

## Student Welfare and Wellness

### SCHOOL WELLNESS COMMITTEE

#### *Committee Role and Membership*

The District will form a wellness team consistent with the guidelines set forth by state regulations. This committee will meet at least once per year to review the policy and to discuss the individual schools wellness committee minutes. The Wellness Committee will consist of members from each school, the Board of Education, the Lincoln Trail Health Department and the community. The Wellness Committee will also be responsible for evaluating the policy each year through the Wellness School Assessment Tool that has been provided for schools to maintain their perspective policies.

#### **Members:**

Rip Collins	BOE	David Dawson	LCHS	Melissa Pearman	HES FRC
Joanna Hinton	BOE	Marsha Duncan	YSC	Pam Miller	ALES
Dee Ann Sanders	BOE	Adam Lindsey	LCHS	Wendy Keown	LTDHD
Kay Bryant	BOE	Cari Self	ALES	Andrew Simpson	HES
Denise Skaggs	BOE	Lisa Drake	LCMS	James Slaven	LCMS
Diane Leathers	LTDHD	Tina Southwood	ALES		

### SMART SNACKS CALCULATOR

[https://www.healthiergeneration.org/take\\_action/schools/snacks\\_and\\_beverages/smart\\_snacks/alliance\\_product\\_calculator/](https://www.healthiergeneration.org/take_action/schools/snacks_and_beverages/smart_snacks/alliance_product_calculator/)

### ESSENTIAL PHYSICAL ACTIVITY TOPICS IN HEALTH EDUCATION

- How physical activity can contribute to healthy weight
- How physical activity can contribute to the learning process
- How physical activity, fitness and exercise differ
- Overcoming barriers to physical activity
- Decreasing time with video games and TV
- Preventing injury while participating in physical activities
- How drugs and alcohol can not only hinder you in physical activity but can be dangerous
- How to influence others to participate in activities that are deemed appropriate for a healthy lifestyle
- How to avoid negatives that hinder participation in physical activities

### COMPREHENSIVE SCHOOL HEALTH EDUCATION

The Comprehensive District Improvement Plan and The Comprehensive School Improvement Plan will show:

- District Schools will use Health and PE core content studies to deliver classroom instruction and activities to develop student awareness and knowledge of health related risk behavior
- Cool School

## **Student Welfare and Wellness**

### **COMPREHENSIVE SCHOOL HEALTH EDUCATION (CONTINUED)**

- Partner with Extension Office to provide to students/staff USDA Nutrition Education Information
- Utilize Health Department to educate students and staff on healthy options for eating through education
- Schools will review their PLCS program review yearly and make adjustments to meet the requirements set forth in the demonstrators

### **PHYSICAL EDUCATION**

District Schools will follow all physical education requirements of KDE and goals set by District Wellness Policy

- Fuel up to play 60
- Fitness Club
- Tennis and Golf Camps (FRYSC)
- Skate Fun day
- Walking Club
- Tour de LaRue
- Intramural Activities

Students at the high school level will participate daily during their freshmen year and will have the ability to participate in upper levels of Physical Education.

Student teacher ratios will be determined for Physical Education classes by the individual SBDM's and will be recommended by this committee that the number of students will be conducive to student success.

Elementary and Middle Schools will provide for all students Physical Education opportunities established through individual curriculum committees and SBDM Council's.

Recess will be available for all elementary students as determined by SBDM councils.

### **SCHOOL HEALTH SERVICES**

LaRue County Schools will have services readily available that will include preventative services, emergency care, and management of most health conditions and will monitor immunizations, health physicals, eye and dental screening and will ensure they are kept up to date:

- Provide or oversee screening for scoliosis, vision and hearing
- Will distribute all medication and will educate and train staff to distribute student medication when a School Nurse is not available.
- Provide training in health care procedures for staff that care for students with special needs

**Student Welfare and Wellness****SCHOOL HEALTH SERVICES (CONTINUED)**

- Dental screenings and varnishing for students 5 and under
- LCS has taken a step in providing nurses for the elementary schools and the middle school.

**SCHOOL NUTRITION**

District schools will promote healthy food choices in compliance with federal, state and local requirements through the following:

- All foods sold to students during the school day are will be in compliance with USDA Smart Snacks.
  - Federal nutrition standards.
- Snacks and beverages sold to students participating in on-site programs after school ends will meet USDA Smart Snacks federal nutrition standards. Staff will have access to the USDA Smart Snacks calculator on the school web-site under the LaRue County Nutrition Department section.
- School administrators shall encourage the foods and beverages served for celebrations to meet the USDA Smart Snacks federal nutrition standards by utilizing the USDA Smart Snacks calculator available on the school nutrition web-site.
- The complete Smart Snacks regulations will be available to all staff and parents on the District nutrition web-site.
- Free, safe, and fresh drinking water is available to all students and staff throughout the school day via water fountains in various places throughout the building and in the school cafeterias.
- School administrators will highly encourage the use of non-food items for fundraisers. If food items are used they will not be made available to students during the school day.
- School breakfast will be made readily available to all students via Breakfast in the Classroom at the elementary level and through hallway breakfast carts in the middle and high schools.
- Breakfast and lunch meals, including low fat and fat free milk will meet current USDA nutrition standards.
- The Community Eligibility Program will be implemented in all schools thus providing a “cashless” meal availability for all students to further protect student privacy and eliminate all discriminatory elements.
- Schools will strive to increase both breakfast and lunch student participation through various methods including implementation of the Community Eligibility Program and staff encouragement for students to access healthy, fresh and nutritious school meals rather than bring meals from home with lower nutrition standards.
- LaRue County School campuses will be a “closed campus” in that students will not be allowed to eat breakfast or lunch at other locations rather than the school cafeterias.

**Student Welfare and Wellness****SCHOOL NUTRITION (CONTINUED)**

- Meal times will be adequate and administrators will strive to allow 20 minutes for students to eat lunch while also encouraging breakfast in the classroom or second chance breakfast.
- All food service staff will receive annual re-certification training as required by both state and federal regulations.
- School administrators will encourage a pleasant and well supervised environment for school meals.
- All school menus will be readily available with nutrition for all foods served on the District web-site.
- Whenever possible, recess will be encouraged to take place before school lunch.

**SCHOOL COUNSELING AND PSYCHOLOGICAL AND SOCIAL SERVICES**

District schools may provide mental health counseling services and referrals to Social Services for students through FRC/YSC, school counselors and other local agencies. Court ordered students will also be afforded counseling during the school day. Individual assessments will be made upon referral and appropriate services will be administered with parent consent according to FRYSC and District Policy and implementation to ensure the students ultimate success in the classroom. Suicide training will be made available to all staff members at the beginning of each school year.

**HEALTHY SCHOOL ENVIRONMENT**

Healthy School Environment: Schools throughout the District will provide and maintain a healthy school environment as listed below:

- Each elementary school will establish a school-wide approach to addressing expectations and procedures for student behavior.
- Each elementary school will develop a school-wide character education program.
- Each elementary school will use a behavior interventionist to promote positive behavior, positive school climate, and healthy life habits.
- The middle school will implement a program to recognize students who exhibit positive character traits and promote academic achievement.
- Where appropriate, mentoring programs will be implemented to reach out to at risk students to help maintain a healthy life socially and academically.
- Schools will not use food for rewards unless these items meet the smart snacks calculator established by Federal Regulations.
- The high school will implement a leadership group program to help with the inclusion of new students and to promote a healthy school environment.
- Where appropriate, student advisory groups and extra-curricular clubs will address other issues that affect school climate.

**Student Welfare and Wellness****HEALTHY SCHOOL ENVIRONMENT (CONTINUED)**

- The middle and high school will each maintain an Ambassador Program to help with the inclusion of new students and to promote a healthy school environment.

**PROMOTION OF HEALTHY STAFF**

- All employees will be given the opportunity for Living Well screenings.
- Humana Vitality will help all staff to look at healthier alternatives.
- LTDHD will help staff with wellness checks each year. (Health Screenings)
- YSC will collaborate with other District staff to provide physical activity clubs at each school or staff.
- Tobacco free environment is provided on all school grounds per District Policy.
- Our District will help educate staff on the importance of stress reduction by way of educational materials and continuing programs.

**FAMILY AND COMMUNITY INVOLVEMENT****School Nutrition Services:**

- Family and Community Involvement: The District will offer on-going opportunities for families to be involved in health and wellness activities and to interact with community agencies and businesses which promote health and wellness. Activities may include health/resource fairs; speakers on pertinent topics; exercise classes, walking clubs. Information regarding community health and wellness activities will be made available regularly.
- Partnership for reduced rates at SNAP and E-town Swim & Fitness
- Organized community bike rides and 5K runs
- Partner with local health department to provide materials to promote healthier life style
- Parent night at all District Schools
- Cooperative Extension Services
- Parent Health Newsletter
- ZUMBA
- YOGA
- Adult Education will also have other classes available during the next school year

**Student Welfare and Wellness****EVALUATION**

The Coordinated School Health Committee is made up of representatives from District schools, food service professionals, school health professionals, school board member, administration and other interested community leaders.

This committee will annually evaluate the Wellness Policy and submit findings to the Superintendent or Designee no later than the regular May Board Meeting.

District Wellness Policy will be implemented upon Board approval of the policy and approval of each subsequent revision of the policy. The Superintendent/designee shall monitor compliance with this policy. At the school level, the principal/designee will monitor compliance with the wellness policies in his/her school and will report on the school's compliance as directed by the Superintendent/designee.

Policy will be evaluated annually by the District Wellness Committee with input from a variety of stakeholders including students, parents, faculty and staff, Board members, and the District Wellness Committee. Successful completion of policy implementation and/or need for revisions will be measured in a variety of methods including but not limited to: Effective School Surveys, National School Lunch/Breakfast Daily Production Records, Daily Count & Cash Reconciliation Reports, Daily Participation Reports, Vending Machine Sales Records, parent, student and principal surveys as deemed appropriate. Progress reports and any recommended revisions will be presented to the Board of Education for formal adoption of the District Wellness Policy in June of each year.

District Wellness & Nutrition Integrity Policy will be printed and added to student handbooks, personnel handbook, and the District's website. Progress reports on implementation and approved updates to the policy will be presented annually at the Board of Education June meeting and will be available for public review.

**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.
3. A description of the measurable progress made towards reaching goals of the District wellness policy and addressing any gaps in the wellness report for the previous year.

**THIS POLICY WILL BE AVAILABLE ON THE DISTRICT WEBSITE FOLLOWING ADOPTION**

**REFERENCE:**

P. L. 111-296

Adopted/Amended: 5/18/2015

Order #: 5-F