

Student Welfare and Wellness

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 healthy eating and physical activity and will establish linkages between health education, school meal programs, and related community services.
- All schools containing grades K-5 or any combination thereof, shall develop and implement an individual wellness policy per KRS 160.345 and Board Policy 02.4241.

WELLNESS LEADERSHIP

The Superintendent/designee will direct District officials (“**wellness leadership team**”) to 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 wellness leadership group shall work to encourage and support all students to be **physically active** on a regular basis as provided by school/council policy. Each school shall review and consider **evidence-based strategies** to set measurable goals in providing **nutrition education**, engaging in **nutrition promotion**, to positively influence lifelong eating behaviors.

Suggested language may include goals related to activities and opportunities:

- offered at each grade level as part of a sequential, comprehensive, standards-based program designed to provide students with the knowledge and skills necessary to promote and protect their health;
- offered as part of not only health education classes, but also classroom instruction in subjects such as math, science, language arts, social sciences, and elective subjects;
- that include enjoyable, developmentally-appropriate, culturally-relevant, participatory activities, such as contests, promotions, taste testing, farm visits, and school gardens;
- that promote fruits, vegetables, whole grain products, low-fat and fat-free dairy products, healthy food preparation methods, and health-enhancing nutrition practices;
- that emphasize caloric balance between food intake and energy expenditure (physical activity/exercise);
- that link with school meal programs, other school foods, and nutrition-related community services;
- that teach media literacy with an emphasis on food marketing; and
- that include training for teachers and other staff.

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PHYSICAL ACTIVITY AND PHYSICAL EDUCATION

- Each school council of a school containing grades K-5 or any combination thereof, or if there is no school council, the Principal, shall develop and implement a wellness policy that includes moderate to vigorous physical activity each day and encourages healthy choices among students consistent with KRS 160.345 and Board Policy 02.4241.
- The policy may permit physical activity to be considered part of the instructional day, (not to exceed thirty (30) minutes/day or 150 minutes/week) and also in compliance with the school calendar regulation, 702 KAR 007:140 and Board Policy 08.1346.

DISTRICT WELLNESS PLAN/PUBLIC AND STAFF INVOLVEMENT

The District shall 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 and in providing input on the District Wellness Plan.

The District shall permit community participation in the student wellness process by:

- Making the wellness policy, including any updates to and about the wellness policy, available to the public, on an annual basis, at a minimum.
- Making a nutrition and physical activity report to be prepared by the School Nutrition Director available to the public on the District website no later than sixty (60) days prior to the public forum covered in KRS 158.856. (702 KAR 006:090).
- Discussing the findings of the nutrition report and physical activity report and seeking public comments during a publicly advertised special Board meeting or at the next regularly scheduled Board meeting following the release of the nutrition and physical activity reports.
- Holding an advertised public forum by January 31 of each year, to present a plan to improve the school nutrition and physical activities in the District in accordance with KRS 158.856.

The Superintendent/designee shall submit the wellness plan that includes a summary of the findings and recommendations of the nutrition and physical activity report as required by May 1 of each year to the Kentucky Department of Education (KDE).

TRIENNIAL PROGRESS ASSESSMENTS

At least once every three years, the District will assess compliance with the wellness policy requirements:

1. Extent to which the District is in compliance with this Policy;
2. A comparison of how the District measures up to model wellness policies provided by recognized state and national authorities using the WellSAT assessment tool; and
3. A description of the measurable progress made towards reaching goals of the District wellness policy and addressing any gaps identified in the wellness report for the previous year.

Student Welfare and Wellness**TRIENNIAL PROGRESS ASSESSMENTS, CONTINUED**

The Food Service Director is responsible for managing the triennial assessment. The District Wellness Committee, in collaboration with individual schools, will monitor schools' compliance with this wellness policy. The District will actively notify households/families of the availability of the triennial progress report. The Food Service Director will be responsible for managing the triennial assessment and may be contacted at Grayson County Board of Education, 270-259-4011.

REVISIONS AND UPDATING THE POLICY

The District Wellness Committee will update or modify the wellness policy based on the results of the annual School Health Index and triennial assessments, and/or as District priorities change; community needs change; wellness goals are met; new health science, information, and technology emerges; and/or new Federal or state guidance or standards are issued. The wellness policy will be assessed and updated as indicated at least every three years, following the triennial assessment.

RECORDKEEPING

The District and each school in the District shall maintain the following records:

- A copy of the written wellness policy or plan;
- Documentation on how the policy and assessments are made available to the public;
- The most recent assessment of implementation of the policy;
- Documentation of efforts to review and update the policy, including who was involved in the process and how stakeholders were made aware of their ability to participate; and
- Documentation demonstrating compliance with annual public notification requirements and annual reporting to the KDE.

STANDARDS AND NUTRITION GUIDELINES FOR ALL FOODS AND BEVERAGES

Foods and beverages sold during the school day shall be done in accordance with state and federal regulations and Board Policies 07.111 and 07.12.

STANDARDS FOR ALL FOODS AND BEVERAGES SOLD TO STUDENTS

Foods and beverages sold or served at school shall be consistent with the state and federal regulations for school meal nutrition standards. Nutrition guidelines for all foods and beverages served or sold on campus shall be maintained by the Superintendent/designee and made available upon request. The Superintendent shall designate an individual or individuals to monitor compliance of beverages and food sold ala carte with state and federal nutrition requirements.

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; will accommodate the religious, ethnic, and cultural diversity of the student body in meal planning; and will provide clean, safe, and pleasant settings and adequate time for students to eat.

Student Welfare and Wellness**STANDARDS FOR ALL FOODS AND BEVERAGES PROVIDED BUT NOT SOLD TO STUDENTS**

- When possible, rewards given to students shall be other than food/beverage items. When food/beverage items are used as rewards, such items shall comply with nutritional guidelines set out in 7 C.F.R 210.11 and 702 KAR 6:090. KAR 006:090.
- Food used in the classroom must be an integral and necessary part of the lesson and follow nutritional guidelines
- Parties with food are limited to three (3) per classroom. School parties must be held at least thirty (30) minutes past the end of the last lunch period.
- To ensure that all foods served to children are safe and sanitary, all items served at school parties must be purchased rather than homemade. Site Based Councils at each school will determine and notify teachers if fewer than three (3) parties are permitted in classroom per year.

Foods and beverages provided in school, but not made available for sale, shall meet standards outlined in the schools' individual wellness plan (if applicable) and will not conflict with District Policy.

FOOD AND BEVERAGE MARKETING

All marketing on the school campus during the school day shall be of only those foods and beverages that meet the nutrition standards of the Smart Snack in School Nutrition Standards (7 C.F.R 210.11 and 702 KAR 006:090).

REFERENCES:

KRS 158.850; KRS 158.854

KRS 160.290; KRS 160.345

702 KAR 006:090

P. L. 111-296

7 C.F.R. Part 210

7 C.F.R. Part 220

U. S. Dept. of Agriculture's Dietary Guidelines for Americans

RELATED POLICIES:

02.4241; 07.1; 07.111; 07.12; 08.1346

Updated: 7/11/2019

Order #: 5

Student Welfare and Wellness

2019-2020 Wellness Leadership Team:

Kristy Hodges, Food Service Director

Kim Cannon, District Nurse

Michele Vincent, District Nurse

Kenny Fukahara, Caneyville P.E. Teacher

Kristen Cook, Clarkson P.E. Teacher

Brooke Jagers, Lawler Curriculum Coordinator

Hannah Fukahara, Wilkey P.E. Teacher

Brittany Geary, GCMS Health/P.E. Teacher

Barbara Allen, GCHS/Lawler FRYSC Coordinator

Ann Brooks, Clarkson FRYSC Coordinator

Rick Whobrey, GCMS/Wilkey FRYSC Coordinator

Beth Meredith, Parent Member

Natalie Taul, Grayson County Extension Agent for FCS

Carolyn Thomason, Board Chair

To join the District Wellness Committee or to provide input, you may contact
kristy.hodges@grayson.kyschools.us.

Food Service/School Nutrition Employees**FOOD SERVICE/SCHOOL NUTRITION EMPLOYEES**

All food service/school nutrition employees shall meet the qualifications of and be in compliance with the responsibilities noted in federal regulation or 702 KAR 006:045, whichever is most stringent.¹ In addition, food service/school nutrition program directors and school cafeteria managers shall meet training and credential requirements specified in statute.²

REFERENCES:

¹702 KAR 006:045

²KRS 158.852

KRS 156.160

KRS 161.011

7 C.F.R. 235.11 (g); 42 U.S.C. 1776(g)

7 C.F.R. § 210.31

RELATED POLICIES:

See Section 03.2

07.1

Adopted/Amended: 6/11/2015

Order #: 126

Vending Machines

REQUEST

Vending machines will be installed in the school only at the request of the Principal and subject to approval by the Board.

BIDDING

The Board may bid the installation of vending machines, using specifications established by the Superintendent/designee.

STUDENT USE

Vending machine use by students shall be in compliance with current federal and state regulations. Carbonated beverages may not be sold or served to any student during the school day.

At the elementary school and middle school levels during the school day, only school-day-approved beverages shall be sold in vending machines (water, one hundred percent [100%] fruit/vegetable juice, low-fat milk, (unflavored), non-fat milk (unflavored or flavored) and nutritionally equivalent milk alternatives as permitted by the school meal requirements).

For students at the high school level, only school-day-approved beverages may be sold in vending machines during the school day (water, one hundred percent [100%] fruit/vegetable juice, low-fat milk (unflavored), non-fat milk (unflavored or flavored), and nutritionally equivalent milk alternatives as permitted by the school meal requirements).

In addition to the beverages listed above, other beverages as allowed in 7 C.F.R. Parts 210 and 220, may be available in vending machines outside the school day.

Size of beverages shall not exceed eight (8) ounces for elementary schools, twelve (12) ounces for middle schools and twenty (20) ounces for high schools.

SALES

Any sales from vending machines shall be in compliance with applicable state and federal law and regulation. Specifically, competitive foods or beverages shall not be sold from vending machines from midnight before until thirty (30) minutes after the end of the school day.

REFERENCES:

KRS 156.160; KRS 158.854; KRS 160.290

7 C.F.R. 210.11b

7 C.F.R. 220

702 KAR 006:090

RELATED POLICY:

07.111

Adopted/Amended: 7/10/2014

Order #: 5

Competitive Foods

MINIMAL NUTRITIONAL VALUE

The sale of competitive foods and beverages to students during the school day shall be in compliance with current federal and state regulations.

DEFINITIONS

“Competitive Food” shall mean all food and beverages sold to students on the school campus during the school day, other than those meals reimbursable under the programs authorized by the National School Lunch Act and the Child Nutrition Act.

"School-day" means the period of time from midnight before to thirty (30) minutes after the end of the official school day.

“School Campus” shall mean all areas of the property under the jurisdiction of the school that are accessible to students during the school day.

“School-day-approved beverage” means water, one hundred percent (100%) fruit/vegetable juice, low-fat milk (unflavored), non-fat milk (unflavored or flavored), and nutritionally equivalent milk alternatives.

NUTRITIONAL STANDARDS

No school may sell competitive foods or beverages, whether from vending machines, school stores or canteens, classrooms, teacher or parent groups, that fail to conform with nutritional standards specified by federal and state regulations, from midnight before until thirty (30) minutes after the end of the school day. At the elementary and middle school levels, only school-day-approved beverages shall be available in vending machines, school stores, or canteens or as fundraisers that involve sale of beverages by students, teachers or groups.

Foods or beverages may be sold during the school day outside of the national School Breakfast/Lunch program. At minimum, food and beverages sold during the school day shall comply with nutritional standards specified by federal and state regulations.

Fund-raising activities held off of the school campus and not during the school day are not subject to regulatory requirements of 702 KAR 006:090 or federal competitive food limitations.

Food served during the school day must comply with the District’s nutritional guidelines for serving of competitive foods.

REFERENCES:

7 C.F.R. 210.11b; 7 C.F.R. 220.12

KRS 156.160; KRS 158.850; KRS 158.854

702 KAR 006:090; U. S. Dept. of Agriculture's *Dietary Guidelines for Americans*

RELATED POLICIES:

02.4241; 07.12; 09.2

Adopted/Amended: 6/11/2015

Order #: 126