

### **Student Welfare and District Wellness Policy**

The health and safety of pupils shall be a priority consideration in all Board decisions.

The Board is committed to providing school environments that promote and protect student health, well-being, and ability to learn by supporting healthy eating and physical activity. To this end, the Board supports school efforts to implement the following:

- To the maximum extent practicable, schools will participate in available federal school meal programs.
- Schools will provide and promote nutrition education and physical education to foster lifelong habits of healthy eating and physical activity and will establish linkages between health education, school meal programs, and related community services.
- All schools containing grades K-5 or any combination thereof, shall develop and implement an individual wellness policy per KRS 160.345 and Board Policy 02.4241.

#### **WELLNESS LEADERSHIP**

The Superintendent/designee will direct District officials (“wellness leadership group”) to monitor compliance with this and related policies. At the school level, the Principal/designee will monitor compliance with those policies in his/her school and will report on the school's compliance as directed by the Superintendent/designee.

The wellness leadership group shall work to encourage and support all students to be physically active on a regular basis as provided by school/council policy. Each school shall review and consider evidence-based strategies to set measurable goals in providing nutrition education and engaging in nutrition promotion to positively influence lifelong eating behaviors.

Suggested language may include goals related to activities and opportunities:

- offered at each grade level as part of a sequential, comprehensive, standards-based program designed to provide students with the knowledge and skills necessary to promote and protect their health;
- offered as part of not only health education classes, but also classroom instruction in subjects such as math, science, language arts, social sciences, and elective subjects;
- that include enjoyable, developmentally-appropriate, culturally-relevant, participatory activities, such as contests, promotions, taste testing, farm visits, and school gardens;
- that promote fruits, vegetables, whole grain products, low-fat and fat-free dairy products, healthy food preparation methods, and health-enhancing nutrition practices;
- that emphasize caloric balance between food intake and energy expenditure (physical activity/exercise);
- that link with school meal programs, other school foods, and nutrition-related community services;
- that teach media literacy with an emphasis on food marketing; and
- that include training for teachers and other staff.

#### **PHYSICAL ACTIVITY AND PHYSICAL EDUCATION**

- Each school council of a school containing grades K-5 or any combination thereof, or if there is no school council, the Principal, shall develop and implement a wellness policy

Replaces current JCSP wellness policy with KSBA Sample Language, which covers all required elements, and provides some additional flexibility.

Highlighted text represents technical corrections by JCPS staff.

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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 7:140 and Board Policy 08.1346.

### **DISTRICT WELLNESS PLAN/PUBLIC AND STAFF INPUT**

The District shall actively seek to engage students, parents, physical and/or health education teachers, school food service professionals, school health professionals, school board members, school administrators, and other interested community members in developing, implementing, monitoring, and reviewing this Policy and in providing input on the District Wellness Plan.

The District shall permit community participation in the student wellness process by:

- Making a nutrition and physical activity report to be prepared by the Executive Administrator School and Community Nutrition Services ~~School Nutrition Director~~ available to the public on the District website no later than sixty (60) days prior to the public forum covered in KRS 158.156. (702 KAR 6:090)
- Discussing the findings of the nutrition report and physical activity report and seeking public comments during a publicly advertised special Board meeting or at the next regularly scheduled Board meeting following the release of the nutrition and physical activity reports.
- Holding an advertised public forum by January 31 of each year, to present a plan to improve the school nutrition and physical activities in the District in accordance with KRS 158.856.

The Superintendent shall submit the wellness plan that includes a summary of the findings and recommendations of the nutrition and physical activity report as required by May 1 of each year to the Kentucky Department of Education (KDE).

The Wellness Plan submitted to KDE shall include within the findings and recommendations the following:

1. Extent to which the District is in compliance with this Policy;
2. A comparison of how the District measures up to model wellness policies provided by recognized state and national authorities; and
3. A description of the measurable progress made towards reaching goals of the District wellness policy and addressing any gaps identified in the wellness report for the previous year.

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~~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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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.~~

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#### **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.

#### **STANDARDS AND NUTRITION GUIDELINES FOR ALL FOODS AND BEVERAGES**

Foods and beverages sold during the school day shall be done in accordance with state and federal regulations and Board Policies 07.111 and 07.12.

#### **STANDARDS FOR ALL FOODS AND BEVERAGES SOLD TO STUDENTS**

Foods and beverages sold or served at school shall be consistent with the state and federal regulations for school meal nutrition standards. Nutrition guidelines for all foods and beverages served or sold on campus shall be maintained by the Superintendent/designee and made available upon request. The Superintendent shall designate an individual or individuals to monitor compliance of beverages and food sold ala carte with state and federal nutrition requirements.

Qualified child nutrition professionals will provide students with access to a variety of affordable, nutritious, and appealing foods that meet the health and nutrition needs of students; will accommodate the religious, ethnic, and cultural diversity of the student body in meal planning; and will provide clean, safe, and pleasant settings and adequate time for students to eat.

#### **STANDARDS FOR ALL FOODS AND BEVERAGES PROVIDED BUT NOT SOLD TO STUDENTS**

- When possible, rewards given to students shall be other than food/beverage items. When food/beverage items are used as rewards, such items shall comply with nutritional guidelines set out in 7 C.F.R 210.11 and 702 KAR 6:090.
- Foods and beverages provided in school, but not made available for sale, shall meet standards outlined in the schools' individual wellness plan (if applicable) and will not conflict with District Policy.

#### **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](#); [KRS 160.345](#)  
[702 KAR 006:090](#)  
P. L. 111-296

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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<sup>6</sup>

Adopted/Amended:

Order #: