

Student Welfare and Wellness

The health and safety of pupils shall be a priority consideration in all Board decisions.

The Washington County Board of Education is committed to providing school environments that promote and protect student health, well-being, and ability to learn by supporting healthy eating and physical activity. To this end, the Board supports school efforts to implement the following:

- To the maximum extent practicable, schools will participate in available federal school meal programs. Free and reduced meal applications and menus are available at www.washington.kyschools.us
- Schools 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.

NUTRITION PROMOTION AND EDUCATION, PHYSICAL ACTIVITY, AND OTHER SCHOOL-BASED ACTIVITIES

Each school is to set measurable goals in providing nutrition education and engaging in nutrition promotion to positively influence lifelong eating behaviors. To achieve the goals:

- offer as part of not only health education classes, but also integrated into classroom instruction;
- include enjoyable, developmentally-appropriate, such as contests, promotions, and encourage to start each day with a healthy breakfast;
- emphasize caloric balance between food intake and energy expenditure (physical activity/exercise);
- link with school meal programs, other school foods, and nutrition-related community services;
- provide all students with opportunities, support, and encouragement to be physically active on a regular basis as provided by school/council policy. Schools with K-5 organization, or any configuration thereof, shall include in their wellness policy, moderate to vigorous physical activity each day in accordance with [KRS 160.345](#) and Board Policy 02.4241 such as;
 - physical education will be an environment where students learn, practice and are assessed on developmentally appropriate motor skills, social skills, and knowledge;
 - physical activity facilities on school grounds meet safety requirements;
 - encourages teachers to incorporate physical activity as much as possible into subject areas;
 - provides a physical and social environment that encourages safe and enjoyable activity for all students;
 - discourages depriving students of physical activity as a consequence for behavior or academic performance;
- provide food service personnel adequate pre-service training in food service operations;

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NUTRITION GUIDELINES FOR ALL FOODS/PROMOTING STUDENT HEALTH

Each school is to follow minimum federal and state nutrition standards established by the meal pattern and smart snacks.

- Foods and beverages sold during the school day (vending, a la carte, snack carts) shall be done in accordance with state and federal regulations and Board Policies 07.111 and 07.12.
- Foods and beverages sold or served at school shall be consistent with the federal regulations for school meal nutrition standards. Nutrition guidelines for all foods and beverages served or sold on campus shall be maintained by the Superintendent/designee and made available upon request. The Superintendent shall designate an individual or individuals to monitor compliance of beverages and food sold ala carte with state and federal nutrition requirements.
- Qualified child nutrition professionals will provide students with access to a variety of affordable, nutritious, and appealing foods that meet the health and nutrition needs of students; and will provide clean, safe, and pleasant settings and adequate time for students to eat.
- When possible, rewards given to students shall be other than food/beverage items. When food/beverage items are used as rewards, such items shall comply with nutritional guidelines set out in Kentucky Administrative Regulation.
- Potable water will be available for students at meal times.
- Promote fruits, vegetables, whole grain products, low-fat and fat-free dairy products, healthy food preparation methods, and health-enhancing nutrition practices.

SCHOOL WELLNESS PLANS

After reviewing guidelines set out in District Policy 09.2, each school shall develop a Wellness Plan detailing how those guidelines shall be incorporated in the school.

EVALUATION AND ENFORCEMENT

Leadership:

The Superintendent will track compliance with this and related policies. At the school level, the Principal will track compliance with those policies in his/her school and will report on the school's compliance as directed by the Superintendent/designee.

The District shall form a District Wellness Committee and actively seek to engage students, parents, physical and/or health education teachers, school food service professionals, school health professionals, school administrators, and other interested community members in developing, implementing, monitoring, and reviewing this policy.

Annual Progress Report:

The District shall inform and update the public annually on the content and progress of implementation of its school wellness efforts. The report shall include:

1. The District website and/or other information on how the public can access copies of school and District Wellness Policies;

2. A summary of each school's wellness events and/or activities;
3. A description of each school's progress in meeting the school wellness goals;
4. Contact information for the leader(s) of the Wellness Committee; and
5. Information on how individuals can get involved.

STUDENTS

09.2
(CONTINUED)

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ASSESSMENT

The District shall measure and make available to the public once every three (3) years at a minimum, the content and progress of implementation of its school wellness efforts. The report shall include:

1. Extent to which the District is in compliance with this policy;
2. Will use an assessment tool to compare how the District measures up to model wellness policies; and
3. A description of the measurable progress made towards reaching goals of the District wellness policy and addressing any gaps identified in the wellness report for the previous year.

REFERENCES:

[KRS 158.850](#); [KRS 158.854](#)

[702 KAR 006:090](#)

P. L. 111-296

7 C.F.R. Part 210

7 C.F.R. Part 220

U. S. Dept. of Agriculture's Dietary Guidelines for Americans

RELATED POLICIES:

02.4241, 07.1, 07.111, 07.12

Adopted/Amended: 7/20/2015

Order #: 15-117