

Crossroads Elementary School Council Policy

POLICY NUMBER

1

Signature: Kim Visse

Date: First Reading 4/22/13

Second Reading 6/3/13

POLICY TOPIC DESCRIPTION

Health and Wellness Policy: Crossroads Elementary is dedicated to providing a school environment that promotes and protects children's health, well-being and to teach students healthy eating, physical activity and overall good health. The Health and Wellness Policy is written to enhance student health and well-being and to encourage our staff to model healthy eating and physical activity as a part of daily life. Our faculty and staff serve as role models for our students and are the key to successful implementation of student wellness programs.

POLICY STATEMENT

Nutrition

Nutrition education

- Nutrition topics will be included within the comprehensive health education curriculum that is taught at every grade level (K-5).
- Crossroads will provide nutrition education lessons that cover skills-based learning such as the ability to read a Nutrition facts label.
- Crossroads will link nutrition education activities with the coordinated school health program areas such as health education, physical activity, and parental and community involvement.
- Crossroads will provide Nutrition education to parents through handouts, articles and information and a focus on nutrition and healthy lifestyles.
- To increase participation in the school meal program students will be given the opportunity to have input in to school menu choices. They will be given the opportunity to taste test foods and to vote on their choices that will be offered during the school day. These food items will then be included on the breakfast or lunch menu throughout the school year.
- School district will ensure that food service managers and staff receive professional development annually.

Nutrition Environment

Crossroads will consider student needs in planning for a healthy school nutrition environment. Students will be asked for input and feedback through surveys, taste tests and other activities with consideration being given to their comments.

- Education materials will be as free as possible of brands and images of unhealthy foods.

School Breakfast and or Lunch Programs

- Crossroads will provide breakfast through the USDA School Breakfast Program. Morning bus routes will be scheduled to allow students to arrive at school in time to eat breakfast.

- Students will be provided a pleasant environment in which to eat meals with appropriate supervision. After getting food, students will be provided with adequate, seated time (20 minutes) to eat lunch and breakfast (10 minutes). Students who arrive late by private transportation will be provided with breakfast to go that they can eat in their classroom.
- Schools will support students and staff with complying with the current USDA Dietary Guidelines for Americans. School Meals will comply with the current USDA Dietary Guidelines for Americans.
- Crossroads will also provide occasional food promotions to encourage taste testing of healthy new foods being added on the menu.
- Campbell County School district will share and publicize information about the nutritional content of meals with students and parents (i.e. on school and district website).

Competitive Foods and Beverages

- Approved beverages are milk, milk products, 100% juice and water.
- Soda will not be available to students on school grounds.
- Students will have access to free, safe and fresh drinking water throughout the school day.
- Food and beverage items will not be sold at school stores.
- Students will not be permitted to buy food items from vending machines. Healthy food items/beverages will be made available via the school vending machines.

Rewards, Fundraising and Celebrations

- Healthy food rewards or incentives will be used minimally in classrooms to encourage student achievement.
- If food items are sold for fundraising, they are limited to healthy items.
- Classroom and school celebrations will focus on physical activities and healthy snack choices that promote health and wellness in their daily lives. A Healthy Snack List is provided.

Physical Education and Physical Activity

- The Physical Education component will follow a K-5 comprehensive curriculum/program. All students in grades 1 – 5 will be scheduled for physical education instruction in accordance with state law.
- Physical education classes will be taught by a licensed instructor and classes will have the same student/teacher ratios used in other classes, per state law (KRS 157.360 and 702 KAR 3:190).
- Crossroads will ensure that PE staff receives adequate training and receives professional development on a yearly basis.
- The physical education program will be provided adequate space and equipment and follow all applicable safety standards.
- Crossroads will not give PE credit for participation in sports.
- All elementary students will receive an average of at least 100 minutes of physical activity per week (which includes an average of 50 minutes of PE instruction per week). To ensure maximum physical education per week, the school scheduling committee will review the master schedule on an annual basis.
- Teachers will provide all students with daily physical activity breaks to all students during the school day, which may be integrated into learning activities such as Take 10! Or brain breaks. Teachers will ensure that students have no more than 45 minutes of physical inactivity at a time.

- Participation in intramural sports, or other structured physical activity before or after school, will be an option for all students.
- Staff members will not deny participation in physical activity opportunities as a form of discipline or punishment, unless the safety of students is in question. In addition, any student missing recess for any reason must be permitted to release physical energy by walking, running, moving, skipping, etc.

Staff Wellness

- The district and Crossroads values the health and well-being of every staff and faculty member and shall support employees' efforts to improve their personal health and fitness so they can serve as role models and promote the health of others, including students. The following programs will be offered but are not limited to, health screenings, mammograms, physical activity and fitness programs, influenza vaccinations and nutrition education.

Tobacco

Certified and Classified Personnel, Volunteers and Visitors

- Use of tobacco is prohibited at all times in or on any property at Crossroads. In addition, use of tobacco in any form shall not be permitted in outdoor facilities at Crossroads Elementary, including sporting events. This is part of our Tobacco, Alcohol and Drug Use Policy.

Students

- Students shall not be permitted to use or possess any tobacco, alcohol and drug product on school property owned or operated by the board. This would include board-owned vehicles, or during any school sponsored trips and activities including those held away from school property.

Transportation

- Furthermore school staff, parents and visitors may not use any tobacco, alcohol and illegal drug usages on property owned or operated by the board. This would include board-owned vehicles, or during school-sponsored trips and activities including those held away from school property.

Building and Grounds

- No tobacco, alcohol or illegal drug advertising in school buildings or at school functions (including field trips) or in any school publications is permitted.

Evaluation

- Crossroads administration will ensure compliance with Crossroads Health and Wellness policy standards by the end of the first trimester of the school year.
- The Health and Wellness committee will meet at least four times annually to review and monitor the implementation of the school Health and Wellness policy. The policy will be revised as necessary by the wellness committee.