

## **SSS WELLNESS POLICY**

### **VISION**

To build a culture of health and wellbeing that supports each student in becoming an active, healthy, caring, lifelong learner with the capacity to participate productively in their community.

### **MISSION**

The Wellness Committee works collaboratively with community partners, parents, and school staff to encourage healthy lifestyles and develop and implement school wellness policy initiatives.

### **WELLNESS COMMITTEE DUTIES**

Suggested committee make-up is a minimum of two students, two parents, two teachers, the athletic director, the principal or assistant principal, the food service director, school nurse, the Family Resource and Youth Service Center (FRYSC) coordinator, and a community member.

Meet a minimum of 4 times per year and support school wellness outreach events. Meeting minutes and forthcoming information about wellness activities in the community to families will be posted on the school webpage or school community board.

### **WELLNESS EDUCATION & PROMOTION**

SSS will utilize a variety of standards-based nutrition education curriculum that is aligned with Kentucky Academic Content and National Health Education Standards. SSS will pursue a food literacy education curriculum that includes topics in nutrition, field trips to local farms, school gardening, using the cafeteria as a learning lab, etc. SSS will develop community partnerships to promote healthy and active lifestyles.

SSS will offer staff members accessible and free or low-cost annual health assessments. The committee will develop an incentivized Wellness Promotion Program for staff. The committee will provide consultation and support to teachers and staff for healthy classroom rewards and celebrations.

### **SCHOOL MEALS**

SSS 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 will include only non-food items and/or must meet the USDA's Smart Snack standards. The Wellness Committee will collaborate with food service staff to keep food offerings fun and diverse.

SSS is a closed campus. Students are not permitted to leave campus to obtain lunch. SSS will share and publicize information about the nutritional content of provided meals via the school website. Students will be made aware 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 a reasonable combination of physical education instruction, daily recess, and periodic physical activity breaks to balance and optimize academic instruction.

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Phys. Ed. for grades K-8 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.

Physical activity clubs and intramurals will be available to all students during, before and/or after-school hours and shall be supervised by a SSS staff member. Physical activity time (recess or physical education) is valued and shall not be withheld as part of regular behavior management practices. Likewise, physical activity will not be used as punishment. Ex: Running laps, doing pushups.

### **MEASUREMENT & EVALUATION**

SSS 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.