

# **BUTLER COUNTY SCHOOLS WELLNESS POLICY**

## **Rationale:**

The link between nutrition, physical activity, and learning is well documented. Healthy eating and activity patterns are essential for students to achieve their full academic potential, full physical and mental growth, and lifelong health and well-being.

Butler County Public Schools is committed to providing school environments that promote and protect children's health, well-being, and ability to learn by supporting healthy eating and physical activity.

Therefore it is the goal of this policy that all students in Butler County Schools possess the knowledge and skills necessary to make healthy choices involving nutritious food, physical activity, and risky behaviors.

All staff in Butler County Schools are encouraged to model healthful eating and physical activity as a valuable part of daily life.

## **Commitment to Nutrition:**

- School meals and snacks will meet the meal patterns and nutrition recommendations of the Federal and State Laws and Regulations and local requirements.
- Every effort will be made to provide affordable, healthy, and appealing foods to children in a clean, pleasant setting that minimizes distractions.
- School Nutrition Personnel will work closely with the parent(s) and/or guardian(s) to make reasonable accommodations for students with disability or other special dietary needs.
- For the security of food and beverages available to students, only authorized personnel will have access to school nutrition facilities.
- School cafeteria managers shall annually receive at least four (4) hours of continuing education in applied nutrition and healthy meal planning and preparation (KY Senate Bill 172)
- Vending machines will not be available to students until thirty minutes after the last lunch shift and vending items must comply with Smart Snack standards. After-school vending (30 minutes after the instructional day) will comply with the guidelines in (702 KAR 006:090).
- Foods during school day activities will promote positive health habits and will comply with the guidelines in (702 KAR 006:070).
  - Schools will notify parents and students of the availability of the School Breakfast and Lunch Program.
  - Food will not be used as a reward or reinforcement for students.
  - School staff will encourage students to choose fruits and vegetables and model healthy behaviors.
  - Drinking water is available to students free of charge at all times during the school day.
  - Sports drinks are not available in the school setting except when provided by the school for student athletes participating in sport programs involving vigorous activity of more than one hour.
  - Classroom parties serving sugary foods such as sugar-sweetened beverages, cakes, ice cream, candies, pastries and other similar foods will be limited to 2 times per year.

## **Commitment to Physical Activity:**

- School will provide physical education for all students as required by Federal and State Laws and Regulations and local requirements.

- Schools will provide a physical and social environment that encourages safe and enjoyable activity for all students, in particular students with chronic health conditions or special needs.
- Provide a comprehensive physical education curriculum that is sequential and aligned to the Kentucky Core Academic Standards for practical living.
- Curriculum will provide differentiated learning strategies and activities that ensure all students develop competency and confidence in motor skills.
- Teachers are encouraged to incorporate physical activity into subject areas and in attempt to ensure physical education curriculum is integrated and includes regular opportunities for cross-disciplinary connections.
  - Students will be engaged in moderate to vigorous physical activity at least 50% of physical education class time.
  - Physical education requirements are not waived for other activities or classes.
  - Classes have option to participate in recess before lunch to encourage participation in the school meals program.
  - Before and after school programs dedicate at least 20% of their time to physical activity.
  - Physical activity will not be used for or withheld as punishment for students.
  - All teachers who teach physical education participate in annual professional development on effective practices for physical education for a minimum of 6 contact hours.

#### **Commitment to Health Education:**

- School will provide physical education for all students as required by Federal and State Laws and Regulations and local requirements.
- Provide a comprehensive physical education curriculum that is sequential and aligned to the Kentucky Core Academic Standards for practical living.
- Health Education Curriculum will provide learning strategies and activities that ensure students receive instruction in all health education content areas (e.g. family life and human sexuality, alcohol and other drugs, tobacco, nutrition, mental and emotional health, injury and violence prevention, diseases and disorders, physical activity, personal/consumer health, community/environmental health).
- Teachers are encouraged to incorporate health education into subject areas and in attempt to ensure physical education curriculum is integrated and includes regular opportunities for cross-disciplinary connections.
- Students will be assessed in health education and results reported on the report card every term that health education is required.
- All teachers who teach physical education participate in annual professional development on effective practices for physical education for a minimum of 6 contact hours.

#### **Commitment to Employee Wellness: (Optional but recommended)**

- The school will do an annual interest assessment with all staff including teachers and other personnel.
- The school will make efforts to provide physical activity opportunities and healthy eating programs.
- Staff lounge areas, trainings, and other meetings will offer healthy food choices.
- Trainings and meetings more than 1 hour in length will offer physical activity breaks.
- Staff will be given information on preventive health, physical activity, and good nutrition throughout the year.

## **Commitment to Implementation:**

- A School Health Committee consisting of a group of individuals representing the school and community will meet 3-4 times a year to assess school wellness efforts.
- School will provide feedback to the district regarding its progress annually.
- The school's wellness goals will be integrated into the overall School Improvement Plan.
- Family members and guardians have the opportunity to provide input to the implementation of wellness policy activities.
  - Students have the opportunity to provide input to the implementation of wellness policy activities.
  - Staff will be encouraged to model healthy behaviors and encourage students to make good nutrition choices and promote the benefits of physical activity.

## **Nutrition Education**

- Nutrition education will be integrated into other areas of the curriculum such as math, science, language arts and social studies.
- The staff responsible for nutrition education will be adequately prepared and participate regularly in professional development activities to effectively deliver an accurate nutrition education program as planned. Preparation and professional development activities will provide basic knowledge of nutrition, combined with skill practice in program-specific activities and instructional techniques and strategies designed to promote healthy eating habits. (1)
- Students will be encouraged to start each day with a healthy breakfast.

## **Physical Activity**

- Physical activity will be integrated across curricula and throughout the school day. Movement can be made a part of science, math, social studies and language arts.
- Physical education courses will be the environment where students learn, practice and are assessed on developmentally appropriate motor skills, social skills and knowledge.
- Policies ensure that state-certified physical education instructors teach all physical education classes.
- Policies ensure that state physical education classes have a student/teacher ratio similar to other classes.
- Time all for physical activity will be consistent with research, national and state standards. For example, the National Association for Sport and Physical Education includes recommendations for at least 60 minutes and up to several hours of physical activity per day for children 5 to 12 years of age. Children should have several opportunities for physical activity lasting 15 minutes or more approximately every two hours, especially during the daytime hours.
- Provide a daily recess period, which is not used as a punishment or a reward. Consider planning recess before lunch since research indicates that physical activity prior to lunch can increase the nutrient intake and reduce food waste.
- Physical activity participation will take into consideration the "balancing equation" of food intake and physical activity.
- Physical education includes the instruction of individual activities as well as competitive and non-competitive team sports to encourage life-long physical activity.
- Adequate equipment is available for all students to participate in physical education. Physical activity facilities on school grounds will be safe.
- The school provides a physical and social environment that encourages safe and enjoyable activity for all students, including those who are not athletically gifted.

- Information will be provided to families to help them incorporate physical activity into their student's lives.
- Schools are encouraged to provide community access to and encourage students and community members to use the school's physical activity facilities outside of the normal school day.
- Schools encourage families and community members to institute programs that support physical activity, such as a walk to school program.

## **Nutrition and Physical Activity Wellness Plan**

### **I. Preamble/goals**

Establishes urgency and commitment of the district

### **II. Strategies to achieve goals:**

#### **A. School Health Councils**

The school district and/or individual schools within the district will create, strengthen, or work within existing school health councils to develop, implement, monitor, review, and, as necessary, revise school nutrition and physical activity policies. The councils also will serve as resources to school councils for implementing those policies. A school health council consists of a group of individuals representing the school and community, and may include parents, students, representatives of the school food authority, and members of the school board, school administrators, teachers, health professionals, and members of the public.

#### **B. Nutritional Quality of Foods and Beverages Sold and Served on Campus**

- School Meals
- Summer Food Service Program
- Meal Times and Scheduling
- Qualifications of School Food Service Staff
- Sharing of Foods and Beverages
- Foods and Beverages Sold Individually
- Fundraising Activities
- Snacks/Rewards
- Celebrations

#### **C. Physical Activity Opportunities and Physical Education**

- Daily Physical Education (P.E.)
- Daily Recess
- Physical Activity Opportunities Before and After School
- Physical Activity and Punishment
- Safe Routes to School
- Use of School Facilities Outside of School Hours
- Recommended Physical Education "Best Practices"

#### **D. Nutrition and Physical Activity Promotion and Food Marketing**

- Education and Promotion
- Integrating Physical Activity into the Classroom Setting
- Communications with Parents
- Food Marketing in Schools
- Staff Wellness

### **E. Monitoring and Plan Review**

Responsibilities of the superintendent/designee, the school principal/designee, and the school food service staff, at the school or district level.

### **III. Appendix**

- Alternatives to Food Rewards
- Kentucky Teachers' Suggestions for Alternatives to Food Rewards