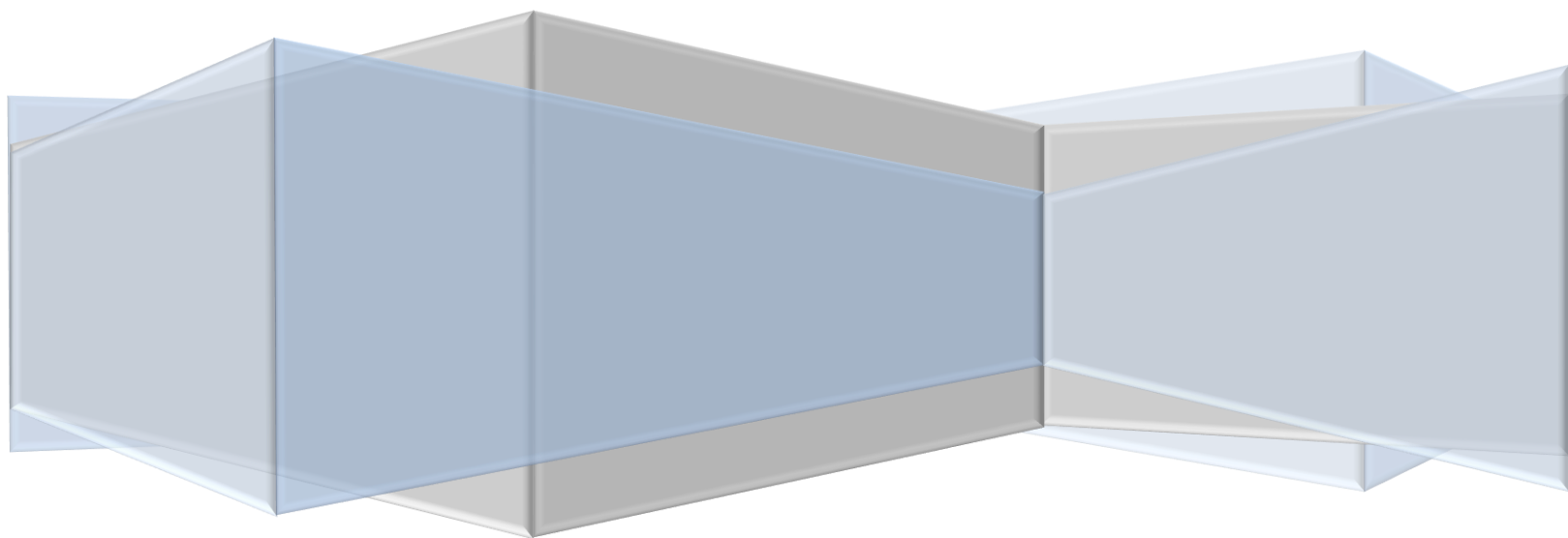


Spencer County Public Schools

Wellness Plans



Spencer County Public Schools Wellness Plan

The Spencer County Public School Board recognizes its responsibility to provide a healthy learning environment by supporting wellness, good nutrition and regular physical activity as outlined in SCPS Board Plan 09.2. This School Wellness Plan promotes life-long wellness behaviors, and links healthy nutrition and exercise to students' overall physical well-being. Healthy eating behaviors and regular physical activity are essential for students to achieve their full academic and life potential.

This District Wellness Plan also supports employee life-long wellness behaviors, linking healthy nutrition and exercise to overall health, job performance and a positive work environment. Specifically, each school shall strive to accomplish the following physical activity, nutrition education, nutrition goals, and wellness goals:

1. Physical Education

The physical education curriculum shall teach students the importance of physical fitness and expose students to a wide variety of physical activities so students develop the concepts and skills necessary to be active for life. The physical education curriculum shall meet or exceed state standards, including emphasis on health-related physical fitness and lifetime activities. Student involvement in other activities involving physical activity shall not be a substitute for meeting the physical education requirement.

2. Physical Activities

All elementary schools shall schedule daily recess for students and encourage students in active play. All district schools shall offer a range of activities for all students, including students with disabilities and students with special health care needs, as additional ways to be physically active.

3. Health Education

The health education curriculum shall teach students the concepts, attitudes, skills and behavior for life-long healthy eating habits and physical activity. The District supports curriculum standards and student outcomes for health education that include an emphasis on good nutrition, disease prevention and healthy lifestyles.

4. Nutrition Education

The nutrition education curriculum shall emphasize the knowledge and skills for a lifetime of healthy eating behaviors and be consistent with state and national standards and guidelines, such as the Dietary Guidelines for Americans.

5. School Nutrition Programs

The School Nutrition Department shall promote healthy meals and healthy meal alternatives as part of the educational learning environment to promote a healthy lifestyle and reduce the incidence of childhood obesity. Students shall receive the same quality school lunch and/or breakfast regardless of eligibility status, under all circumstances. All district schools shall participate in federal child nutrition programs (NSLP and NSBP). The district shall comply with federal program guidelines and applicable state and federal laws and regulations. Food safety will be a major part of the school nutrition program.

6. Nutrition and Wellness Promotion in the School Environment

The entire school environment shall reflect the District's commitment to student and staff wellness. All food and beverage vending machines accessible to students on school campus shall be limited to products meeting USDA nutritional guidelines. Foods of minimal nutritional value shall not be sold/served/provided to students during school hours. The exception to this is celebration foods. Celebration foods that are less nutritious should be limited to occasionally and not served prior to lunch. Staff are encouraged to serve as nutrition role models for students. Parents are encouraged to provide nutritional foods for lunches and snacks.

7. Employee Wellness

Health and wellness shall be promoted to and promoted by district employees. The district shall provide wellness programs, educational opportunities and a healthy work environment to encourage employee health and well-being.

8. Wellness Committee

The School Wellness Committee is advisory to the District Wellness Committee meets at least quarterly to review plan implementation, progress made on attainment of goals, nutrition and physical activity policies, evidence on student health impact, and effective programs and program elements. In addition, the district wellness plan will be reviewed annually, and recommendations for changes will be discussed.

9. Wellness Plan Implementation and Enforcement

All building administrators are responsible for implementing and enforcing the wellness plan at their building. All employees are responsible for implementing and complying with this plan while in the workplace in the presence of students.

Spencer County Elementary School Wellness Plan

The Spencer County Public School Board recognizes its responsibility to provide a healthy learning environment by supporting wellness, good nutrition and regular physical activity as outlined in SCPS Board Plan 09.2. This School Wellness Plan promotes life-long wellness behaviors, and links healthy nutrition and exercise to students' overall physical well-being. Healthy eating behaviors and regular physical activity are essential for students to achieve their full academic and life potential.

This School Wellness Plan also supports employee life-long wellness behaviors, linking healthy nutrition and exercise to overall health, job performance and a positive work environment. Specifically, the (School Name) shall strive to accomplish the following physical activity, nutrition education, nutrition goals, and wellness goals:

1. Physical Education

The physical education curriculum shall teach students the importance of physical fitness and expose students to a wide variety of physical activities so students develop the concepts and skills necessary to be active for life. The physical education curriculum shall meet or exceed state standards, including emphasis on health-related physical fitness and lifetime activities. Student involvement in other activities involving physical activity shall not be a substitute for meeting the physical education requirement.

Spencer County schools is committed to providing a school environment that enhances learning and development of lifelong wellness practices. The physical education curriculum is aligned to the practical living standards of the Kentucky core academic content. Personal wellness, nutrition, safety, psychomotor skills and lifetime physical wellness are the key areas of focus.

The primary goal for physical education is to provide opportunities for every student to develop the knowledge and skills for specific physical activities, maintain physical fitness, regularly participate in physical activity, and understand the short and long-term benefits of a physically active and healthy lifestyle. Each school with utilize core content/practical living standards to increase the quality of the physical education instruction as well as increase physical activity opportunities throughout the school environment.

- A.)** Physical activity is integrated across curricula and throughout the school day. Movement can be made a part of science, math, social studies and language arts, etc.
- B.)** Instruction for special health-care needs is provided.
- C.)** Certified physical education teachers teach all physical education classes.
- D.)** Physical activity facilities on school grounds are safe.
- E.)** School evaluates opportunities for before and/or after school programs that promote physical activity for students.
- F.)** School encourages families and community members to institute programs that support physical activity and provide families with information to help them incorporate physical activity into student's lives.
- G.)** School staff members serve as role models for students for health and wellness. Schools will also engage staff to be involved in employee wellness programs.

2. Physical Activities

All elementary schools shall schedule daily recess for students and encourage students in active play. All district schools shall offer a range of activities for all students, including students with disabilities and students with special health care needs, as additional ways to be physically active.

Activities and Evidence

- Playground activities on outside equipment
- Rainy Day Recess: Dance, aerobics, & exercise
- Brain Breaks: Stretching
- We do several stretching and jogging breaks
- “Just Dance” videos for indoor recess
- Wiggle dance with Wulfe Bros to get the wiggles out
- Stretches between assessments questions like make your left elbow touch your right knee, jumping jacks
- Musical Topic Journals
- Math Vocabulary Movements--Geometry
- A quick birthday dance on students' birthdays to one of the Wulfe Bros. songs.
- The chairs in my room do not stack on the desks, so students are responsible for stacking them up each afternoon and getting them out every morning. This doesn't sound like much, but it can be a workout.
- Adventure to Fitness for brain breaks or indoor recess
- Continental drift for a brain break
- Brain breaks with song and dance
- Milling to Music (movement around the room and stopping to chat about content with a partner, then moving some more)
- Indoor recess sometimes includes charades
- Hokey Pokey, Walking Song, Gummy Bear Dance, Monkey Dance, Robot Song.
- run while counting to 100, elbow to knee cross while saying letters/sounds, 5 Minds in Motion activities, dancing brain breaks, march in place while waiting
- Greg and Steve music with movements, other cd's with music and movements, ABC exercise DVD Mix and Match for review (music on walk/off high five/tell your partner (whatever we are learning or reviewing).
- Brain Breaks, acting out concepts when possible--being a seed and growing into a plant, changing locations from carpet to seats to group work on the floor--giving a chance to move whenever possible, having work spots around the room that are not so confining to a chair, motions to songs and plays, wiggle time/recess
- We perform a lot of skits in our lessons, 4 corners for recess
- Every morning after we complete our Word Work we have a routine that we do. I tell them to put their checked papers in their cubbies, give me 10-10-10, get a drink and then meet me on the floor for Shared Reading. They know that they have to do 10 jumping jacks, 10 toe touches, and 10 crunches. It's a great Brain Break - quick and simple.
- We have brain breaks, dance, sing, and move to content songs, use some elements of whole brain instruction (which includes movement), and cheer content vocab.
- Minds in Motion Maze
- Folk dancing and parachute movement dance in music class
- GoNoodle website activities

3. Health Education

The health education curriculum shall teach students the concepts, attitudes, skills and behavior for life-long healthy eating habits and physical activity. The District supports curriculum standards and student outcomes for health education that include an emphasis on good nutrition, disease prevention and healthy lifestyles.

Activities and Evidence

1. Health education follow Kentucky Core Academic Standards for Primary/Intermediate Health Education (aligned to National Physical Education Standards)
2. School nurse provides a yearly 5th grade Health, Hygiene and Puberty Program
3. School nurse provides a yearly *Be the Beat* 5th grade –**hands only** CPR lesson
4. Yearly Kindergarten hand washing program
5. Yearly vision screenings on all 1,3,5th grades
6. Yearly hearing screenings on all K,2,4th grades
7. Smile KY – U of L Dental School screenings
8. Yearly Heights, Weights, and BMI for 1st -5th grade students
9. Guidance lessons including: Self Esteem, Positive Thinking, Respect, Conflict Resolution, 7 Habits, Social Skills and Hygiene, Anger Management, Decision Making Skills, Coping with Grief, and Divorce Group.
10. Red Ribbon Week lesson- Making Healthy Choices
11. 5th grade anti- bullying program
12. Spencer County Health Fair/Readifest provides health resources and free health screenings.

4. Nutrition Education

The nutrition education curriculum shall emphasize the knowledge and skills for a lifetime of healthy eating behaviors and be consistent with state and national standards and guidelines, such as the Dietary Guidelines for Americans.

Activities and Evidence

1. Health education follow Kentucky Core Academic Standards for Primary/Intermediate Health Education (aligned to National Physical Education standards)
2. Health & Fitness club teaches the Dietary Guidelines for Americans and eat snacks that follow the guidelines.

5. School Nutrition Programs

The School Nutrition Department shall promote healthy meals and healthy meal alternatives as part of the educational learning environment to promote a healthy lifestyle and reduce the incidence of childhood obesity. Students shall receive the same quality school lunch and/or breakfast regardless of eligibility status, under all circumstances. All district schools shall participate in federal child nutrition programs (NSLP and NSBP). The district shall comply with federal program guidelines and applicable state and federal laws and regulations. Food safety will be a major part of the school nutrition program.

Activities and Evidence

1. Planned 3 week rotating menu for the year.
2. Menus and recipes are posted on the district website.
3. Copy of the menu is sent home with students
4. Daily menu is announced on the Bearly News program

6. Nutrition and Wellness Promotion in the School Environment

The entire school environment shall reflect the District's commitment to student and staff wellness. All food and beverage vending machines accessible to students on school campus shall be limited to products meeting USDA nutritional guidelines. Foods of minimal nutritional value shall not be sold/served/provided to students during school hours. The exception to this is celebration foods. Celebration foods that are less nutritious should be limited to occasionally and not served prior to lunch. Staff are encouraged to serve as nutrition role models for students. Parents are encouraged to provide nutritional foods for lunches and snacks.

Activities and Evidence

1. Vending machines are not available to students.
2. Celebrations are limited to major holidays or academic achievement rewards.
3. Outside (fast food) is not allowed in the cafeteria.
4. Parents are requested to send healthy snack options for their child.
5. Posters are used to promote nutrition and wellness throughout the school.
6. School nurse discusses good nutrition with each student encounter.
7. Water bottles are allowed to be used in classrooms for students to stay hydrated.
8. During Summer Enrichment Program, student are presented with a Healthy Snack lesson provided by the Spencer County Cooperative Extension Office and a Fitness Program (Hula Hoops) offered by AHEC.

7. Employee Wellness

Health and wellness shall be promoted to and promoted by district employees. The district shall provide wellness programs, educational opportunities and a healthy work environment to encourage employee health and well-being.

Activities and Evidence

- I. Staff is invited to participate in the Health & Wellness and Running clubs by SCES club leaders.
- II. Staff is invited to participate in Zumba Club on Mondays after school.
- III. Flu shots are offered to school employees as provided by the local health department.
- IV. Healthy recipes and health tips are provided in the district's employee newsletter.
- V. January- SCES – Yearly weight loss initiative for staff provided. Program encourages healthy habits, weight loss, and group support.
- VI. School nurse provides access to scale and BMI calculation as well as blood pressure measurement as needed.
- VII. Wellness incentives through employee's insurance program

8. Wellness Committee

The School Wellness Committee is advisory to the District Wellness Committee meets at least quarterly to review plan implementation, progress made on attainment of goals, nutrition and physical activity policies, evidence on student health impact, and effective programs and program elements. In addition, the district wellness plan will be reviewed annually, and recommendations for changes will be discussed.

9. Wellness Plan Implementation and Enforcement

All building administrators are responsible for implementing and enforcing the wellness plan at their building. All employees are responsible for implementing and complying with this plan while in the workplace in the presence of students.

Spencer County High School Wellness Plan

The Spencer County Public School Board recognizes its responsibility to provide a healthy learning environment by supporting wellness, good nutrition and regular physical activity as outlined in SCPS Board Plan 09.2. This School Wellness Plan promotes life-long wellness behaviors, and links healthy nutrition and exercise to students' overall physical well-being. Healthy eating behaviors and regular physical activity are essential for students to achieve their full academic and life potential.

This School Wellness Plan also supports employee life-long wellness behaviors, linking healthy nutrition and exercise to overall health, job performance and a positive work environment. Specifically, the (School Name) shall strive to accomplish the following physical activity, nutrition education, nutrition goals, and wellness goals:

1. Physical Education

The physical education curriculum shall teach students the importance of physical fitness and expose students to a wide variety of physical activities so students develop the concepts and skills necessary to be active for life. The physical education curriculum shall meet or exceed state standards, including emphasis on health-related physical fitness and lifetime activities. Student involvement in other activities involving physical activity shall not be a substitute for meeting the physical education requirement.

Activities and Evidence

1. All students are required to take a physical education course during their high school years. Several courses are offered for advanced PE for the upper classmen. Health class is offered as well with an emphasis on healthy lifestyle living, substance abuse, and physical activity as a daily activity.

2. Physical Activities

All elementary schools shall schedule daily recess for students and encourage students in active play. All district schools shall offer a range of activities for all students, including students with disabilities and students with special health care needs, as additional ways to be physically active.

Activities and Evidence

1. Several physical activities are offered at the high school level especially in the extracurricular area. Spencer County High School offers the following sports to encourage students to continue a physical activity: Football, basketball (girls/boys), soccer (girls/boys), tennis (girls/boys), archery (co-ed), Cheerleading (co-ed), dance team (girls), softball, baseball, track/field (co-ed), volleyball (girls), wrestling, cross country (girls/boys), swim team, and golf team.

3. Health Education

The health education curriculum shall teach students the concepts, attitudes, skills and behavior for life-long healthy eating habits and physical activity. The District supports curriculum standards and student outcomes for health education that include an emphasis on good nutrition, disease prevention and healthy lifestyles.

Activities and Evidence

1. All freshman students are required to take a health through the lifespan class. SCHS now offers a health science career technical curriculum for those interested in entering the medical field which incorporates medical knowledge as well as healthy lifestyle. The family consumer science department also incorporates life- skills, food science/nutrition, and human development courses that includes health information within the curriculum.

4. Nutrition Education

The nutrition education curriculum shall emphasize the knowledge and skills for a lifetime of healthy eating behaviors and be consistent with state and national standards and guidelines, such as the Dietary Guidelines for Americans.

Activities and Evidence

1. Through the family consumer science department courses are offered in foods and food nutrition. SCHS offers seniors the opportunity to complete their Safe Serve certification in order to work within the food service industry. The Health Science courses also incorporate nutritional guidelines instruction for the health and wellness of patient care.

5. School Nutrition Programs

The School Nutrition Department shall promote healthy meals and healthy meal alternatives as part of the educational learning environment to promote a healthy lifestyle and reduce the incidence of childhood obesity. Students shall receive the same quality school lunch and/or breakfast regardless of eligibility status, under all circumstances. All district schools shall participate in federal child nutrition programs (NSLP and NSBP). The district shall comply with federal program guidelines and applicable state and federal laws and regulations. Food safety will be a major part of the school nutrition program.

Activities and Evidence

1. Planned rotating three week menu for the school year. Menu meets all federal and state nutritional regulations.
2. Menus are posted on the district website. Additionally, the menus include the carbohydrate counts for each set of menu items.
3. Nutritional information is posted on the website.

6. Nutrition and Wellness Promotion in the School Environment

The entire school environment shall reflect the District's commitment to student and staff wellness. All food and beverage vending machines accessible to students on school campus shall be limited to products meeting USDA nutritional guidelines. Foods of minimal nutritional value shall not be sold/served/provided to students during school hours. The exception to this is celebration foods. Celebration foods that are less nutritious should be limited to occasionally and not served prior to lunch. Staff are encouraged to serve as nutrition role models for students. Parents are encouraged to provide nutritional foods for lunches and snacks.

Activities and Evidence

9. Through our SBDM policy, no outside food or drink is allowed during the school operating hours by students. Also, no food should be consumed outside of the cafeteria with the exception of those students with medical issues.

7. Employee Wellness

Health and wellness shall be promoted to and promoted by district employees. The district shall provide wellness programs, educational opportunities and a healthy work environment to encourage employee health and well-being.

Activities and Evidence

- VIII. Employees are encouraged to participate as team coaches at SCHS or at the SCMS. Employees participate in their personal fitness after school via walking or across the street at the local fitness club, Anytime Fitness. Wellness incentives are also encouraged through the employee's insurance program.

8. Wellness Committee

The School Wellness Committee is advisory to the District Wellness Committee meets at least quarterly to review plan implementation, progress made on attainment of goals, nutrition and physical activity policies, evidence on student health impact, and effective programs and program elements. In addition, the district wellness plan will be reviewed annually, and recommendations for changes will be discussed.

SCHS has developed a wellness committee for the 2014-2015 school year consisting of the food service director, cafeteria manager, student representative, and health science instructor. This wellness plan has been compiled this year and will be reviewed annually.

9. Wellness Plan Implementation and Enforcement

All building administrators are responsible for implementing and enforcing the wellness plan at their building. All employees are responsible for implementing and complying with this plan while in the workplace in the presence of students.

The current wellness plan has been revised and will be approved by the SBDM council.

Spencer County Middle School Wellness Plan

The Spencer County Public School Board recognizes its responsibility to provide a healthy learning environment by supporting wellness, good nutrition and regular physical activity as outlined in SCPS Board Policy 09.2. This School Wellness Plan promotes life-long wellness behaviors, and links healthy nutrition and exercise to students' overall physical well-being. Healthy eating behaviors and regular physical activity are essential for students to achieve their full academic and life potential.

This School Wellness Plan also supports employee life-long wellness behaviors, linking healthy nutrition and exercise to overall health, job performance and a positive work environment. Specifically, Spencer County Middle School shall strive to accomplish the following physical activity, nutrition education, nutrition goals, and wellness goals:

1. Physical Education

The physical education curriculum shall teach students the importance of physical fitness and expose students to a wide variety of physical activities so students develop the concepts and skills necessary to be active for life. The physical education curriculum shall meet or exceed state standards, including emphasis on health-related physical fitness and lifetime activities. Student involvement in other activities involving physical activity shall not be a substitute for meeting the physical education requirement.

Activities and Evidence

1. P.E. Curriculum throughout the year: 2 week units divided up into 4 areas, Individual sports, team sports 1 and 2, and Fitness. Lifetime activities are incorporated into each different area. Examples: Archery, Tennis, Badminton, Volleyball, Ultimate Frisbee, Basketball, Wiffleball/Softball, Team Handball, and several others. These lifetime activities are geared so students can learn and do these throughout their life. Rules and regulations are part of what is learned along with how to participate in the game. Manipulative skills are used to assist the learning of each activity. Each activity has fitness and wellness embedded into them so the students sees the benefits of the activity. The Fitness unit assesses the students' fitness at the beginning of the semester. The students then does different fitness activities and test again at the end of the unit.
2. FMD students participate in P.E. all year.

2. Recess and Other Physical Activities

All elementary schools shall schedule daily recess for students and encourage students in active play. All district schools shall offer a range of activities for all students, including students with disabilities and students with special health care needs, as additional ways to be physically active.

Activities and Evidence:

1. GRIZZLIES BEYOND THE BELL OFFERS 30 MINUTES DAILY OF LARGE MOTOR SKILL ACTIVITY. STUDENTS PARTICIPATE IN GROUP GAMES AND ACTIVITIES. WE OFFER OUTSIDE RECESS, SPORTS AND RECREATION. WE HAVE A VARIETY OF SPORTS EQUIPMENT AVAILABLE THAT IS USED ON A REGULAR BASIS. BASKETBALLS, SOCCER BALLS, VOLLEYBALLS, PLAYGROUND BALLS, FOOTBALLS, HULA HOOPS, JUMP ROPES ETC.

2. WE ALSO OFFER A VARIETY OF CLUBS THAT HAVE A PHYSICAL ACTIVITY ASPECT.
3. THE ULTIMATE FRISBEE CLUB PLAYS VARIOUS GAMES OF ULTIMATE FRISBEE EACH WEEK FOR AN HOUR.
4. THE RUNNING CLUB PARTICIPATES IN LONG DISTANCE RUNNING AS WELL AS SHORT SPRINTS & RELAY RACES.
5. Fit and fun club meets on Tuesdays from 3-4 each week after school.
6. Karate is offered each week. STUDENTS WILL LEARN PROPER STRECHING AS WELL AS Karate techniques.
7. Field Hockey is offered one day a week after Christmas break.
8. Archery club meets each week.
9. The core is an all-boys club physical fitness club.
10. FMD students participate in PE all year long.

3. Health Education

The health education curriculum shall teach students the concepts, attitudes, skills and behavior for life-long healthy eating habits and physical activity. The District supports curriculum standards and student outcomes for health education that include an emphasis on good nutrition, disease prevention and healthy lifestyles.

Activities and Evidence

1. School Health Nurse provides health education on Puberty, Hygiene, and Growth & Development. We utilize the *Proctor & Gamble "Being Girl"* program which teaches and embraces the ever changing body throughout Puberty.
2. School Health Nurse provides health education on BSE (breast self-exam). We utilize the *Get In Touch Foundation and Daisy Wheel* program. This program teaches the importance of and how to do a self-breast exam.
3. Some health areas are covered during the 5th period block in each student's workbook. Science teachers may also cover part of the health curriculum.
4. Yearly Vision Screenings for all 7th grade students
5. Yearly heights/weights and BMI's for all students.

4. Nutrition Education

The nutrition education curriculum shall emphasize the knowledge and skills for a lifetime of healthy eating behaviors and be consistent with state and national standards and guidelines, such as the Dietary Guidelines for Americans.

Activities and Evidence

1. STUDENTS TAKE PART IN HEALTH & NUTRITION CLASSES PROVIDED THROUGH A SPENCER COUNTY EXTENSION HEALTH SCIENCE REPRESENTATIVE.

2. GBB COOKING CLUB ALSO HAS WEEKLY LESSONS ON HEALTH AND NUTRITION, WITH A FOCUS ON HEALTHY COOKING.

5. School Nutrition Programs

The School Nutrition Department shall promote healthy meals and healthy meal alternatives as part of the educational learning environment to promote a healthy lifestyle and reduce the incidence of childhood obesity. Students shall receive the same quality school lunch and/or breakfast regardless of eligibility status, under all circumstances. All district schools shall participate in federal child nutrition programs (NSLP and NSBP). The district shall comply with federal program guidelines and applicable state and federal laws and regulations. Food safety will be a major part of the school nutrition program.

Activities and Evidence

1. Planned 3 week rotating menu for the year.
2. Menus and recipes are posted on District website.
3. Nutritional information is made available on the District website.

6. Nutrition and Wellness Promotion in the School Environment

The entire school environment shall reflect the District's commitment to student and staff wellness. All food and beverage vending machines accessible to students on school campus shall be limited to products meeting USDA nutritional guidelines. Foods of minimal nutritional value shall not be sold/served/provided to students during school hours. The exception to this is celebration foods. Celebration foods that are less nutritious should be limited to occasionally and not served prior to lunch. Staff are encouraged to serve as nutrition role models for students. Parents are encouraged to provide nutritional foods for lunches and snacks.

Activities and Evidence

1. The vending machines available to students is filled with water and orange juice. There are no vending machines that serve candy or chips.
2. Staff members comply with not serving food prior to lunches.
3. No restaurant or fast food items are allowed in the cafeteria at lunch time.
4. Holiday parties/activities are limited and teachers should take into consideration the health concerns of his/her classroom, and encourage healthy food choices.
5. Vending machines for public use shall be accessible 30 minutes after student dismissal.
6. Soft drinks/cafeinated drinks will not be consumed by students during school hours.
7. Teachers are encouraged not to use food items as incentives or rewards for students.
8. School Nurse reinforces proper nutrition and physical activity with each student encounter.

7. Employee Wellness

Health and wellness shall be promoted to and promoted by district employees. The district shall provide wellness programs, educational opportunities and a healthy work environment to encourage employee health and well-being.

Activities and Evidence

1. EMPLOYEES ARE ENCOURAGED TO PARTICIPATE IN CLUB ACTIVITIES WITH STUDENTS. MOST CLUBS ARE EMPLOYEE LEAD AND EMPLOYEES OFTEN PARTICIPATE WITH STUDENTS.
2. School Health Nurse provides health screenings, such as, Blood Pressure, BMI Assessment.
3. Weight loss support groups are offered as a way to encourage weight loss, promote healthy habits, discuss the importance of healthy nutrition and physical activity, as well as, offer emotional encouragement in a group setting.
4. School Health Nurse, in conjunction with North Central District Health Department, offers yearly Flu vaccine to all faculty and staff.
5. School employees are offered use of the weight/exercise room – treadmill, elliptical, free weights
6. Wellness incentives are also encouraged through the employee's insurance program.

8. Wellness Committee

All school districts participating in the USDA school meals program are required to establish a wellness committee to formulate, implement, evaluate a district wellness policy and report information annually on the school nutrition environment, for all schools in the district, to the public.

The Wellness Committee is advisory to the appropriate committee as designated by the School Board and shall meet at least quarterly to review policy implementation, progress made on attainment of goals, nutrition and physical activity policies, evidence on student health impact, and effective programs and program elements. In addition, the district wellness policy will be reviewed annually, and recommendations for changes or additions will be sent to the School Board for approval.

9. Wellness Policy Implementation and Enforcement

All building administrators are responsible for implementing and enforcing the wellness policy at their building. All district employees are responsible for implementing and complying with this policy while in the workplace in the presence of students.

SCMS Wellness Committee will meet yearly to review, revise and update the SCMS Wellness Plan.

Taylorsville Elementary School Wellness Plan
Spencer County Preschool Wellness Plan
Hillview Academy Wellness Plan

The Spencer County Public School Board recognizes its responsibility to provide a healthy learning environment by supporting wellness, good nutrition and regular physical activity as outlined in SCPS Board Plan 09.2. This School Wellness Plan promotes life-long wellness behaviors, and links healthy nutrition and exercise to students' overall physical well-being. Healthy eating behaviors and regular physical activity are essential for students to achieve their full academic and life potential.

This School Wellness Plan also supports employee life-long wellness behaviors, linking healthy nutrition and exercise to overall health, job performance and a positive work environment. Specifically, the (School Name) shall strive to accomplish the following physical activity, nutrition education, nutrition goals, and wellness goals:

1. Physical Education

The physical education curriculum shall teach students the importance of physical fitness and expose students to a wide variety of physical activities so students develop the concepts and skills necessary to be active for life. The physical education curriculum shall meet or exceed state standards, including emphasis on health-related physical fitness and lifetime activities. Student involvement in other activities involving physical activity shall not be a substitute for meeting the physical education requirement.

Activities and Evidence

1. TES will follow the Kentucky Core Standards for Primary/Intermediate Physical Education by having each student participate in physical education class a minimum of once per week.
2. Lessons plans to reflect activities.
3. Assessing student's level of activity in grades 3-5 at least four times a year by using the Fitnessgram Pacer Test.
4. Clubs- running, gardening, cheer, Health/Wellness

2. Physical Activities

All elementary schools shall schedule daily recess for students and encourage students in active play. All district schools shall offer a range of activities for all students, including students with disabilities and students with special health care needs, as additional ways to be physically active.

Activities and Evidence

1. Each student shall engage in 15 minutes of planned moderate to vigorous activity, preferably outdoors, on days they do not attend Physical Education class. The school shall provide space and equipment to make the activity possible and appealing to the students. The arrangements must fit within the limits of our building and staff.
2. Teachers shall make all reasonable efforts to avoid periods of more than 40 minutes when students are physically inactive. When possible, physical activity should be integrated into learning activities, such as Take 10, Brain Breaks, Gonoodle.com, Just Dance, "The Gulps", Kidz Bop, math songs with movement, yoga, exercise balls, etc.

3. Health Education

The health education curriculum shall teach students the concepts, attitudes, skills and behavior for life-long healthy eating habits and physical activity. The District supports curriculum standards and student outcomes for health education that include an emphasis on good nutrition, disease prevention and healthy lifestyles.

Activities and Evidence

1. 5th grade Health, Hygiene and Puberty Program
2. 5th grade Hands Only CPR class- Be the Beat
3. SMILE KY speaker –dental
4. Kindergarten Louisville Water hand washing program
5. Yearly vision screenings for 1st, 3rd and 5th grades
6. Yearly hearing screenings for K, 2nd and 4th grades
7. Yearly heights/weights and BMI's for 1st-5th grades
8. Cookbooks for Kids – available to check out in library

4. Nutrition Education

The nutrition education curriculum shall emphasize the knowledge and skills for a lifetime of healthy eating behaviors and be consistent with state and national standards and guidelines, such as the Dietary Guidelines for Americans.

Activities and Evidence

1. By following Kentucky Core Standards for Primary/Intermediate Health Education.
2. Health/Wellness Club discussed dietary guidelines and meal planning.

5. School Nutrition Programs

The School Nutrition Department shall promote healthy meals and healthy meal alternatives as part of the educational learning environment to promote a healthy lifestyle and reduce the incidence of childhood obesity. Students shall receive the same quality school lunch and/or breakfast regardless of eligibility status, under all circumstances. All district schools shall participate in federal child nutrition programs (NSLP and NSBP). The district shall comply with federal program guidelines and applicable state and federal laws and regulations. Food safety will be a major part of the school nutrition program.

Activities and Evidence

1. Planned (rotating) 3 week menu for the year.
2. Menus are posted on the school website, sent home with students and announced every morning during the morning assembly.
3. Nutritional information is made available upon request.

6. Nutrition and Wellness Promotion in the School Environment

The entire school environment shall reflect the District's commitment to student and staff wellness. All food and beverage vending machines accessible to students on school campus shall be limited to products meeting USDA nutritional guidelines. Foods of minimal nutritional value shall not be sold/served/provided to students during school hours. The exception to this is celebration foods. Celebration foods that are less nutritious should be limited to occasionally and not served prior to lunch. Staff are encouraged to serve as nutrition role models for students. Parents are encouraged to provide nutritional foods for lunches and snacks.

Activities and Evidence

1. Parents are encouraged to send healthy snacks and lunches for their children.
2. Food will not be allowed for birthday celebrations- each classroom will develop ways to recognize birthdays that best suits their classroom.
3. No restaurant or fast food items are allowed in the cafeteria.
4. Teachers will plan in advance for holiday parties, taking into consideration the health concerns of his/her classroom, and encourage healthy food choices (i.e.

fruit, vegetables, etc.). Parties shall be held at least ½ hour after the last lunch is served.

5. Vending machines for public use shall be accessible 30 minutes after student dismissal.
6. Soft drinks and caffeine enhanced drinks will not be consumed by students during the school day.
7. Visual aides are used in the hallways and cafeteria to promote nutrition and wellness.
8. Teachers are encouraged not to use food items as incentives or rewards for students.

7. Employee Wellness

Health and wellness shall be promoted to and promoted by district employees. The district shall provide wellness programs, educational opportunities and a healthy work environment to encourage employee health and well-being.

Activities and Evidence

1. Flu vaccine is offered yearly.
2. Health tips/recipes in the district newsletter.
3. School Nurse provides blood pressure, weight monitor as needed.
4. Staff may participate in weight management contest in January.
5. Biometric screening provided by local health department.

8. Wellness Committee

The School Wellness Committee is advisory to the District Wellness Committee meets at least quarterly to review plan implementation, progress made on attainment of goals, nutrition and physical activity policies, evidence on student health impact, and effective programs and program elements. In addition, the district wellness plan will be reviewed annually, and recommendations for changes will be discussed.

9. Wellness Plan Implementation and Enforcement

All building administrators are responsible for implementing and enforcing the wellness plan at their building. All employees are responsible for implementing and complying with this plan while in the workplace in the presence of students.