

# Local Wellness Policy

Bracken County Schools are committed to providing a school environment that enhances learning and development of lifelong wellness practices by promoting and protecting student health & well-being. The health and safety of pupils shall be a priority consideration in all Board decisions.

## ***To accomplish these goals:***

- Child Nutrition Programs comply with federal, state and local requirements and are accessible to all children.
- All students will have opportunities, support, and encouragement to be physically active on a regular basis as provided by school/council policy.
- All foods and beverages made available on campus (including vending, concessions, a la carte, and fundraising) during the school day are consistent with the current National School Lunch Program regulations.
- All foods made available on campus adhere to food safety and security guidelines.
- The school environment is safe, comfortable, pleasing, and allows ample time and space for eating meals.

## ***To achieve these policy goals, Bracken County Schools will ensure:***

### **I. Nutrition Education and Promotion**

- Students shall receive nutrition education in cooperation with regular physical activity.
- Nutrition education shall be offered through the state health education curriculum standards (i.e. Practical Living core content and Health Education Program of Studies)
- Nutrition shall be integrated into the other content areas (English, Mathematics, Science and Social Studies).
- Nutrition education will promote fruits, vegetables, whole grain products, low-fat and fat-free dairy products, healthy food preparation methods and health-enhancing nutrition practices.
- Nutrition education and promotion will emphasize caloric balance between food intake and energy expenditure (physical activity/exercise)

### **II. Nutrition Quality of Foods and Beverages Sold and Served on Campus**

Academic performance and quality of life issues are affected by the choice and availability of good foods in our school. Healthy foods support student physical growth, brain development, and resistance to disease, emotional stability and the ability to learn.

1. All foods made available on campus will comply with the National School Lunch Program regulations.
2. Foods and beverages offered over the course of a school week shall be nutrient dense, including whole grain products and fiber-rich fruits and vegetables to provide students a variety of choices to maintain a balanced diet.
3. Foods and beverages available during the school day shall include a variety of healthy choices that are of excellent quality, appealing to students and served at the proper temperature.
4. Food and Beverages sold and served on campus during the school day shall meet the requirements of 702KAR6:090. The regulation provisions affect breakfast and lunch periods as well as the period of time between 30 minutes after lunch until the end of the last instructional period.

#### **Beverages:**

- Fluid unflavored milk is no more than 1% milk fat.
- Fluid flavored milk is non-fat milk.
- Plain or flavored, non-caloric, non-carbonated water, fortified with calcium.
- One hundred percent (100%) fruit or vegetable juice or any combination of both totaling 100%.
- Any other beverage must meet the "Smart Snacks" guidelines for beverages and snacks.

#### **Food:**

- Nutrition Services policies and guidelines for reimbursable meals shall not be more restrictive than federal and state regulations require.
- Food sold in vending machines shall meet the requirements of 702KAR6:090.

**Ala Carte:**

- Ala Carte offerings to students shall be nutritious and meet federal and state “Smart Snacks” guidelines for food and beverages sold on campus.
- Schools may offer for ala carte sale any item that is acceptable under the School Breakfast and National School Lunch Program meal pattern.

**Fundraisers:**

- Foods sold for fundraising purposes shall not be sold until 30 minutes after the last lunch period and shall meet the Minimum Nutritional Standards for Foods and Beverages Available on School Campus during the School Day. (702KAR6:090)

**Parties & Celebrations:**

- Students, parents, teachers and community members bringing food to school will be encouraged to provide healthful options.

**III. Physical Education Program**

The Physical Education Program requirements are based on Federal and State physical activity regulations and guidelines. The program shall provide the opportunity for all students to develop the skills, knowledge and attitudes necessary to participate in a lifetime of healthful physical activity.

- Students shall be supported in setting and meeting personal fitness goals that result in the achievement and maintenance of a health enhancing level of physical fitness.
- Students shall be provided the varied opportunities for enjoyment, challenge, self-expression and social interaction that will lead to a physically active lifestyle.
- Teachers and administrators shall not use participation or nonparticipation in physical education or physical activity as a means of punishment or discipline.

**IV. Other School Based Activities Designed to Promote Student Wellness**

Dining environment:

- The school provides a clean, safe and enjoyable meal environment for students.
- The school encourages all students to participate in the school meals program and protects the identity of students who eat free and reduced meals.
- The school provides enough space and serving areas to ensure all students have access to school meals with minimum wait time.

**Time to Eat:**

The school will ensure an adequate time for students to enjoy eating healthy foods in schools.

**Community and Family Involvement:**

- The school will encourage parents, teachers, school administrators, students, food service professionals, and community members to serve as role models in practicing healthy eating and being physically active, both in school and at home.

**V. Measurement and Evaluation**

- At the school level, the SBDM Council will be responsible for overseeing the school’s policy, monitoring and evaluation implementation and reporting on the status of the policy to parents and the community.
- At the district level, the Coordinated School Health Committee will monitor, evaluate implementation and review the district’s policy regularly, making necessary updates in order to comply with state Local Wellness Policy regulations.