



"Distinguished District, Aspiring For Excellence"

Breathitt County Schools

Wellness Policy

(Note: please refer to adopted board policy 09.2 as base policy for Student Welfare and Wellness)

Overview:

The Breathitt County School District is committed to providing and maintaining a school environment that facilitates and enhances the individual wellness practices of its students. With this in mind; we strive to accomplish and maintain the following goals:

- Participation in all state and federal child nutrition programs by our district will be done so by complete cooperation and compliance from our staff and complete adherence to all rules and regulations set forth by those programs. Breathitt County Schools currently participates in the School Breakfast Program, National School Lunch Program, the Fresh Fruit & Vegetable Program, the Afterschool Snack Program, and the Summer Feeding Program.
- All federal child nutrition programs provided in our district will be available to all children.
- All foods and beverages sold or served on school grounds during the school day (ex. vending, a la carte, school stores) are consistent with the current U.S. Dietary Guidelines for Americans and will meet the smart snack guidelines under the Healthy Hungry Free Kids Act of 2010.
- The school environment is safe, comfortable, and allows ample time and space for meal consumption.
- Cafeterias should include enough serving lines to adequately service the students in a time – friendly manner.
- Dining areas should be safe, clean, and appealing; while allowing enough seating for all students.

- **The National Association of State Boards of Education recommends that all students be allowed at least 10 minutes for breakfast and at least 20 minutes for lunch; from the time at which the student is seated.**
- **All food/beverages available on campus shall adhere to all state and local food safety and sanitation regulations.**
- **All foodservice operations and facilities will be inspected by local health department officials semiannually to assess safety and sanitation.**
- **Hazard Analysis and Critical Control Points (HACCP) plans and guidelines shall be in place to prevent food borne illness in schools.**
- **Access to all food service facilities are limited to food service staff and authorized personnel.**
- **Food/beverage and/or physical activities are not to be used as a basis for reward and/or punishment.**
- **Nutrition education is provided in the school curriculum at some but not all grade levels and made available to those students in the classroom.**
- **Physical activity is provided to some students through physical education classes but not all schools have a PE teacher. Other methods of physical activity include classroom and playground exercises.**
- **One or more people must be designated to oversee the implementation and evaluation of all wellness policy recommendations.**
- **The foodservice program intends to be financially self – supporting. However; budget strains or the need to generate profits will not surpass the nutritional needs and food preferences of the students.**
- **All schools will aim to increase student participation in all Child Nutrition programs in which they participate; such as the National School Breakfast & Lunch Programs, the Afterschool Snack Program, The Fresh Fruit & Vegetable Program, and the Summer Feeding Program.**
- **The school district shall employ a qualified and credentialed professional; preferably a Registered Dietitian (R.D.) as the school nutrition director. They shall attempt to administer and direct the school food service program in a successful manner.**
- **Qualified nutrition professionals will administer the school meal programs. As part of the school district's responsibility to operate a food service program, we will provide continuing professional development for all nutrition professionals at schools. Staff development programs should include appropriate certification and/or training programs for child nutrition directors, school nutrition managers, and cafeteria workers,**

according to their level of responsibility. All food service staff have been trained and certified at the new federal level and each year will receive annual updates as required.

Policy Implementation:

A district Wellness Policy Committee will develop, implement, monitor, and review any school nutrition and physical activity policies. The council will consist of various individuals and may include but are not limited to the school food authority, students, school administrators, teachers, health professionals, and other representatives from other areas.

Core Areas of Policy:

Nutrition Education

School Meals

- Breathitt County Schools participate in the Community Eligibility Program (CEP). This program provides breakfast and lunch to all children free of charge.**
- Meals served through the National School Lunch and Breakfast Programs will meet, at a minimum, nutrition requirements established by local, state, and federal statutes and regulations, offer a variety of fruits and vegetables, serve only nonfat flavored milk or 1% unflavored milk, and ensure that all grains served are at least 51% whole grain.**
- District school food authorities will notify parents of the availability of the School Breakfast and National School Lunch Programs prior to the beginning of every school year.**
- The Fresh Fruit & Vegetable Program is offered free of charge to all children at our elementary schools. The program is provided on an annual basis and is funded by grant monies. A fresh fruit/vegetable is provided daily to all students as a snack that's served outside the breakfast and lunch meal service.**
- The Afterschool Snack Program is offered free of charge to all students enrolled for after school tutoring students via the 21st Century Grant at Sebastian Middle School on days when 21st Century is in operation.**
- The Summer Feeding Program is offered after the end of the school year for several weeks over the summer break; providing meals to students free**

of charge as well. The program has several feeding sites throughout the district; including schools, parks, and churches. District school food authorities will notify parents of the availability of the meals before the program begins.

- All school food service staff will be trained and certified to administer meal programs. All staff will be trained on KENTUCKY ONE Certification and will receive annual training and updates in the summer.
- Potable water will be made available to all students during meal service free of charge via a drinking fountain, cups with water, or bottled water if necessary.
- A food or beverage item offered for sale as an a la carte item on the cafeteria line during the serving of breakfast or lunch shall meet the following standards:
 - A beverage shall meet the standards established in 702 KAR 6:090.
 - A food item shall meet the standards established in 702 KAR 6:090, except schools may offer for a la carte sale any item that is creditable under the School Breakfast or National School Lunch Program meal patterns as set forth in 7 C.F.R. 220.8 and 210.10, respectively.
- The district participates in the Farm to School Program. The district menu includes Cheesy Chicken which is locally grown in Kentucky and is served every three weeks on the cycle lunch menu. The high school agriculture program has also received grant money to build a high tunnel which is currently being constructed in hopes of being able to grow lettuce and cherry tomatoes to be procured and served in the local cafeterias.

A la carte Sales Outside of the Reimbursable Meal

- **Elementary Schools:** All foods and beverages sold individually outside the reimbursable school meal programs (including those sold through a la carte lines, vending machines, student stores, or fundraising activities) during the school day, or through programs for students after the school day, will meet the nutrition and portion size standards detailed in 702 KAR 6:090.
- **Middle and High Schools:** All foods and beverages sold individually outside the reimbursable school meal programs (including those sold through a la carte lines, vending machines, student stores, or fundraising activities) during the school day, or through programs for students after the school day, will meet the following nutrition and portion size standards detailed in 702 KAR 6:090.
- **Beverages:**
 - During the period of time beginning thirty (30) minutes after the last lunch period until the end of the last instructional period, a

beverage offered for sale through a vending machine, school store, or fundraiser on school property shall be:

1. Nonfat flavored or unflavored fluid milk
 2. Plain or flavored, non-caloric, non-carbonated water,
 3. 100% fruit or vegetable juice or any combination of both totaling 100%; or
 4. Any other beverage that contains no more than ten (10) grams of sugar per serving, except this limit shall not apply to 100% fruit or vegetable juice or any combination of both equaling 100%; and
 5. With the exception of plain or flavored non-caloric and non-carbonated water - beverage cannot exceed a volume size of seventeen (17) ounces.
 6. The volume size of a beverage to middle and high school students shall not exceed twenty (20) ounces.
- **Foods:**
 - During the period of time beginning thirty (30) minutes after the last lunch period until the end of the last instructional period, a food item offered for sale through a vending machine, school store, or fundraiser on school property shall meet the following standards:
 - Zero trans-fat.
 - Calories from fat shall not exceed thirty (30) percent, excluding reduced fat (two percent milk-fat or less), cheese, nuts, seeds, and nut butters.
 - Calories from saturated fat shall not exceed ten (10) percent.
 - Calories from sugar shall not exceed thirty-two (32) percent by weight.
 - Chips, cereals, crackers, baked goods, and other snack items shall not contain more than 230 milligrams of sodium per serving.
 - Pastas, meats, and soups shall not contain more than 450 milligrams of sodium per serving.
 - Pizza, sandwiches, and main dishes shall not contain more than 600 milligrams of sodium per serving;
 - The portion or pack size for chips, crackers, popcorn, cereal, trail mix, nuts, seeds, or jerky shall not exceed two (2) ounces;
 - The portion or pack size for cookies shall not exceed one (1) ounce;
 - The portion or pack size for cereal bars, granola bars, pastries, bagels, or other bakery-type items shall not exceed two (2) ounces;
 - The portion or pack size for non-frozen yogurt shall not exceed eight (8) ounces, and
 - The portion or pack size for frozen dessert items, including low-fat or fat free ice cream, frozen fruit juice bars, or frozen real fruit items, shall not exceed four (4) ounces.

School Parties & Celebrations

- **Food & beverage items that do not meet the nutritional regulations may be brought in by teachers, parents, and students for celebratory parties (ex. holidays) for special occasions per local board policy.**
- **School purchases of “special foods” for class or school celebrations such as pizza, cupcakes, candies, and other items that doesn’t meet the nutritional guidelines may be allowed upon the discretion of the principal. This should be monitored and should not exceed more than once a month.**

Fundraisers

- **Foods and beverages sold as fundraisers during the school day will be limited to items that meet the nutritional standards discussed above. Fundraisers that don’t meet nutrition standards will need to be conducted off campus.**
- **Non-food related fundraisers will be encouraged.**

Nutrition Education:

- **It’s recommended that nutrition education and activities be integrated into the district curriculum in various areas.**
- **Curriculum has been bought with grant monies through a partnership with KRCC. Take 10 curriculum targets K-5th grade and Planet Health targets 6th grade.**
- **The school cafeteria will be used as an educational tool. All students will be encouraged to begin each day with a healthy and well – balanced breakfast and an equally nutritious and well – balanced meal at lunch.**
- **Meal Viewer software has also been purchased by the foodservice department. This software provides nutritional information on the meals provided for breakfast and lunch and is displayed on the televisions at BHS with projected expansion to the other schools in the coming years. A mobile app is also included so parents and students can download and have access to this information on their smart phones.**

Physical Activity:

- **It's recommended that all students in grades K-12, including students with disabilities, special health-care needs, and in alternative educational settings, should receive daily physical education (or its equivalent of 150 minutes/week for elementary school students and 225 minutes/week for middle and high school students) for the entire school year. Student involvement in other activities involving physical activity (e.g., interscholastic or intramural sports) will not be substituted for meeting the physical education requirement. Students will spend at least 50 percent of physical education class time participating in moderate to vigorous physical activity.**
- **Physical education will be integrated into the district curriculum with a maximum of 30 minutes per day of moderate to vigorous physical activity; with no minimum requirement.**
- **Physical activity can and may be incorporated into classroom instruction. Recess time may also be counted toward the daily physical education requirement; along with time spent in physical education class.**
- **Recess shall not be withheld as a punishment.**
- **Physical education courses must be integrated into the curriculum and provide an environment where students learn, practice, and are routinely evaluated on appropriate knowledge, movement, and physical skills.**
- **State – certified physical education instructors should teach all physical education classes with an adequate student/teacher ratio.**
- **Physical education shall include the instruction of individual activities in addition to competitive and non – competitive team sports.**
- **A safe environment with adequately equipped facilities shall be made available for all students to participate in physical activities.**
- **Afterschool physical education opportunities are offered to the students free of charge and to the staff and community for a fee. These activities include Pound and Zumba.**
- **Sebastian Middle School and their FRYSC offer programs once a month during the school year, such as Move it Monday's and Family Taste Nights. The Girls Planning for Success (GPS) program is also available at SMS.**

Physical activity equipment such as a punching bag and boxing gloves have also been purchased with grant monies for SMS.

Monitoring

- **The superintendent or school nutrition director will ensure compliance with the district wellness policy; receiving input from the Wellness Policy Committee. The school principals will be responsible for ensuring that their individual school is compliant as well and will report compliance to the superintendent and school nutrition director via completion of the Alliance for a Healthier Generation assessment tool. The district and school specific nutrition staff will ensure compliance with nutrition policies.**
- **The district school nutrition director shall complete an annual assessment of the district nutrition program and issue a report at least 60 days prior to the public forum. The public forum must be held no later than January 31st. The director may issue the report via posting to the district web site.**
- **The local district superintendent along with the school nutrition director, and local principals shall evaluate the student physical activity environment by completing the Alliance for a Healthier Generation tool. This includes the amount of time and types of physical activity provided in the elementary schools and release this report at least 60 days prior to the public forum. The report may be issued via posting to the district web site.**
- **The local district superintendent shall submit a summary of the findings and recommendations of the nutrition report to the Kentucky Department of Education by May 1st of each year.**

