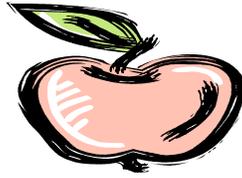


HEALTH & WELLNESS POLICY



HEALTH & WELLNESS POLICY STATEMENT

1. Efforts will be made to provide all students an opportunity to participate in a physical education/health education class at least once per school year.
2. Staff members will make reasonable efforts in avoiding long periods of time when students are physically inactive. (i.e., Brain Gym, KAGAN strategies such as Four Corners; Hand Up, Stand Up, Pair Up; Socratic Circles).
3. When planning behavior and academic incentive activities the school shall include physical activities when possible. These may include organized games, walking, and dances.
4. Students are permitted to have water in all classrooms as long as it is in a clear bottle/container. Unless medically required, students are not permitted to have sugared beverages in the classroom (i.e., Gatorade, etc. is sometimes recommended by doctors for some medical conditions.)
5. Campbell County Middle School will encourage and permit healthy snack choices to be eaten in the classrooms at the discretion of the classroom teacher. See attached list of suggestions. (See Appendix 8)
6. School staff will be encouraged to develop personal fitness and nutrition goals.
7. A health and wellness column will be provided by the nurse or health education teachers to include in the weekly newsletter at least one time per month.
8. Coffee, energy drinks, and soft drinks are not permitted.
9. Students are not permitted to bring in food of any kind (i.e., cupcakes, etc.) for celebrations (i.e., birthdays, etc.) to be shared with other students.

HEALTHY CHOICE PLAN

Healthy choices among students will be encourage through the following methods:

1. Implementing the nutritional standards required by federal and state laws and regulations which apply to our food program and to other food and beverages available during the school day.
2. Implementing PLCS curriculum to address the full state standards including health education, physical education, and consumerism.
3. Integrating all content areas by making connections to health and wellness and by incorporating movement-based activities when possible.
4. Implementing annual state-mandated screenings.

POLICY IMPLEMENTATION & EVALUATION

The provisions of this policy will be implemented to comply with provisions required by federal law, state law, and local board policy. If any specific requirement above does not fit with those rules, the principal will notify the council so that the policy can be amended to fit.

The principal will share this policy with the Kentucky Department of Education upon request. The Health and Wellness Policy will be reviewed on an annual basis with a summary report provided to SBDM Council. This will coincide with the school's School Improvement Planning Process.

Date Adopted: 6/18/13

Council Chairperson's Signature



Date Reviewed or Revised: 8/15/16

Council Chairperson's Signature



School: Campbell County Middle School

Representatives: Cody Strouse and Christie Henson

Goal 1	Not Meeting Expectation	Meeting Expectation	Exceeding Expectation
Provide students with an opportunity to get exercise in the morning, which is proven to be a great strategy for mental health functioning and overall wellness.	X		

Recommendations:

- There is the Vitality Program where participants can earn points if they partner with students for a certain number of days per week for a certain number of minutes to exercise – this could be a walking group or exercise group in the morning (instead of sitting in the gym). This could easily be done by the groups who are rotating in the gyms in the morning. This way staff could earn more Vitality Points in order to improve their health along with the health of our students.
- <https://www.youtube.com/watch?v=3ZBXldCxZEA>

Goal 2	Not Meeting Expectation	Meeting Expectation	Exceeding Expectation
Work to improve the eating habits and diet choices that our students and staff make.	X		

Recommendations:

- Having a garden that students and faculty help manage and grow. This food could then be used in the cafeteria (supposedly there are grants and money for this).
- Rewards or incentives for students who select and eat a fruit or vegetable for lunch.
- Wellness Week (Different days have different food events. There are many ideas online for this).
- Health oriented potluck for staff
- Look into providing healthier breakfast alternatives for students. We have whole-grain chocolate donuts and cinnamon rolls as alternate options for students at breakfast to our main meal.