

Grant's Lick Elementary
School Council Policy

POLICY NUMBER

	6.4
Signature: <i>Amity Kukla</i>	Date Revised: <i>May 15, 2012</i>

POLICY TOPIC DESCRIPTION

Health and Wellness Policy: Grant's Lick 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).
- GLE will provide nutrition education to parents through handouts, articles and information and a focus on nutrition and healthy lifestyles. Once a year, a healthy family night will be held that focuses on health, nutrition, or safety (Ex: Soup with Seuss, Health Fair, Safety Night).
- Our Practical Living curriculum shall address the Common Core Standards, including health, consumerism, and physical education.
- To increase participation in the school meal program students will be given the opportunity to have input in 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.

Health Screenings

- GLE will conduct vision screenings, height, weight, and BMI calculations on all students in grade 1-5.

Nutrition Environment

- Our school shall encourage healthy choices among students using the following methods:
 - Students involved in after school activities shall have only healthy snack options.
 - Promoting the annual 5-A-Day Program (healthy challenge to encourage healthy eating)
 - Taste tests
- Students are permitted to keep water bottles at their desks.

School Breakfast and or Lunch Programs

- GLE 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 that they can eat in their classroom.
- GLE will provide occasional food promotions to encourage taste testing of healthy new foods being added on the menu.
- The 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

- 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.
- Students will not be permitted to buy food items from vending machines.

Rewards, Fundraising and Celebrations

- Food rewards are highly discouraged in classrooms to encourage student achievement. While food as a reward is not prohibited, we would like to suggest the use of non-food rewards, such as:
 - iPad, extra recess, Wii, stickers, “helper”, technology time, time with a teacher, student choice, etc...
- Classroom and school celebrations will focus on activities, rather than food. All school parties or events will offer healthy options and sweets in

moderation. Sweets are allowed at classroom parties, but should be accompanied by healthy options. A suggested, teacher-approved list of healthy party food options will be sent home with parents. A healthy snack list is attached. All beverages should be 100% juice or water (may be accompanied with flavor packets).

- All celebration and birthday treats, if food items, must be store bought (with listed ingredients) so it can be monitored for possible food allergies and should be healthy (refer to attached list for suggestions). Parents can now choose to order from school healthy options for their child's birthday treat. These will be prepared in the cafeteria and delivered to your child's classroom at a time the teacher designates. A complete brochure of choices available and cost will be given to parents at the beginning of each school year.

Physical Education and Physical Activity

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

- Each student shall engage in at least 20 minutes of supervised, free choice physical activity each day (recess). School staff shall encourage moderate to vigorous physical activity.
- Each student shall participate in the physical education curriculum at least twice a week.
- At least 2 days a week, students shall engage in at least 2 sessions of moderate to vigorous physical activity each day. This can occur in several ways:
 - Recess after lunch can always be 1 session, providing students' physical activity is moderate to vigorous.
 - On days when students have P.E., that counts as another session.
 - Teachers can take students to walk the school loop (available until 11:00, 12:30-2:30) as a session of physical activity.
 - During inside recess, students will be provided with physical activity opportunities, such as: Yoga, Fit Kids DVD, Wii, ABC Exercise, Just Dance, etc...
 - Students shall not lose recess or other physical activity as a consequence for behavior or academic performance. For instance, rather than losing recess for misbehavior, a student could be made to walk the perimeter of the playground, thus remaining active while losing their choice of activities. For students that regularly lose recess for lack of homework or behavior, an alternate consequence should be found in cooperation with the school administration.

- Appropriate accommodations shall be made for students with special needs, as required by law and sound professional judgment.
- GLE will assess students' level of physical activity at least once a year. The council shall select an assessment tool by the start of each school year.
- Teachers shall make all reasonable efforts to avoid periods of more than forty minutes when students are physically inactive. When possible, physical activity should be integrated into learning activities. When that is not possible, student should be given periodic breaks during which they are encouraged to stand and be moderately active.
- 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).
- GLE 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.
- Participation in intramural sports, or other structured physical activity before or after school, will be an option for all students.

Staff Wellness

- The district and GLE value 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.

Evaluation

- GLE administration will ensure compliance with our Health and Wellness policy standards.
- The Health and Safety committee will meet at least two times annually to and monitor the implementation of the school Health and Wellness. The policy will be revised as necessary by the committee.



**Healthy
Suggesti
ons**

**Snacks full of
sugar slow down
learning. Healthy
snacks impact
brain power.**

First check for student allergies.

- Fruit or Veggie Tray
- String Cheese
- Granola or Breakfast Bars
- Cereal Bars
- Whole Fruits On the Go:

Clementines, Bananas,
Apples, Plums, etc...

- Waters with Flavor Packets
- Meat and Cheese Tray
- Cheese Crackers
- Dried Fruit
- Apples with Caramel
- Goldfish Crackers
- Low-fat Popcorn
- Angel Food Cake
- Pretzels
- Graham Crackers
- Trail/Cereal Mixes
- Low-fat Pudding

Sun chips, Baked chips
Yogurt
Parfait
Raisins
Animal Crackers
Wheat Crackers with
Toppings: cheese, tomato
Pretzel Thins
English Muffins with
Toppings
Rice Cakes
Baked Tortilla Chips with
Salsa
Hummus and Pita Chips
100% juice popsicles
Bagels with assorted
reduced fat cream
cheeses