

Laurel County Public Schools

District Wellness Policy



LAUREL COUNTY PUBLIC SCHOOLS DISTRICT WELLNESS PLAN

The Laurel County Schools are dedicated to providing environments that promote and protect student health, well-being, and ability to learn by supporting healthy eating habits and physical activity. Our goal is to create a school environment that provides consistent wellness messages and is conducive to lifelong healthy eating and physically activity.

I. Nutrition Standards

Nutritional Standards for reimbursable school meals shall not be less restrictive than the nutritional standards required by local, state and federal status and regulations.

All schools will comply with the minimum nutritional standards for food and beverages sold outside the National School Breakfast and National School Lunch Programs, whether sold in vending machines, school stores, canteens, ala carte lines, or fundraisers (on campus), as stated in KRS 158.854(1), 702 KAR 6:090 (attached). The law also stipulates that sales in competition with the National School Breakfast and Lunch Programs, cannot take place from the time of arrival of the first student in the morning until 30 minutes after lunch; see new guidelines for competitive food and beverage sales (attached).

The School District will provide parents with menus, nutrition information, nutrient analysis of menus, and nutritional information for all foods available on campus, via newsletters, annual report card, or postings on the District website.

II. Nutrition Education

Nutrition education will be integrated into other areas of the curriculum such as math, science, language arts and social studies.

Schools are encouraged to partner with outside organizations (Healthy Community Task Force, YMCA, Laurel County Health Department, etc.) to provide classroom activities about nutrition, “5 A Day Challenge”, “Vegetable of the Day Contest”, etc. The National School Lunch Program will provide ethnic meals and special event days.

Nutrition education will involve sharing information with families and the broader community to positively impact students and the health of the community. Schools will provide information to families that encourage them to teach their children about health and nutrition and to provide nutritious meals for their families.

Students will be encouraged to start each day with a healthy breakfast.

III. Other School Based Activities

Students should be provided adequate time to enjoy their meals, recommended time is 10 minutes for breakfast and 20 minutes for lunch, from the time the student is seated. Meals will be provided in a clean, safe and enjoyable environment for students.

Schools shall encourage healthy choices for classroom snacks and alternatives to Serving

food and beverages as rewards or punishments, unless detailed in a student's Individualized Education Plan (IEP). Parties and celebrations shall be limited to once per month per class. Each party should include healthy food and beverage choices that meet nutrition standards as stated in KRS 158.854 and 702 KAR 6:090, and may include a minimal amount of other foods. Schools will provide parents a list of healthy school snacks and ideas for celebrations/parties, and rewards. Schools should encourage all food used for parties, celebrations, snacks, etc. be individually wrapped and purchased from a responsible vendor. The school system will not be responsible for food or beverages given to students from outside sources.

Fundraisers (off campus) that involve food or beverages shall be supportive of a healthy lifestyle.

IV. Physical Activity

Physical activity will be integrated across the curriculum and throughout the school day. Movement can be made a part of science, math, social studies and language arts. Schools will provide a physical and social environment that encourages safe and enjoyable activity for all students.

All elementary school students will have at least 20 minutes per day of supervised recess, preferably outdoors, during which schools should encourage moderate to vigorous physical activity verbally and through the provision of space and equipment.

All elementary schools students shall participate in physical education class once per week.

All schools shall offer a range of activities that meet the needs, interest and abilities of all students, including boys, girls, students with disabilities, and students with special health-care needs. Adequate equipment shall be available for all students to participate in physical activities. All equipment must meet safety regulations.

Students shall not be denied participation in recess or other physical activity as a form of discipline, or for instructional make up time.

Schools will provide information about physical activity opportunities for students, as well as, providing information to help families incorporate physical activity into their children's lives via newsletters, take-home materials, or district web-site.

Our School District highly values the health and well-being of every staff member and supports efforts by staff to maintain a healthy and active lifestyle and to be a positive role model in our community.

V. Measurement and Evaluation

Elementary Schools shall annually assess each student's level of physical activity by October 1 of each year. The school council shall adopt the assessment tool. (sample provided)

The District Food Service Director shall complete the assessment (sample provided) of the nutrition program and issue a report by October 15 of each year. The report will be posted via the district web-site.

The District Superintendent or designee will evaluate the student physical activity environment and issue a report by October 15 of each year.

The Superintendent shall submit a summary of the findings and recommendations of the nutrition report and the report on physical activity, to the Kentucky Department of Education by May 1 of each year.

The Board of Education will discuss the finding of both reports, solicit public comment and present an improvement plan for nutrition and physical activity by January 31 of each year.

The superintendent or designee will ensure compliance with established district-wide nutrition and physical activity wellness policies. In each school, the principal or designee will ensure compliance with those policies in his/her school and will report on the schools' compliance to the superintendent.

VI. Other

All foods made available on campus comply with state and local food safety and sanitation regulations. Hazard Analysis and Critical Control Points (HACCP) plans and guidelines are implemented.

Individual school wellness policies shall comply with provisions required by federal law, state law and local board policy; and also may apply more stringent guidelines than those specified in this policy, designed to meet each individual school needs.

The District Wellness Policy will be integrated into the Comprehensive District Improvement Plan beginning with the 2007-2008 school year, and monitored as the other elements of the plan.

(adopted by board on June 26, 2006)

Anyone interested in being part of the wellness committee, please contact Tammy Hammock at tammy.hammock@laurel.kyschools.us

