

**JOHNSON COUNTY SCHOOLS**

**SY 2021-2022**

# **LOCAL WELLNESS POLICY**

The Johnson County School District is committed to providing school environments that promote and protect children's health, well-being, and ability to learn by supporting healthy eating and physical activity. It is the policy of the Johnson County School District that:

- All students will have opportunities, support, and encouragement to be physically active on a regular basis.
- The district will engage students, parents, teachers, school nutrition staff, and interested community partners in developing, implementing, monitoring, and reviewing the nutrition and physical activity policies.
- Food and beverages sold and/or served at school will meet the nutritional recommendations of the United States Dietary Guidelines for Americans.
- Qualified child nutrition professionals will provide students with access to a variety of affordable, nutritious, and appealing foods that meet the health and nutrition needs of students. This will include a clean, safe, and pleasant setting with an adequate time to eat.
- All schools in the district will participate in the USDA's federal school meal programs which includes the School Breakfast Program and the National School Lunch Program.
- Schools will provide nutritional education and physical education to foster lifelong habits of healthy eating and physical activity so that students will understand the link between health education, school meal programs, and community related services to promote a healthier lifestyle.

### To Achieve Our Goals:

#### **I. School Health Councils**

The district and/or individual schools will create, strengthen, & work with existing school health councils to develop, implement, monitor, review, and revise as necessary school nutrition and physical activity policies. The councils will also serve as a resource to the schools for implementing these policies. The councils should include representatives from physical and/or health education teachers, students, parents, school administrators, school board members, health professionals or other interested members of the public.

#### **II. Nutritional Quality of Foods and Beverages Sold and Served in Schools**

Meals served through the National School Lunch Program (and the School Breakfast Program) will meet or exceed USDA nutritional standards. All meals will be in compliance for a reimbursable meal and should:

- Be served in a clean and pleasant environment
- Be appealing and attractive to students
- Meet the nutritional requirements established by the local, state, and federal statutes and regulations
- Offer a variety of fruit and vegetables
- Offer a variety of fat-free or low-fat milk
- Offer whole grain products

- Offer local/regional and KY Proud Products when possible

More information about the National School Lunch Program is available at [www.fns.usda.gov/nslp/national-school-lunch-program](http://www.fns.usda.gov/nslp/national-school-lunch-program).

Schools should offer taste-tests of new products and conduct surveys in order to identify and select new healthful appealing choices. Schools should share nutritional information on menus, websites, cafeteria menu boards, and other locations as deemed necessary.

All children will have the opportunity for breakfast that meets the USDA standards at school. Additional information on the USDA School Breakfast Program is available at [www.fns.usda.gov/sbp](http://www.fns.usda.gov/sbp). In order to promote learning:

- Operate the School Breakfast Program to ensure a healthy reimbursable breakfast which allows student choice to the extent possible.
- To the extent possible, arrange bus schedules, breakfast schedules that encourage participation, which can include “grab-and-go” options as well as traditional style of serving line breakfast. Students and parents will be notified of the availability of the School Breakfast Program.
- Schools will encourage parents to provide a healthy breakfast for their children through various means such as newsletters.

**Student Meal Pricing:** Johnson County Schools will provide free meals (breakfast, lunch, after school snack, preschool snack) to the maximum extent possible. At this time, all students can receive a free reimbursable breakfast and lunch daily as a result of our district participating in the CEP program. Families may be asked to complete a household income application to determine eligibility for free/reduced meals for federal funding purposes. The district will follow confidentiality guidelines outlined in board policy to protect the privacy of students who qualify for free/reduced priced meals. For information, contact the district FRAM coordinator.

**Summer Food Service Program:** Johnson County Schools will sponsor the Summer Food Service Program based on anticipated student participation levels.

**Meal Times and Scheduling:** Students will be provided an adequate amount of time to eat breakfast and lunch which ideally would be a minimum of at least 10 minutes for breakfast and a minimum of 20 minutes for lunch (time after receiving the meal).

- Meals will be scheduled at appropriate times
- Avoid scheduling clubs, tutoring, organizational meetings or activities during mealtimes unless students can also eat during the activity
- Students will have access to hand washing and/or hand sanitizing before they eat meals or snacks

**Qualifications of School Nutrition Staff:** Qualified nutrition professionals will administer the school meals programs. The district will provide continuing professional development for all nutritional professionals in the schools. The professional development program should include

appropriate certification and/or training programs for the School Nutrition Director, School Nutrition Managers, and School Cafeteria Staff according to their level of responsibility and job requirements.

**Rewards:** It is recommended schools not use food or beverages as reward, especially those that do not meet the nutritional standards for food and beverages. It is also recommended that schools not withhold food or beverages as a punishment for academic performance, behavior, or attendance.

**Fundraising Activities:** Schools should encourage fundraising activities that promote physical activity and a healthy lifestyle. All fundraising activities will follow state and federal USDA guidelines for Smart Snacks or in accordance with 702 KAR 6:090 and only be available 30 minutes after the last lunch period and/or 30 minutes after school is dismissed.

**Snacks/Beverages:** Snacks/beverages served and/or sold during the school day will meet or exceed the USDA nutrition standards. They will be Smart Snack compliant based on student grade level and should make a positive contribution to a student's diet and health, with an emphasis on serving fruit and vegetables or nutritionally healthful snacks. Free drinking water will be available at each kitchen facility. The USDA standards will be followed for the extended school day (before and after school) which includes school programs and clubs. These time periods are identified by the USDA and refer to all school properties. Beverages containing caffeine will not be available to elementary or middle school students. The district will disseminate a list of healthful snack items to teachers, parents, and school personnel. More information on the USDA "Smart Snack" Standards can be found at the following website: [www.fns.usda.gov/healthierschoolday/tools-schools-focusing-smart-snacks](http://www.fns.usda.gov/healthierschoolday/tools-schools-focusing-smart-snacks)

**Celebrations:** It is recommended that schools limit celebrations/classroom parties that involve food during the school day to a reasonable number determined by the school principal and/or SBDM Council. Food or beverages that meet state and USDA nutritional standards for foods and beverages sold individually should be encouraged. The district will disseminate a list of suggested party snack ideas to parents and teachers.

### **III. Nutrition and Physical Activity Promotion and Food Marketing**

Johnson County Schools aim to teach, encourage, promote, and support healthy eating by students. The promotion should be systemic to target and support healthy food and beverages choices. This would include signage on vending machines, coolers, trash and recycling containers, signs, scoreboards, sports equipment, fundraisers, publications, websites, and announcements. Schools should provide nutrition education and engage in nutrition promotion to students and families that:

- Is offered K-8<sup>th</sup> as part of a systematic sequential, comprehensive, standards based program designed to provide students with the knowledge and skills necessary to make choices that will promote and protect their health.

- Includes nutrition education as part of classroom subjects in not only health classes but in other subjects such as science, math, language arts, and social science classes.
- Is developmentally appropriate, culturally relevant, enjoyable, and includes participatory activities such as contests, promotions, hands-on activities, taste testings, farm visits, and school gardens.
- Will promote fruits, vegetables, whole grain products, low-fat and fat-free dairy products, healthy food preparation methods, and healthy nutrition practices.
- Will emphasize a healthy caloric intake which balances food intake and energy expenditure.
- Will link school meal programs, ala carte food choices, with healthy nutritional choices.
- Will teach media literacy with an emphasis on food marketing.
- Will include training and resources for teachers and other staff.

**Integrating Physical Activity into the Classroom Setting:** For the students of the Johnson County School district to receive the recommended amount of daily physical activity and for students to fully embrace regular physical activity as a personal behavior, students will need opportunities for physical activity beyond the regular physical education class. To meet that need:

- Classroom health education curriculum should be aligned with standards and will complement physical education by reinforcing the knowledge and skills needed to maintain a physically-active lifestyle in order to decrease the amount of time spent on sedentary activities.
- Will provide physical activity incorporated into other subject areas and lessons.
- Will provide short activity breaks between lessons or classes as appropriate.
- Will incorporate whole brain teaching with a focus on movement techniques.

**Communication with Parents:** The district and/or schools will support parents' efforts to provide a healthy diet and daily physical activity for their children. The district/school will offer healthy eating program information for parents & nutrition tips on district and/or school websites. Schools should encourage parents to pack healthy snacks and/or lunches and to refrain from including beverages and foods that do not meet nutritional standards for individual foods and beverages. The district will provide parents a list of foods that meet healthy snack standards and will provide ideas for healthy celebration/parties, rewards, and fundraising activities.

The district and/or schools will provide information about physical education and other school-based physical opportunities before, during, and after the school day and support parents' efforts to provide their children with opportunities to be physically active outside of the school. Such support will include sharing information about physical activity and physical education through our website, newsletters, or other take-home materials, special events, or physical education homework.

**Staff Wellness:** The Johnson County School district highly values the health and well-being of every faculty and staff member and will encourage staff members to plan and implement activities that would support personal efforts to maintain a healthy lifestyle. The district/school should establish and maintain a staff wellness committee composed of staff members as well as

a member of the health care community and/or school nutrition staff. This committee could be a sub-committee of the school health council. The committee should develop, promote, and oversee the plan to promote staff health and wellness. The plan should be based on input from the school staff and should outline ways to encourage healthy eating, physical activity, and other elements of a healthy lifestyle among school staff. The staff wellness committee should distribute the plan to the school health council annually.

#### **IV. Physical Activity Opportunities and Physical Education**

Johnson County Schools will provide all students the opportunity to participate in physical activity up to but not to exceed 30 minutes per day or 150 minutes per week.

**Daily Physical Education:** Staff should model physical activity behaviors for students and provide opportunities for students as well as family wellness activities throughout the year. All students in grades K-5<sup>th</sup> including students with disabilities, special health-care needs, and in alternative educational settings, should receive physical education for the entire school year. Student involvement in other activities involving physical activity should not be substituted for meeting the physical education requirement. Students should spend at least 50% of their physical education class time participating in moderate to vigorous physical activity.

**Daily Recess:** All elementary schools should have at least 10 minutes of daily recess prior to lunch if possible, preferably outdoors, during which schools should encourage moderate to vigorous physical activity in an area with appropriate space and equipment. Schools should discourage extended periods of inactivity. When activities, such as mandatory testing make it necessary for students to remain indoors for long periods of time, schools should give students periodic breaks during which they are encouraged to stand and be moderately active.

**Physical Activity Opportunities Before and After School:** All elementary, middle, and high schools should offer extracurricular physical activity programs. The schools, as appropriate, should offer interscholastic programs outside of school hours to meet the needs, interests, and abilities of all students, including boys, girls, students with disabilities, and students with special healthcare needs.

**Physical Activity and Punishment:** It is recommended that loss of physical activity periods should not be used as a disciplinary punishment or consequence.

#### **V. Monitoring and Policy Review**

**Monitoring:** 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 and will report on the school's compliance to the school district superintendent or designee.

School food service staff, at the school or district level, will ensure compliance with nutrition policies with the school food service areas and will report on this matter to the superintendent. In addition, the school district will report on the most recent USDA school meal initiative review findings and any resulting changes.

The superintendent or designee will develop a summary report on the District-Wide compliance with the district's established nutrition and physical activity wellness policies based on the input from schools within the district. The report will be provided to the Board of Education members and also distributed to all school health councils, parent/teacher organizations, school principals, and school health service personnel in the district.

**Policy Review:** Each school in the district will review its existing nutrition and physical activity environment and policies using the School Health Index from the Centers for Disease Control. The results will be compiled at the district level to identify, evaluate, and prioritize needs. The district and individual schools will, as necessary, revise the wellness policies and develop plans to facilitate their implementation.