

OLDHAM COUNTY BOARD OF EDUCATION POLICY

OLDHAM COUNTY SCHOOLS WELLNESS POLICY

9008

This policy outlines the District's approach to ensuring environments and opportunities for all students to practice healthy eating and physical activity behaviors throughout the school day while minimizing commercial distractions.

This policy applies to all students, staff and schools in the District

I. District Wellness Committee

Committee Role and Membership

The District Wellness Committee will meet at least two times per year to establish goals for and oversee school wellness policies and programs, including development, implementation and periodic review and update of this policy.

Members of the Wellness Committee will represent all school levels and to the extent possible will include the Director of School Nutrition*, the Director of Health Services*, parents, students, physical education teachers; health education teachers; school counselors, school administrators, school board members; outside health professionals, and members of the public. When possible, membership will also include Supplemental Nutrition Assistance Program Education coordinators. To the extent possible, the Wellness Committee will include representatives from each school building and reflect the diversity of the community. (* or Designee)

The Assistant Superintendent for Support Services, in conjunction with the Director of School Nutrition, will facilitate development of updates to the District Wellness Policy, and will oversee compliance with the policy. In addition, each school will designate a school wellness policy coordinator, who will ensure compliance with the policy within their school.

Wellness Policy Implementation, Monitoring, Accountability and Community Engagement

Implementation Plan

Each school in the District will form a School Wellness Committee to implement the school and district wellness policies. The School Wellness Committee should include physical education and health teachers, other teachers, parents, administrators, classified staff, the school nurse, and members of the public, as appropriate. Each School Wellness Committee will use the Healthy Schools Program online tools to complete a school-level assessment based on the Centers for Disease Control and Prevention's School Health Index, create an action plan and generate an annual progress report. The school-level assessment should be completed by September 30th of each school year.

Recordkeeping

The Assistant Superintendent for Support Services or designee will retain records to document compliance with the requirements of the wellness policy on SharePoint. Documentation maintained in this location will include:

- The written wellness policy;
- Documentation demonstrating that the policy has been made available to the public;
- Documentation of efforts to review and update the District Wellness Policy; including who is involved in the update and methods the district uses to make stakeholders aware of their ability to participate on the District Wellness Committee;
- Documentation of compliance with the annual public notification requirements;
- The most recent assessment on the implementation of the local school wellness policy;
- Documentation that the most recent assessment on the implementation of the Local School Wellness Policy has been made available to the public.

Annual Notification of Policy

The District will annually inform families and the public of basic information about this policy, including its content, any updates to the policy, and implementation status. The District will make this information available via the district website. This information will include the contact information of the District

official(s) coordinating the committee, as well as information on how the public can get involved with the District Wellness Committee.

Triennial Progress Assessments

Every three years, the Director of School Nutrition will assess:

- The extent to which the District’s schools are in compliance with the wellness policy;
- The extent to which the District’s wellness policy compares to model wellness policies; and
- A description of the progress made in attaining the goals of the District’s wellness policy.

The District Wellness Committee will update the wellness policy based on the results of the annual School Health Index and triennial assessments and/or as 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.

Community Involvement, Outreach and Communications

The District will communicate ways in which representatives of DWC 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 district. The 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.

II. Nutrition

School Meals

All schools within the District participate in USDA child nutrition programs, including the National School Lunch Program (NSLP) and the School Breakfast Program (SBP). District schools are committed to offering school meals that:

- Are accessible to all students;
- Are appealing and attractive to children;
- Are served in clean and pleasant settings;
- Meet or exceed current nutrition requirements established by local, state, and Federal statutes and regulations. (The District offers reimbursable school meals that meet [USDA nutrition standards.](#))
- Promote healthy food and beverage choices

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 school nutrition professionals.](#)

Water

To promote hydration, free, safe, unflavored drinking water will be available to all students throughout the school day, including mealtimes, at every school.

Competitive Foods and Beverages

Foods and beverages sold and served outside of the school meal programs (i.e., “competitive” foods and beverages) must meet the USDA Smart Snacks in School nutrition standards, at a minimum (<http://www.fns.usda.gov/healthierschoolday/tools-schools-smart-snacks>). 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 and vending machines.

Celebrations and Rewards

All foods offered during the school day on the school campus will meet or exceed the USDA Smart Snacks in School nutrition standards. Foods and beverages will not be used as a reward or withheld as punishment for any reason. The District’s School Nutrition Services will make available a list of healthy

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party ideas to parents and teachers, including non-food celebration ideas, and a [list of foods and beverages that meet Smart Snacks](#) nutrition standards.

Fundraising

Foods and beverages that meet or exceed the USDA Smart Snacks in Schools nutrition standards may be sold through fundraisers on the school campus during the school day. Fundraising groups are encouraged to choose non-food fundraisers, and to consider healthy fundraising ideas.

Nutrition Promotion

The District will promote healthy food and beverage choices for all students throughout the school campus, as well as encourage participation in school meal programs. This promotion will occur through at least:

- Implementing at least ten or more evidence-based healthy food promotion techniques through the school meal programs using [Smarter Lunchroom techniques](#); and
- Ensuring 100% of foods and beverages promoted to students during the school day meet the USDA Smart Snacks in School nutrition standards. Additional promotion techniques that the District and individual schools may use are available at <http://www.foodplanner.healthiergeneration.org/>.

Nutrition Education

The District will teach, model, encourage and support healthy eating by all students. Schools 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;
- To the extent practicable is integrated into other classroom instruction through subjects such as math, science, language arts, social sciences and elective subjects;
- May include enjoyable, developmentally-appropriate, culturally-relevant and participatory activities, such as
- cooking demonstrations or lessons, promotions, taste-testing, farm visits and school gardens;
- 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, school gardens, Farm to School
- programs, other school foods and nutrition-related community services;
- Teaches media literacy with an emphasis on food and beverage marketing; and
- Includes nutrition education training for teachers and other staff.

Essential Healthy Eating Topics in Health Education

Schools will include in the health education curriculum a minimum of 12 of 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 & #39;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

Any foods and beverages marketed or promoted to students on the school campus during the school day will meet or exceed the USDA Smart Snacks in School nutrition standards. Food and beverage marketing is defined as advertising and other promotions in schools, including, but is not limited to:

- Brand names, trademarks, logos or tags, except when placed on a physically present food or beverage product
- or its container.
- Displays, such as on vending machine exteriors
- Corporate brand, logo, name or trademark on school equipment, such as marquees, message boards, scoreboards or backboards (Note: immediate replacement of these items are not required; however, districts will replace or update scoreboards or other durable equipment when existing contracts are up for renewal or to the extent that is financially possible over time so that items are in compliance with the marketing policy.)
- Corporate brand, logo, name or trademark on cups used for beverage dispensing, menu boards, coolers, trash cans and other food service equipment; as well as on posters, book covers, pupil assignment books or school supplies displayed, distributed, offered or sold by the District.
- Advertisements in school publications or school mailings.
- Free product samples, taste tests or coupons of a product, or free samples displaying advertising of a product.

Corporate brand names, logos, and trademarks for companies that markets products that comply with the USDA Smart Snacks in School nutrition standards will not be prohibited because they offer some non-compliant food or beverage items in their product line.

As the District, school athletic department, and parent teacher associations review existing contracts and considers new contracts, equipment and product purchasing (and replacement) decisions should reflect the applicable marketing guidelines established by the District wellness policy.

III. Physical Activity

Physical activity during the school day (including but not limited to recess, classroom physical activity breaks or physical education) will not be withheld as punishment for any reason.

Physical Education

The 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

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education curriculum will promote the benefits of a physically active lifestyle and will help students develop skills to engage in lifelong healthy habits.

All students will be provided equal opportunity to participate in physical education classes. The District will make appropriate accommodations to allow for equitable participation for all students and will adapt physical education classes and equipment as necessary.

All District **elementary students** in each grade will receive physical education for at least 60-89 minutes per week throughout the school year.

All District **secondary students** are required to take one course of physical education.

The District physical education program will promote student physical fitness through individualized fitness and activity assessments (such as the [Presidential Youth Fitness Program](#) or other appropriate assessment tool) and will use criterion-based reporting for each student.

Essential Physical Activity Topics in Health Education

Health education will be required in all grades (elementary) and the district will require middle and high school students to take and pass at least one health education course. The District will include in the health education curriculum a minimum of 12 the following essential topics on physical activity:

- 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 **20 minutes of recess** on all school days. Principals may waive this policy on early dismissal or late arrival days. If recess is offered before lunch, schools will have appropriate hand-washing facilities and/or hand-sanitizing mechanisms easily accessible to ensure proper hygiene prior to eating. Hand-washing time, as well as time to put away coats/hats/gloves, will be built in to the recess transition period before students enter the cafeteria.

Outdoor recess will be offered when weather is feasible for outdoor play. In the event that the school or

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district must conduct **indoor recess**, teachers and staff will promote physical activity for students, to the extent practicable. Recess will complement, not substitute, physical education class.

Classroom Physical Activity Breaks (Elementary and Secondary)

Students will be offered **periodic opportunities** to be active or to stretch throughout the day. The 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. Ideas for classroom physical activity breaks are available through [USDA](#) and the [Alliance for a Healthier Generation](#).

Before and After School Activities

The District offers opportunities for students to participate in physical activity after school through interscholastic and intramural sports and clubs.

Walking and Biking to School

The District will support walking or biking to school when determined safe by individual schools.

Professional Learning

When feasible, the District will offer annual professional learning opportunities and resources for staff to increase knowledge and skills about promoting healthy behaviors in the classroom and school (e.g., increasing the use of kinesthetic teaching approaches or incorporating nutrition lessons into math class).