

Frankfort High School
Wellness
First Read: 12/15/21
Second Read: 1/25/21
Adopted: 1/25/21

Policy Statement

This policy is intended to act as a guide to the healthy development of all students through the support of a healthy environment where all students can learn and participate in positive lifestyle practices.

Policy

SCHOOL MEALS

FHS will provide breakfast through the USDA School Breakfast Program. All reimbursable school meals shall meet or exceed current USDA nutrition standards. All foods sold to students during the school day shall be in compliance with USDA Smart Snacks federal nutrition standards. School fundraisers can include non-food items and/or meet the USDA's Smart Snack standards. FHS will work to offer fresh local foods through partnerships with the Farm to School Action Plan.

The Wellness Committee will collaborate with food service staff to keep food offerings fun and diverse. FHS is a closed campus. Students are not permitted to order food to be delivered to school via friend, family member or outside delivery service. Students are not allowed to leave campus to obtain lunch. FHS will share and publicize information about the nutritional content of provided meals via the school website. Students will be made aware of the availability of water during meals. Water jugs and cups will be present in the cafeteria and supervisory staff will allow students to access water throughout the day.

PHYSICAL EDUCATION & ACTIVITY

Students will receive physical education instruction. Phys. Ed. for grades 9-12 must be taught by a certified/licensed teacher endorsed to teach physical education. The school shall provide all physical education teachers with annual professional development opportunities that are focused on physical education/activity topics and competencies specifically for physical education teachers.

MEASUREMENT & EVALUATION

FHS administration shall be responsible for ensuring that the wellness policy is implemented throughout the school. The Wellness Committee will utilize the Alliance for Healthy Schools Program's online assessment tool to track and measure our progress.

The Wellness Committee shall prepare an annual report for the Superintendent, SBDM, school staff, students and parents, evaluating the implementation of the policy and including any recommended changes or revisions. Every two-three years, the wellness committee will review the latest national recommendations pertaining to school health and will update the wellness policy accordingly.

WELLNESS CLINICS

FHS will work with district and community partners to offer wellness clinics to students. In conjunction with the Frankfort Independent Family Resource Youth Service Center FHS will host annual dental clinics that offer teeth cleaning and annual dental checks. Frankfort Independent also hosts annual vaccine clinics to ensure all students have access to vaccines. Through partnership with the Cumberland Family Medical FHS will have access to a registered nurse and nurse practitioner to provide basic family medical service to students and community members.