

### **District Wellness Policy**

The Jefferson County Board of Education, in partnership with families and the community, is dedicated to assuring that all students graduate prepared, empowered, and inspired to reach their full potential and contribute as thoughtful, responsible citizens of our diverse, shared world. The health, safety and wellness of the students of the Jefferson County School District shall be a priority consideration in all Board decisions. Student health is closely associated with academic achievement, attendance, and behavior supports, thus the students of the District need to strive for healthy lifestyles in order to be truly college and career ready. This District Wellness Policy supports the District's core value that partnerships among schools, families, and the community are important for the health and well-being of our students.

The Superintendent will appoint the members of a District Wellness Committee (the "Committee") that will be responsible for the implementation and the periodic review and update of this Policy. The Committee will provide opportunities for parents, students (via Student Nutrition Advisory Councils established by the District's School and Community Nutrition Services Department), representatives of Nutrition Services, teachers of physical and health education, school health professionals, District and local school administrators, and the general public to participate in the implementation and periodic review and update of this Policy.

The Committee will:

- Advise the Superintendent on the coordination of the following school health components:
  1. Health Education;
  2. Physical Education and Physical Activity;
  3. Nutrition Environment and Services;
  4. Health Services;
  5. Counseling, Psychological, and Social Services;
  6. Social and Emotional Climate;
  7. Physical Environment;
  8. Employee Wellness;
  9. Family Engagement;
  10. Community Involvement.
- Meet at least quarterly.
- Focus on other District-level policies and programs that support school wellness.
- Support professional development related to school wellness.
- Report annually as required by applicable federal and state regulations and/or as requested by the Board.
- Make recommendations to the Board.

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Each school in the District (Pre-K – 12) shall implement this Policy. Elementary schools shall implement this Policy in coordination with the implementation of their state-required local school wellness policy. Middle, high, and special schools are encouraged to have an individual local school wellness policy that is consistent with and reflects the goals of this Policy. Local school wellness policies will be reviewed annually by the Committee and will include strategies for school wellness that are included in the District’s Comprehensive School Improvement Plan (“CSIP”). The School-Based Decision Making (“SBDM”) Council of each elementary school, or if there is no SBDM Council, the Principal shall adopt, monitor, and review the school’s wellness policy and issues via the Practical Living/Career Studies Program Review published by the Kentucky Department of Education (“KDE”).

Federal and state nutrition guidelines will be implemented in each of the District’s schools to address the following:

- Assure that Nutrition Services meets the meal pattern guidelines for United States Department of Agriculture (“USDA”) School Meal Programs.

Assure all foods and beverages sold individually outside the reimbursable school meal programs (including those sold through a la carte snack lines, vending machines, and student stores – other than after-school concession sales) during and after the school day meet the USDA Smart Snacks in School regulations.

- Reward and/or incentives, classroom parties and school celebrations shall promote student wellness. When food is provided as a reward and/or incentive, or during classroom parties and school celebrations during the school day, all food items shall meet the USDA Smart Snacks in School regulations. When food or beverages are provided to students, accommodations will be made for students with special dietary needs and medical conditions. All foods provided will be commercially prepared and include a product ingredient statement and nutrition facts label.

The District will assure nutrition education and nutrition promotion through:

- Providing a viable common health education curriculum consistent with the Kentucky Academic Standards (“KAS”) published by the KDE and the Program Review.
- Assuring foods and practices in the school environment are consistent with the nutrition education curriculum taught in the District’s schools.
- Assuring students are offered developmentally appropriate, culturally relevant, participatory activities to promote good nutrition.
- Assuring schools provide an environment of positive nutrition messages throughout the school, within classrooms, and in school marketing that will be consistent with nutrition education and promotion.

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The District will assure physical education and physical activity through:

- Providing a viable common physical education curriculum that is consistent with the KAS and the Program Review.
- Implementing in each of the District's schools a Comprehensive Physical Activity Program to increase the quality of physical instruction as well as increase physical activity opportunities throughout the school environment.
- Offering physical activity opportunities open to all students as well as the District's athletic competitive sports programs.
- Providing active learning opportunities for students throughout the school day.
- Implementing a wellness policy for each school containing grades K-5 or any combination thereof, that includes moderate to vigorous physical activity each day and encourages healthy choices among students consistent with [KRS 160.345](#) and Board Policy 02.4241.
- The policy may permit physical activity to be considered part of the instructional day, (not to exceed thirty (30) minutes/day or 150 minutes/week) and also in compliance with the school calendar regulation, [702 KAR 007:140](#) and Board Policy 08.1346.

The Chief Operations Officer and the Chief Academic Officer shall be jointly responsible for the implementation of this Policy throughout the District. The Chief Academic Officer may name each Assistant Superintendent for Academic Achievement ("Assistant Superintendent") as his/her designee to be responsible for ensuring compliance with this Policy in the schools within the Assistant Superintendent's Area. At the school level, each Principal or his/her designee shall ensure compliance with this Policy and the local school wellness policy in his/her school. A Principal may name the Assistant Principal as his/her designee. Each Principal or his/her designee shall report on his/her school's compliance as directed by the Assistant Superintendent for the school's Area. Each Assistant Superintendent shall report on the compliance of the schools in his/her area to the Chief Academic Officer.

The Committee will annually report each school's progress toward meeting the goals of this Policy over the previous school year. The annual report will include the information listed in the applicable federal regulations and will include the results of the annual assessment and evaluation of school nutrition and physical activity required by state law. At least triennially, the Committee will assess compliance with this Policy. The assessment will be made using an evidence-based policy assessment tool and will measure the implementation of this Policy, including the measurement criteria listed in the applicable federal regulations. The annual report and the triennial assessment will be made available to the public on the District's website and through various media venues. Individual stakeholders and the public will have the opportunity to participate in all aspects of this Policy by posting to the District's website as well as in other District communications.

**District Wellness Policy****RECORDKEEPING**

The District and each school in the District shall maintain the following records:

- A copy of the written wellness policy or plan;
- Documentation on how the policy and assessments are made available to the public;
- The most recent assessment of implementation of the policy;
- Documentation of efforts to review and update the policy, including who was involved in the process and how stakeholders were made aware of their ability to participate; and
- Documentation demonstrating compliance with annual public notification requirements and annual reporting to the KDE.

**FOOD AND BEVERAGE MARKETING**

All marketing on the school campus during the school day shall be of only those foods and beverages that meet the nutrition standards of the Smart Snack in School Nutrition Standards (7 C.F.R 210.11 and [702 KAR 006:090](#)).

**REFERENCES:**

[KRS 158.850](#); [KRS 158.854](#)

[KRS 160.290](#)

[702 KAR 006:090](#)

P. L. 111-296

7 C.F.R. Part 210

7 C.F.R. Part 220

U. S. Dept. of Agriculture's Dietary Guidelines for Americans

**RELATED POLICIES:**

02.4241; 07.1; 07.111; 07.12; 08.134

Adopted/Amended: 2/27/2018

Order #: 2018-48