

Student Welfare and Wellness

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

The Board 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:

1. All students will have opportunities, support, and encouragement to be physically active on a regular basis as provided by school/council policy.
2. Foods and beverages sold or served at school will meet the nutrition recommendations of the U.S. Dietary Guidelines for Americans.
3. To the maximum extent practicable, schools will participate in available federal school meal programs.
4. 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.

A process shall be implemented to engage students, parents, physical and/or health education teachers, school food service professionals, school health professionals, school board members, school administrators and other interested community members in developing, implementing, monitoring, and reviewing this policy.

NUTRITION EDUCATION AND PROMOTION

Each school is encouraged to provide nutrition education and engage in nutrition promotion that:

1. is part of not only health education classes, but also classroom instruction in subjects such as math, science, language arts, social sciences, and elective subjects;
2. includes enjoyable, developmentally-appropriate, culturally-relevant, participatory activities, such as contests, promotions, taste testing, farm visits, and school gardens;
3. promotes fruits, vegetables, whole grain products, low-fat and fat-free dairy products, healthy food preparation methods, and health-enhancing nutrition practices;
4. emphasizes caloric balance between food intake and energy expenditure (physical activity/exercise);
5. links with school meal programs, other school foods, and nutrition-related community services;
6. teaches media literacy with an emphasis on food marketing; and
7. includes training for teachers and other staff.

MONITORING

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

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PROGRESS REPORT

The District shall periodically measure and update the public on 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. A comparison of how the District measures up to model wellness policies provided by recognized state and national authorities; 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.

REFERENCE:

P. L. 111-296

Adopted/Amended: 6/13/11
Order #: 5329

Health Requirements and Services

HEALTH AND SAFETY

The Superintendent shall develop procedures to insure District compliance with all health and safety governance requirements.

The protocols and guidelines for health procedures performed by health professionals and school personnel shall be accessible to school personnel.¹ Policies and related procedures for these policies in the 09.2 section of this Manual, as referenced in the Health Services Reference Guide, are incorporated herein.

REQUIRED

All pupils shall undergo preventative health care examinations as required by Kentucky Administrative Regulation.²

The Board shall adopt a program for continuous health supervision for all pupils, including screening tests related to growth and development, vision, hearing, and scoliosis.

REFERRAL

Referral and appropriate follow-up of an abnormality noted by screening or teacher observation shall be recorded on school health records.

EMERGENCY CARE

Schools shall have emergency care procedures, a copy of which shall be on file in the Central Office.

HEALTH RECORD

Each school shall initiate a cumulative health record for each pupil entering school. Such record shall be maintained throughout the pupil's attendance on forms prescribed by the Kentucky Administrative Regulation.

REFERENCES:

¹KRS 156.501

²704 KAR 4:020

KRS 158.297; KRS 159.150

Health Services Reference Guide

RELATED POLICIES:

08.1213; 08.131; 08.222; 09.2 (entire section); 09.211; 09.224

Adopted/Amended: 11/10/03

Order #: 3967

Paintsville Elementary Required Wellness Policy

All students shall participate in moderate to vigorous physical activity each day, as follows:

- It has been suggested that each day will begin with a closed circuit session lasting 10 minutes of organized exercise warm up activity that can be done on the classroom.
- Each student shall engage in at least 7-10 minutes of planned moderate to vigorous physical activity each day, which may be conducted by the classroom teacher or staff. Suggested activities were as follows: Take Ten Sessions or Walking Laps on Playground:

Moderate being defined as active and no sedentary activity, such as: walking or other organized activity not causing extreme exertion, Vigorous being defined as activity requiring more force and exertion such as: organized team games, obstacle course in a designated time period, walking laps, running sprints, etc.

- Each student shall participate in one physical education class per week, which will be taught by the Physical Education Instructor.

This will be in addition to daily recess.

- Each student shall have at least 20 minutes a day of **supervised** recess, preferable outdoors, during which the teacher shall encourage moderate to vigorous physical activity verbally.
- Recess will not be used for any other purposes other than physical activity.
- No homework will be assigned **or** made up during recess time.
- No disciplinary measures will include the exclusion of recess activity.
- Appropriate accommodations shall be made for students with special needs, as required by law and professional judgment.

Our school shall assess students' level of physical activity at least once a year.

- The assessment tool shall include the following: Each student will be measured height and weight to obtain BMI within the first 30 days of the school year. This will be charted on the students' permanent health progress card, to track the students BMI for the duration of elementary school years.
- The Physical Education Instructor shall be responsible for charting all height and weights on students' green cards.

- The Physical Education Teacher will conduct an annual physical assessment as suggested by KDE.
- The Nurse shall be responsible for the BMI calculation, which will also be charted on the student's permanent health progress card.
- We will further consider the annual assessment suggested and approved by the KDE, when that information becomes available to us.

Our school shall encourage healthy choices among students using the following methods:

- Our school shall implement the nutritional standards required by federal and state laws and regulations.
- These rules apply to our food program and to other food and beverages available during the school day.
- Students will be taught and reminded of "good" food choices, using the above set standards as guidelines during regular classroom teaching.
- Meals and snacks shall meet the above set guidelines and not be deviated from by snack sales on school grounds during school hours.
- Our Practical Living Curriculum shall address the full Core Content, including health, consumerism, and physical education. This will be age appropriate instruction by those instructors responsible for implementing Practical Living core content at each grade level.
- The rest of our curriculum shall reflect an integrated concern for wellness, including connections to Science, Social Studies and other subjects. The chair of each respective content area shall be responsible for the development and implementation of the wellness policy throughout the curriculum, by being a resource to those teaching content area.

The provisions 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.