

District _____

School _____

COUNCIL POLICY TYPE (Check One)
<input type="checkbox"/> By-Laws (Council Operational Policies)
<input type="checkbox"/> Function (School Operational Policies)

POLICY NUMBER

POLICY TOPIC DESCRIPTION
<u>Bush Elementary Wellness Policy</u>

POLICY STATEMENT
<p>I. Nutrition Standards Bush Elementary will comply with the minimum nutritional standards for food and beverages sold outside the National School Breakfast and National School Lunch Programs. Snack sales will not take place until 30 minutes after lunch. Snacks sold at Bush Elementary will be approved by the Laurel County Board of Education.</p> <p>II. Nutritional Education Nutrition education will be integrated into other areas of the curriculum such as math, science, language arts, and social studies. Teachers will utilize “Take Ten” activities which integrate physical activity into the curriculum. Teachers will document use of “Take Ten” activities in their lesson plans. Bush Elementary will provide information to families that encourage them to teach their children about health and nutrition and to provide nutritious meals for their families.</p> <p>Students will be encouraged to start each day with a healthy breakfast.</p> <p>III. Other School Based Activities Students will be provided with 10 minutes for breakfast and 20 minutes for lunch, from the time the student is seated. Meals will be provided in a clean, safe, and enjoyable environment for students.</p> <p>Bush Elementary will encourage healthy choices for classroom snacks and alternatives to using food and beverages as rewards or punishments, unless detailed in a student’s IEP. Parties and celebrations shall be limited to four per year. Each party should include healthy food and beverage choices that meet nutrition standards as stated in KRS 158.854 and 702 KAR 6:090, and may include a minimal amount of other foods. Bush Elementary will provide parents a list of healthy school snacks and ideas for celebrations/parties and rewards. Bush Elementary will encourage all food used for parties, celebrations, snacks, etc. be individually wrapped and purchased from a responsible vendor. The school system will not be responsible for food or beverages given to students from outside sources.</p> <p>Fundraisers (off campus) that involve food or beverages shall be supportive of a healthy lifestyle.</p>

All food and beverage items sold for off campus fundraisers will be approved by the board before sold.

IV. Physical Activity

Physical activity will be integrated across the curriculum and throughout the school day. Movement can be made a part of science, math, social studies, and language arts. Bush Elementary will provide a physical and social environment that encourages safe and enjoyable activity for all students.

Bush Elementary students will participate in at least 20 minutes per day of supervised recess, preferably outdoors (weather permitting), during which moderate to vigorous physical activity will be encouraged.

Bush Elementary students will participate in Physical Education class once per week at a minimum in yearly schedule.

Bush Elementary will offer a range of activities that meet the needs, interest, and abilities of all students, including boys, girls, students with disabilities, and students with special health care needs. Adequate equipment shall be available for all students to participate in physical activities. All equipment must meet safety regulations.

Students shall not be denied participation in recess or other physical activity as a form of discipline or for instructional make up time. Based on Bush Elementary's Discipline Policy, students may be required to walk rather than play as a consequence for behavior problems.

Bush Elementary will provide information about physical activity opportunities for students, as well as, providing information to help families incorporate physical activity into their children's lives via newsletters, take-home materials, or district web-site.

V. Measurement and Evaluation

Bush Elementary school will annually assess each student's level of physical activity by October 1 of each year. Classroom teachers will maintain a record of the physical activities they conduct in the classroom.

The principal of Bush Elementary or designee will ensure compliance with those policies in his/her school and will report on the school's compliance to the superintendent.

VI. Other

All foods made available on campus will comply with state and local food safety and sanitation regulations. Hazard Analysis and Critical Control Points (HACCP) plans and guidelines are implemented

Date Adopted 09-26-2006

Signature Mary Ann Robbins
Council Chairperson

Date Revised 03-11-2014

Signature Lisa Sibert
Council Chairperson