Is designed to provide students with the knowledge and skills necessary to promote and protect their health;
- Is part of not only health education classes, but also integrated into other classroom instruction through subjects such as math, science, language arts, social sciences and elective subjects when possible;
- Promotes fruits, vegetables, whole-grain products, low-fat and fat-free dairy products and healthy food preparation methods;
- Emphasizes caloric balance between food intake and energy expenditure (promotes physical activity/exercise);
- Links with school meal programs, cafeteria nutrition promotion activities, and/or other school foods and nutrition-related community services;

Danville Independent School District has set forth goals related to nutrition promotion, requiring compliance with the following goals:

- Danville Schools are committed to providing an instructional environment that promotes students to practice healthy eating and physical activity. Students shall receive consistent nutrition messages that promote health throughout campus(es), classrooms, cafeterias, and school media.
- Danville Schools nutrition services shall purchase locally grown/produced products each year.
- Danville Schools nutrition services shall menu at least two local food(s) per month.
- Danville Independent School District shall offer students the ability to participate in culinary activities, such as cooking clubs and the Kentucky Junior Chef Competition through the KY Department of Agriculture.

Essential Healthy Eating Topics in Health Education

The Danville Schools will include in the health education curriculum the following essential topics on healthy eating:

- Relationship between healthy eating and personal health and disease prevention
- Food guidance from MyPlate
- Reading and using FDA's nutrition fact labels
- Eating a variety of foods every day
- Balancing food intake and physical activity
- Eating more fruits, vegetables and whole grain products
- Choosing foods that are low in fat, saturated fat, and cholesterol and do not contain *trans* fat
- Choosing foods and beverages with little added sugars
- Eating more calcium-rich foods
- Preparing healthy meals and snacks
- Risks of unhealthy weight control practices
- Accepting body size differences
- Food safety
- Importance of water consumption
- Importance of eating breakfast
- Making healthy choices when eating at restaurants
- Eating disorders
- The Dietary Guidelines for Americans
- Reducing sodium intake
- Social influences on healthy eating, including media, family, peers and culture
- How to find valid information or services related to nutrition and dietary behavior
- How to develop a plan and track progress toward achieving a personal goal to eat healthfully
- Resisting peer pressure related to unhealthy dietary behavior
- Influencing, supporting, or advocating for others' healthy dietary behavior

Food and Beverage Marketing in Schools

Danville Independent School District is committed to providing a school environment that ensures opportunities for all students to practice healthy eating and physical activity behaviors throughout the instructional day while minimizing commercial distractions. Danville Schools strives to teach students how to make informed choices about nutrition, health and physical activity. These efforts will be weakened if students are subjected to advertising on Danville Schools property that contains messages inconsistent with the health information that Danville Schools is imparting through nutrition education and health promotion efforts. It is the intent of Danville Schools to protect and promote student's health by permitting advertising and marketing for only those foods and beverages that are permitted to be sold on the campus, consistent with Danville Schools wellness policy. Any foods and beverages marketed or promoted to students on the campus during the instructional day will meet or exceed the USDA Smart Snacks in School nutrition standards, such that only those foods that comply with or exceed those nutrition standards are permitted to be marketed or promoted to students.

Food and beverage marketing are defined as advertising and other promotions in schools. Food and beverage marketing often includes an oral, written, or graphic statements made for the purpose of promoting the sale of a food or beverage product made by the producer, manufacturer, seller or any other entity with a commercial interest in the product.[xv] This term includes, but is not limited to the following:

- Brand names, trademarks, logos or tags, except when placed on a physically present food or beverage product or its container.

decisions should reflect the applicable marketing guidelines established by the Danville Schools wellness policy.

V. Physical Activity

Children and adolescents may participate in no more than 30 minutes per day, or 150 minutes per week of physical activity integrated into the instructional day. This is in compliance with the school calendar regulation, 702 KAR 007:140. All high school aged students are required to take the equivalent of a half credit of physical education but should still encourage a Sponsor-specific requirement for elementary and middle school aged students. Schools will ensure that these varied physical activity opportunities are in addition to, and not as a substitute for, physical education (addressed in "Physical Education" subsection).

To the extent practicable, the Sponsor will ensure that its grounds and facilities are safe, and that equipment is available to students to be active. The Sponsor will conduct necessary inspections and repairs. The Sponsor will work to ensure that inventories of physical activity supplies and equipment are known and, when necessary, will work with community partners to ensure sufficient quantities of equipment are available to encourage physical activity for as many students as possible.

Physical Education

Danville Independent School District will provide students with physical education, using an age-appropriate, sequential physical education curriculum consistent with national and state standards for physical education. The physical education curriculum will promote the benefits of a physically active lifestyle and will help students develop skills to engage in lifelong healthy habits, as well as incorporate essential health education concepts (discussed in the "*Essential Physical Activity Topics in Health Education*" subsection). The curriculum will support the essential components of physical education.

All students will be provided equal opportunity to participate in physical education classes. The Sponsor will make appropriate accommodations to allow for equitable

participation for all students and will adapt physical education classes and equipment as necessary.

Danville Independent School District's physical education program will promote student physical fitness through individualized fitness and activity assessments and will use criterion-based reporting for each student.

- All physical education teachers will be required to participate in at least a once a year professional development in education.
- All physical education classes offered by Danville Independent School District are taught by licensed teachers who are certified or endorsed to teach physical education.

Danville Independent School District has identified goals related to physical activity and physical education, including:

Physical Education Goals

- Danville Independent School District shall develop a comprehensive physical activity program in compliance with the Kentucky Academic Standards, reflecting strong coordination and synergy across all of the components: quality physical education as the foundation; physical activity before, during and after school; staff involvement and family and community engagement and Danville Independent School District is committed to providing these opportunities.
- Children and adolescents should participate in 60 minutes of physical activity every day. Danville Independent School District shall provide students with physical education, using an age appropriate, sequential physical education curriculum consistent with national and state standards for physical education. The Sponsor shall also provide opportunities for students to participate in physical activity in addition to physical education.
- Physical activity during the instructional day shall not be withheld as punishment. Participation on sports teams may be exempt from this rule if related to failure to meet school codes, such as academic or attendance requirements.

Essential Physical Activity Topics in Health Education

Health education will be required in all grades (elementary) and Danville Independent School District will encourage middle school students to receive at least **225** minutes of physical education per week throughout the school year. High school students are to receive at least

225 minutes credits of physical education. Danville Independent School District will include in the health education curriculum the following essential topics on physical activity:

Essential Topics in Health Education

- The physical, psychological, or social benefits of physical activity
- How physical activity can contribute to a healthy weight
- How physical activity can contribute to the academic learning process
- How an inactive lifestyle contributes to chronic disease
- Health-related fitness, that is, cardiovascular endurance, muscular endurance, muscular strength, flexibility, and body composition
- Differences between physical activity, exercise and fitness
- Phases of an exercise session, that is, warm up, workout and cool down
- Overcoming barriers to physical activity
- Decreasing sedentary activities, such as TV watching
- Opportunities for physical activity in the community
- Preventing injury during physical activity
- Weather-related safety, for example, avoiding heat stroke, hypothermia and sunburn while being physically active
- How much physical activity is enough, that is, determining frequency, intensity, time and type of physical activity
- Developing an individualized physical activity and fitness plan
- Monitoring progress toward reaching goals in an individualized physical activity plan
- Dangers of using performance-enhancing drugs, such as steroids
- Social influences on physical activity, including media, family, peers and culture
- How to find valid information or services related to physical activity and fitness
- How to influence, support, or advocate for others to engage in physical activity
- How to resist peer pressure that discourages physical activity.

Recess (Elementary)

All elementary schools will offer at least 150 to minutes per week during the school year. This policy may be waived on early dismissal or late arrival days. If recess is offered before lunch, Danville Independent School District will have appropriate hand-washing facilities and/or hand-sanitizing mechanisms located just inside/outside the cafeteria to ensure proper hygiene prior to eating and students are required to use these mechanisms before eating. Hand-washing time, as well as time to put away coats/hats/gloves, will be built into the recess transition period/timeframe before students enter the cafeteria. Outdoor recess will be offered when weather is feasible for outdoor play, according to Sponsor guidelines. In the event that

Danville Independent School District must conduct indoor recess, teachers and staff will follow the indoor recess guidelines that promote physical activity for students, to the extent practicable.

Recess will complement, not substitute, physical education class. Recess monitors or teachers will encourage students to be active and will serve as role models by being physically active alongside the students whenever feasible. Recess may not be used as a form of punishment at any time. It cannot be assigned consequently for poor behavior for any reason. For example, a student may not be singled out to run additional laps or perform other physical activities that the entire class is not also engaged in, as behavioral consequences. Recess may be utilized as a reward mechanism for all grade levels. This is heavily recommended as feasible.

Classroom Physical Activity Breaks (Elementary and Secondary)

Danville Independent School District recognizes that students are more attentive and ready to learn if provided with periodic breaks when they can be physically active or stretch. Thus, students will be offered periodic opportunities to be active or to stretch throughout the day on all or most days during a typical school week, as allowable. Danville Independent School District recommends teachers provide short (3-5-minute) physical activity breaks to students during and between classroom time at least three days per week. These physical activity breaks will complement, not substitute, for physical education class, recess, and class transition periods.

Danville Independent School District will provide resources and links to resources, tools, and technology with ideas for classroom physical activity breaks. Resources and ideas. are available through USDA and the Alliance for a Healthier Generation.

Active Academics

Teachers will incorporate movement and kinesthetic learning approaches into “core” subject instruction when possible (e.g., science, math, language arts, social studies and others) and do their part to limit sedentary behavior during the school day.

Danville Independent School District will support classroom teachers incorporating physical activity and employing kinesthetic learning approaches into core subjects by providing annual professional development opportunities and resources, including information on leading activities, activity options, as well as making available background material on the connections between learning and movement. Teachers will serve as role models by being physically active alongside the students whenever feasible.

Before and After School Activities

Danville Independent School District offers opportunities for students to participate in physical activity either before and/or after the instructional day (or both) through a variety of methods. Danville Independent School District will encourage students to be physically active before and after the instructional day. Activities include physical activity classes/clubs, physical activity in aftercare, intramurals, and varsity sports. Danville Independent School District currently offers extracurricular activities to students’ after the instructional day during applicable seasons.

VI. Other Activities That Promote Student & Staff Wellness

Danville Independent School District will integrate wellness activities across the entire school setting, not just in the cafeteria, other food and beverage venues and physical activity facilities. Danville Independent School District will coordinate and integrate other initiatives related to physical activity, physical education, nutrition and other wellness components so all efforts are complementary, not duplicative, and work towards the same set of goals and objectives promoting student well-being, optimal development and strong educational outcomes.

Danville Independent School District is encouraged to coordinate content across curricular areas that promote student health, such as teaching nutrition concepts in mathematics, with consultation provided by the Danville Independent School District's curriculum experts.

All efforts related to obtaining federal, state or association recognition for efforts, or grants/funding opportunities for healthy school environments will be coordinated with and complementary of the wellness policy. All sponsored events will adhere to the wellness policy guidelines. All sponsored wellness events will include physical activity and healthy eating opportunities when appropriate.

In addition, Danville Independent School District will achieve additional wellness activity goals, such as:

S8 Q1: Additional Wellness Activities

Check all that apply.

- As appropriate, Danville Independent School District shall support students', staffs', and parents' efforts to maintain a healthy lifestyle.
- Danville Independent School District supports the implementation of other programs that help create an instructional environment that conveys consistent wellness messages in an effort to promote student well-being.

- Students shall be allowed to bring and carry throughout the day approved water bottles filled with only water.
- Staff is strongly encouraged to model healthful eating habits and are discouraged from eating in front of children/sharing food with children during regular class time, outside of activities related to the nutrition education curriculum.
- Staff is not permitted to eat or drink out of branded packaging in front of children, such as coffee containers with specific company logos.

Community Engagement & Partnerships

Danville Independent School District will develop relationships with community partners such as the local health department and local businesses in support of this wellness policy's implementation. Existing and new community partnerships and sponsorships will be evaluated to ensure that they are consistent with the wellness policy and its goals.

Danville Independent School District will also promote to parents/caregivers, families, and the general community the benefits of and approaches for healthy eating and physical activity throughout the school year. Families will be informed and invited to participate in school-sponsored activities as offered and will receive information about any health promotion efforts.

Danville Independent School District will use electronic mechanisms (e.g., email or displaying notices on the Sponsor's website), as well as non-electronic mechanisms, (e.g., newsletters, presentations to parents or sending information home to parents), to ensure that all families are actively notified of opportunities to participate in school-sponsored activities and receive information about health promotion efforts.

Staff Wellness & Professional Learning Opportunities

The SWG will have a staff wellness subcommittee that focuses on staff wellness issues, identifies and disseminates wellness resources and performs other functions that support staff wellness in coordination with human resources staff. Danville Independent School District will implement strategies to support staff in actively promoting and modeling healthy eating and physical activity behaviors, such as:

Staff Wellness

- Application of Smart Snacks nutritional standards for foods and beverages in vending machines available to staff members.
- Educational activities for staff members on healthy lifestyle behaviors.
- Distribution of an employee health newsletter to promote healthy behaviors.
- Administration of flu shots through Sponsor.
- Periodic screening at Sponsor's campus for blood pressure, blood cholesterol, body mass index, and other health indicators.
- Annual administration of individual health-risk appraisals to help staff members establish personal health-improvement goals.
- Encouragement of staff members to set medical appointments for screening for cancer, heart disease, diabetes, and other diseases.

Danville Independent School District promotes staff member participation in health promotion programs and will support programs for staff members on healthy eating/weight management that are accessible and free or low-cost.

VII. Policy Resources

Kentucky Administrative Regulations

702 KAR 7:140 School calendar.

702 KAR 6:090 Minimum nutritional standards for foods and beverages available on public school campuses during the school day; required nutrition and physical activity reports.

Kentucky Revised Statutes

KRS 158.850 Limitation on sale of retail fast foods in school cafeteria.

KRS 158.854 Administrative regulation specifying minimum nutritional standards for foods sold outside school lunch programs -- Restrictions upon sale of certain foods and beverages -- Waiver -- Definitions -- Exceptions.

KRS 160.345 Definitions -- Required adoption of school councils for school-based decision making -- Composition -- Responsibilities -- Personnel decisions -- Professional development -- Exemption -- Formula for allocation of school Sponsor funds -- Intentionally engaging in conduct detrimental to school-based decision making by board member, superintendent, Sponsor employee, or school council member -- Complaint procedure -- Disciplinary action -- Rescission of right to establish and powers of council -- Wellness policy.

KRS 160.290 General powers and duties of board.

Kentucky School Boards Association (KSBA) Policies *(if applicable)*

BP 02.4241 School Council Policies (SBDM)

BP 08.1346 Physical Education

BP 07.1 Food/School Nutrition Services

BP 07.12 Vending Machines

BP 07.111 Competitive Foods

Public Law

111-296 Healthy, Hunger-Free Kids Act of 2010

7 CFR Part 210

7 CFR Part 220

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