

# District Wellness Plan

---

## PURPOSE

The purpose of the District Wellness Policy is to ensure that all students enrolled in Muhlenberg County Schools are provided with a safe and healthy environment that promotes wellness through high quality health education and physical education to enrich student learning and ensure success. We believe student health is closely associated with academic achievement, attendance rate and behavior supports, thus our students need to be striving for healthy lifestyles in order to truly be prepared for college and career readiness.

## STUDENT WELFARE

The health and safety of pupils shall be a priority consideration in all Board decisions.

The Board is committed to providing school environments that promote and protect student health, well-being, and ability to learn by supporting healthy eating and physical activity. To this end, the Board supports school efforts to implement the following:

- To the maximum extent practicable, schools will participate in available federal school meal programs.
- Schools will provide and promote nutrition education and physical education to foster lifelong habits of health eating and physical activity and will establish linkages between health education, school meal programs, and related community services.

## DISTRICT HEALTH COUNCIL

The District will establish a District Wellness Committee consisting of individuals representing the school and community. Partners include, but are not limited to, parents, students, representatives of school food, school administrators, teachers, and health professionals.

## PHYSICAL EDUCATION & ACTIVITY

### PHYSICAL EDUCATION

- ❖ A certified teacher will provide instruction.
- ❖ Physical education teachers are allocated 24 hours annually to participate in professional learning communities to address issues related to instructional practices, data analysis and improve instruction.
- ❖ All students will be assessed on the KCAS and receive a written grade based on the school grading schedule.
- ❖ Physical education class sizes follow the district policy for pupil-teacher ratio in non-PE classrooms.

### PHYSICAL ACTIVITY DURING THE SCHOOL DAY

- ❖ All students will receive at least 30 minutes of daily physical activity outside of physical education class. For students to receive the recommended amount of daily physical activity and for students to fully embrace regular physical activity as a personal behavior, students need opportunities for physical activity beyond physical education class. This can occur in several ways:
  - Classroom health education will complement physical education by reinforcing the knowledge and self-management skills needed to maintain a physically active lifestyle and to reduce time spent on sedentary activities.
  - Opportunities for physical activities will be incorporated into other subject lessons.
  - Classroom teachers will provide short physical activity breaks between lessons or classes, as appropriate.
  - Elementary school students will have at least 10 minutes a day of supervised recess, preferably outdoors, during which school/teachers will organize moderate to vigorous physical activity.
- ❖ Our schools prohibit the use of physical activity as punishment (*e.g.*, running laps, pushups), and the withholding of physical activity/physical education time for behavior management. Our schools also prohibit withholding physical activity/physical education time for make-up work.

# District Wellness Plan

---

## NUTRITION

- ❖ Our schools will adhere to all guidelines of the USDA National School Lunch Program.
- ❖ Our schools shall encourage healthy choices among students and schedule adequate time for all school meals (702 KAR 6:060).
- ❖ Our school shall implement the nutritional standards required by federal and state laws and regulations.
- ❖ Our school meals will contain zero trans fats.
- ❖ School meals will be served in clean and pleasant settings.
- ❖ Elementary schools offer water without caloric sweeteners, 100% fruit and vegetable juices, unflavored low-fat milk, or flavored fat free milk during meals.
- ❖ School meals will offer a variety of fruits and vegetables.
- ❖ School Nutrition Personnel will work closely with the parent(s) and/or guardian(s) to make reasonable accommodations for students with disability or other special dietary needs.
- ❖ School cafeteria managers shall annually receive a minimum of two (2) hours of continuing education in applied nutrition and healthy meal planning and preparation (KRS 158.852)
- ❖ In compliance with the federal Healthy Hunger Free Kids Act and 702 KAR 006:090, any food item offered for sale through a vending machine, school store, canteen, or fundraiser on school property shall meet the established state requirements.

## NUTRITION EDUCATION AND PROMOTION

- ❖ Our Practical Living curriculum shall address the full Kentucky Core Academic Standards, including health, consumerism, and physical education.
- ❖ School ensures content of the Health Education Curriculum is integrated into all content areas to meet the health and safety needs of all students.
- ❖ Drinking water is encouraged and available to students free of charge at all times during the school day.
- ❖ **Snacks.** Snacks served during the school day or in after-school care or enrichment programs will meet nutritional standards required by federal and state laws and regulations. Schools will assess if and when to offer snacks based on timing of school meals, children's nutritional needs, children's ages, and other considerations. There will be no serving of competitive foods until 30 minutes after the final lunch period ends.
- ❖ **Rewards.** Schools will limit the use foods or beverages, especially those that do not meet the nutrition standards for foods and beverages sold individually (above), as rewards for academic performance or good behavior, and will not withhold food or beverages (including food served through school meals) as a punishment.

## MEASUREMENT AND EVALUATION

### **Leadership:**

The Superintendent/designee will monitor compliance with this and related policies. At the school level, the Principal/designee will monitor compliance with those policies in his/her school and will report on the school's compliance as directed by the Superintendent/designee.

The District shall form a District Wellness Committee and actively seek to engage students, parents, physical and/or health education teachers, school food service professionals, school health professionals, school board members, school administrators, and other interested community members in developing, implementing, monitoring, and reviewing this policy.

# District Wellness Plan

---

## **Annual Progress Report:**

To help determine the progress of the district's wellness policies, each school in the district will conduct a baseline assessment of the school's existing nutrition and physical activity environments and policies. The results of those school assessments will be compiled to identify and prioritize needs. These needs will then be addressed, as needed, in the CSIP/CDIP.

In compliance with 702 KAR 6:090, Muhlenberg County Schools will utilize the Alliance for a Healthier Generation's Healthy Schools Program to evaluate the school environment. This report will be shared annually with the district as required by KRS 160.345. Results will be reported to parents and community stakeholders via the district's website.