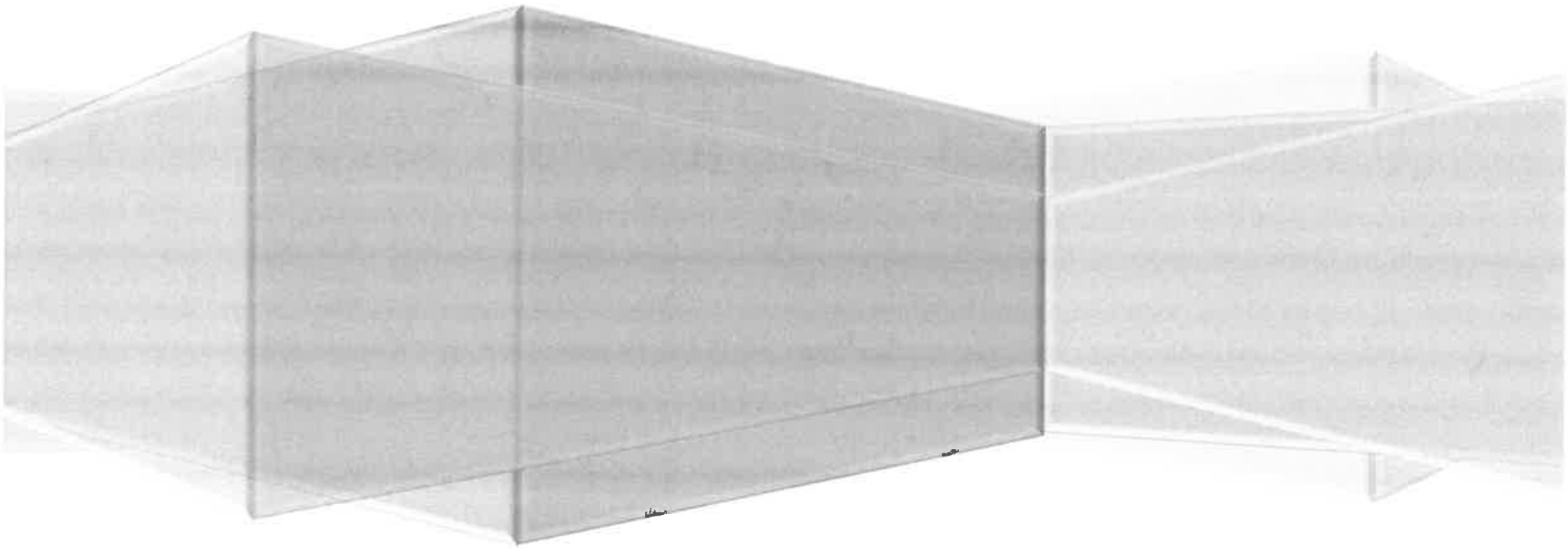


**Spencer County Public Schools**

# **District Wellness Plan**



## **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**

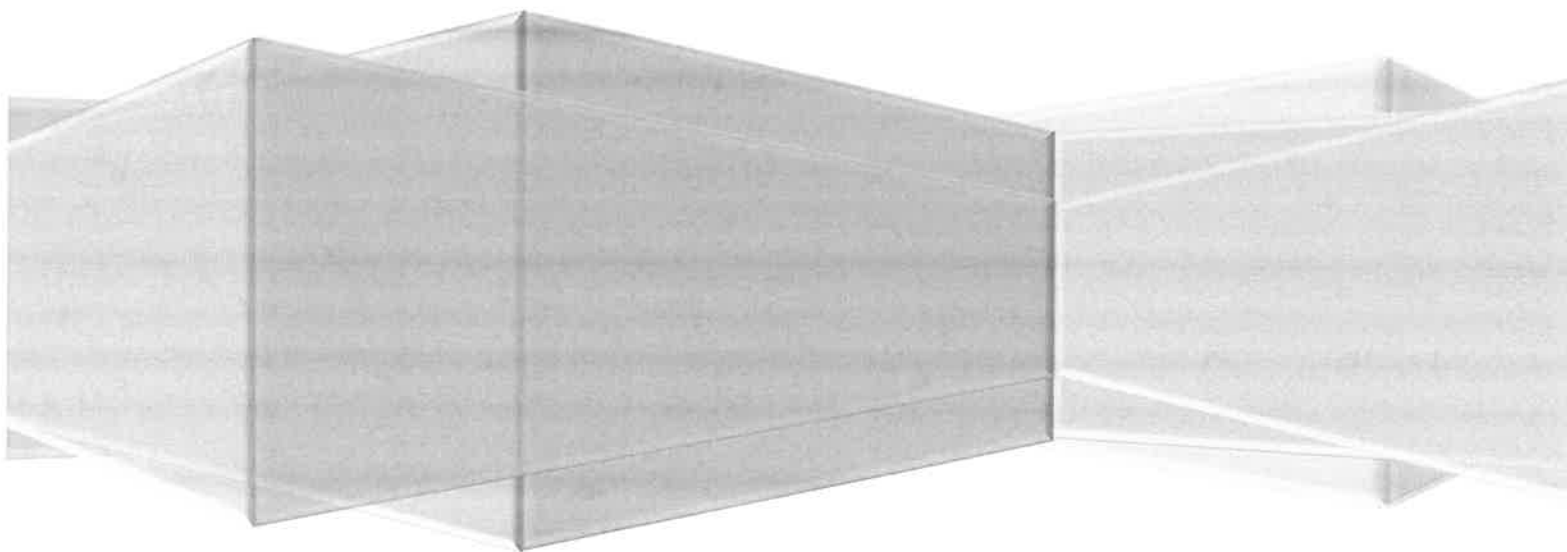
The School Wellness Committee is advisory to the District Wellness Committee meets at least quarterly to review plan implementation, progress made on attainment of goals, nutrition and physical activity policies, evidence on student health impact, and effective programs and program elements. In addition, 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 Public Schools**

# **District Wellness Plan Recommendations and Next Steps**



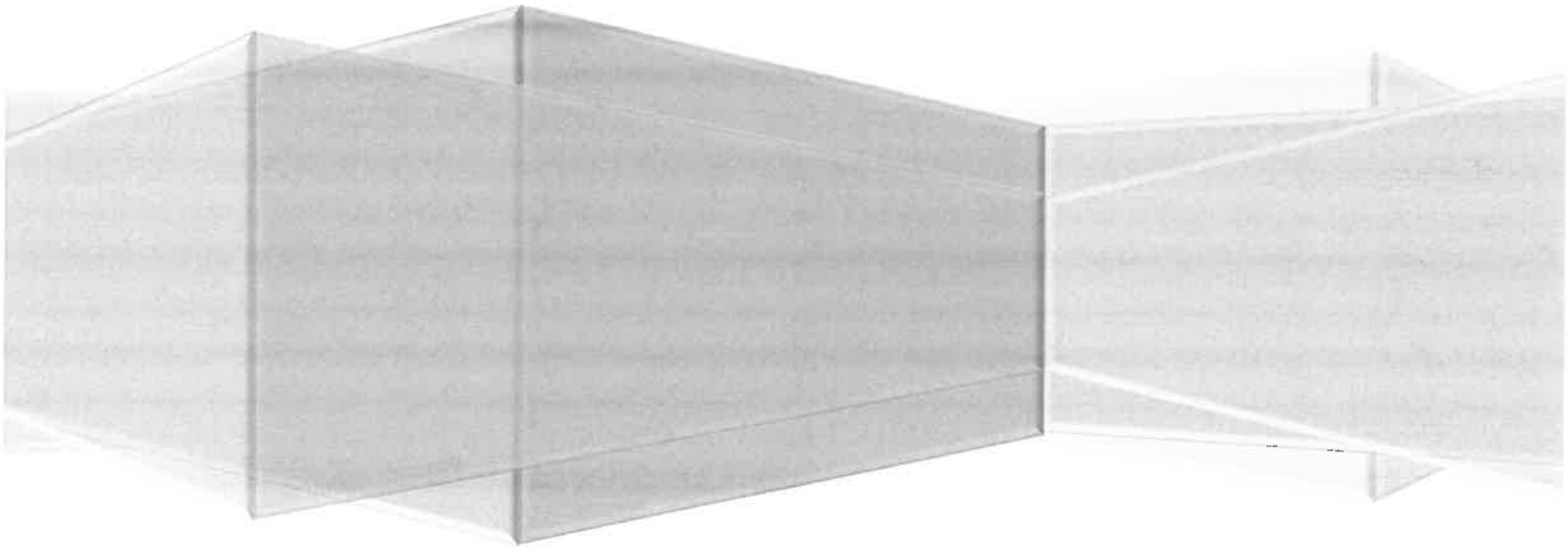
## District

### Recommendations and Next Steps:

1. Assist schools in the establishment, promotion, implementation, and sustainment of staff wellness programs such as weight loss, exercise, and monitoring nutritional intakes.
2. Assist schools in promoting good nutritional choices with the students.
3. Provide more opportunities for the students to assist in the cafeteria menu development.
4. Assist schools in the establishment, promotion, implementation, and sustainment of student wellness programs to increase students' physical activity.
5. Assist schools in recognizing students who demonstrate evidence of increased physical activity.

**Spencer County Elementary School**

# **School Wellness Plan**



## **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 will 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 gross motor to encourage students in active play and to encourage lifelong fitness and wellness development. 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. Playground activities on outside equipment
2. Walking Track
3. 20 minutes of daily gross motor time
4. Minds in Motion
5. Guided exercise sessions/ whole brain instruction brain breaks (Just Dance, Wulfe Brothers, Go Noodle, Greg, and Steve, Dr. Jean, hokey pokey etc., 10-10-10 break, stretching between activities, adventure to fitness)
6. Movement activities for academic review (4 corners, musical journals, milling to music, etc.)
7. Change partners using locomotor movement to music to find new partners for discussion topics.
8. Using drama and body motions to teach and review academic content (charades, skits, cheering vocabulary, math vocabulary geometry movements, counting while performing movements, motions to songs and play, acting out a concept like a seed growing into a plant)
9. Folk Dancing and parachute movement in music class
10. Different work location options, movement options during work time, and differentiated seating options (chairs, floor, crates, different types of chairs, wiggle cushions, balance balls).
11. Cub Miles
12. New York Road Runners Strides Program
13. After School Clubs (running, fitness, zumba, archery, chess, volleyball, drama, percussion, yoga, cheer, walking clubs, 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. Health education follow Kentucky Core Academic Standards for Primary/Intermediate Health Education (Aligned to National Physical Education Standards)
2. School nurse provides a yearly 5<sup>th</sup> grade Health, Hygiene and Puberty Program
3. School nurse provides a yearly *Be the Beat* 5<sup>th</sup> grade –**hands only** CPR lesson
4. School nurse provides Heimlich Hero's program for 4<sup>th</sup> grade students
5. Yearly vision screenings on all 1,3,5<sup>th</sup> grades
6. Yearly hearing screenings on all K,2,4<sup>th</sup> grades
7. Yearly Heights, Weights, and BMI measurements for 1<sup>st</sup> -5<sup>th</sup> grade students
8. Guidance lessons: Mindfulness, coping skills, anxiety, conflict resolution, self-esteem, positive behaviors, time management, empathy, honesty, anger management, stress management, impulsiveness, cooperation, listening skills, diversity and inclusion, respect, tattling, problem solving, social media/internet safety, gossip, peer pressure, kindness, identification of feelings and how to handle them, patience.
9. Red Ribbon Lesson
10. 5<sup>th</sup> grade anti- bullying program
11. Spencer County Health Fair/Readifest provides health resources and free health screenings.
12. Too Good for Drugs Program



#### **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
5. Daily menu is posted in the cafeteria

#### **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 various fitness activities are offered throughout the Enrichment program.
9. Backpack Buddies Program

## **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. Staff is invited to participate in the health and wellness student clubs such as running, walking, Zumba and yoga clubs.
2. Healthy recipes and health tips are provided in the district's employee newsletter.
3. January- SCES – Yearly weight loss initiative for staff provided. Program encourages healthy habits, weight loss, and group support.
4. School nurse provides access to scale and BMI calculation as well as blood pressure measurement as needed.
5. Wellness incentives through employee's insurance program
6. Yearly emergency medication delegation training provided to staff by school nurse with midyear review of medication administration skill.
7. CPR/First Aid classes offered free of charge to select staff (administration, office personnel, Emergency Response Team Members, FMD staff, preschool teachers, coaches)
8. After school workout opportunities for school staff.

## **8. Wellness Committee**

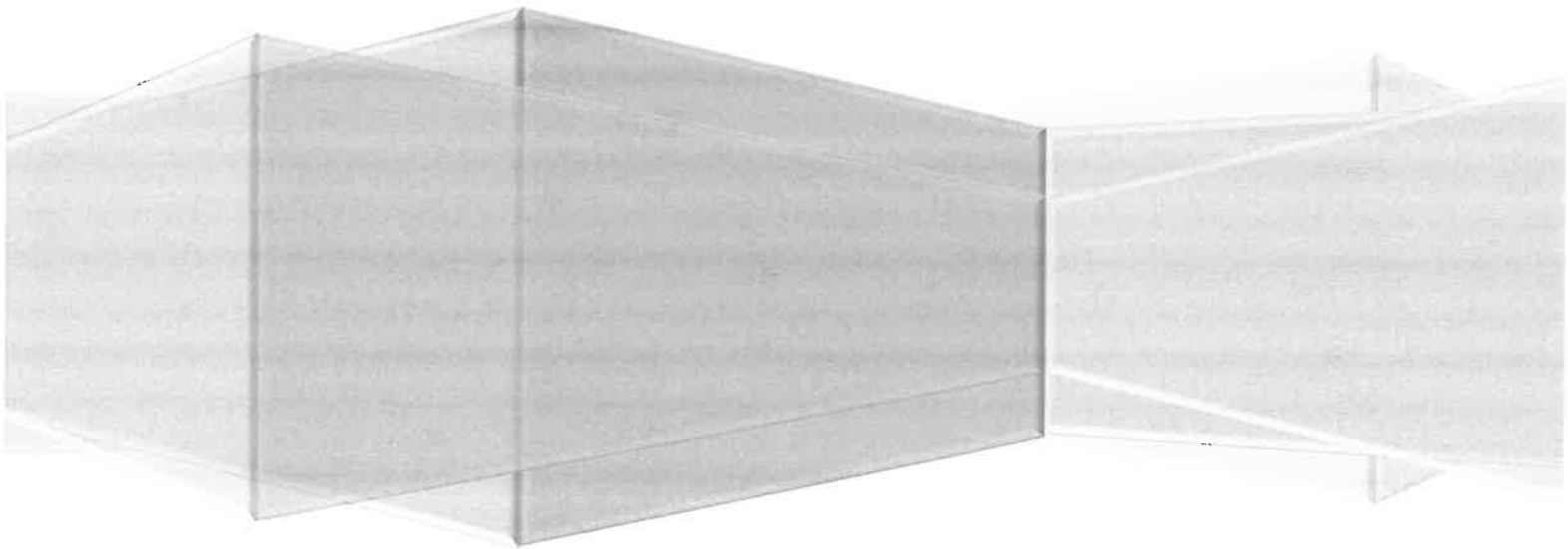
The School Wellness Committee is advisory to the District Wellness Committee meets at least quarterly to review plan implementation, progress made on attainment of goals, nutrition and physical activity policies, evidence on student health impact, and effective programs and program elements. In addition, 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**

# **School Wellness Plan**



## **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**

1. 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**

1. 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.

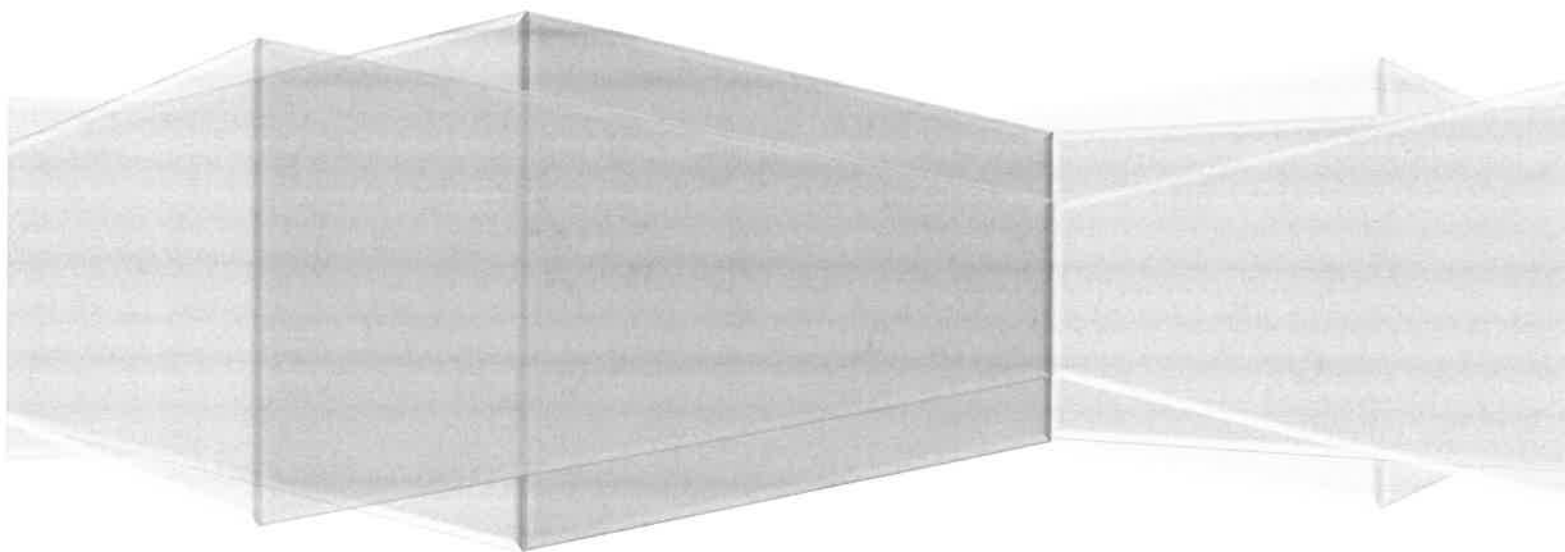
SCHS has developed a wellness committee for the 2014-2015 school year consisting of the food service director, cafeteria manager, student representative, and health science instructor. This wellness plan has been compiled this year and will be reviewed annually.

## **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**



## **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 see the benefits of the activity. The Fitness unit assesses the students' fitness at the beginning of the semester. The students then do 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 5<sup>th</sup> period block in each student's workbook. Science teachers may also cover part of the health curriculum.
4. Yearly Vision Screenings for all 7<sup>th</sup> 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.
7. On site, Biometric screening is offered yearly courtesy of our community partner, North Central District Health Department.

## **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.

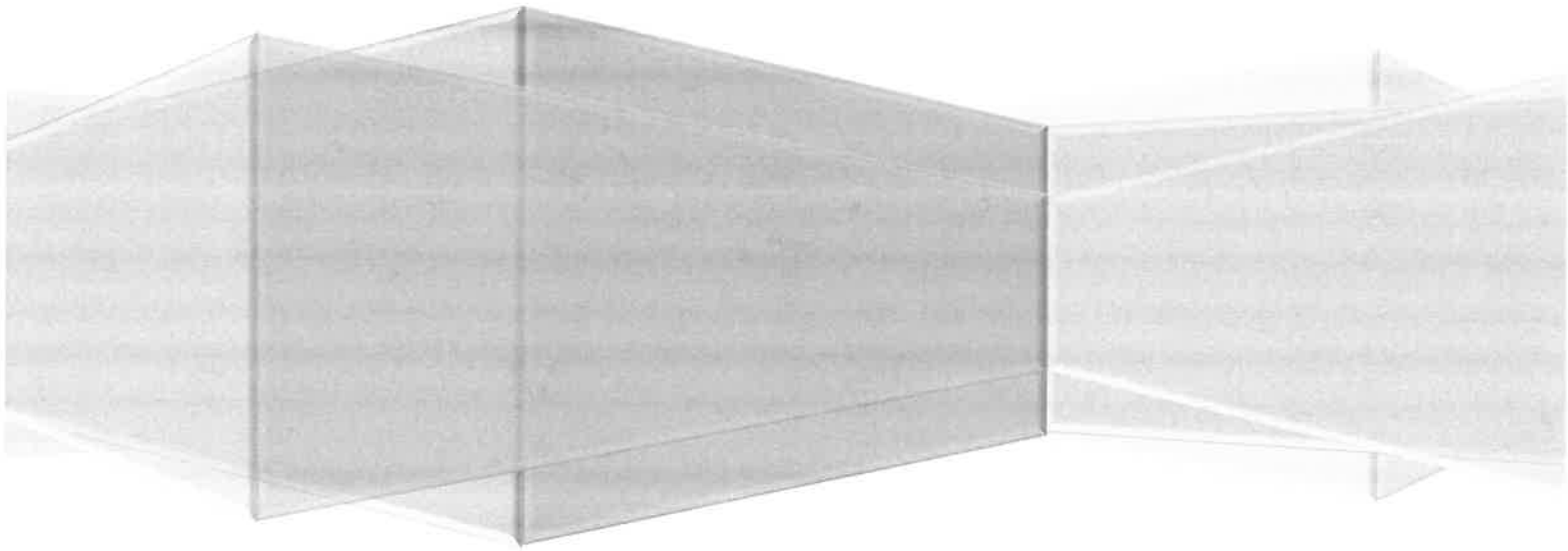
## **9. Wellness Policy Implementation and Enforcement**

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**  
**Spencer County Preschool Wellness Plan**  
**Hillview Academy Wellness Plan**

# **School 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- archery, cheer/dance, gardening, running, volleyball

**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 20 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. 5<sup>th</sup> grade Health, Hygiene and Puberty Program
2. 5<sup>th</sup> grade Hands Only CPR class- Be the Beat
3. SMILE KY speaker –dental
4. SCHS Nursing students provide hand washing demo to K-2<sup>nd</sup> grades
5. Yearly vision screenings for 1<sup>st</sup>, 3<sup>rd</sup> and 5<sup>th</sup> grades
6. Yearly hearing screenings for K, 2<sup>nd</sup> and 4<sup>th</sup> grades
7. Yearly heights/weights and BMI's for 1<sup>st</sup>-5<sup>th</sup> 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 and sent home with students.
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.

# Your District's Scorecard

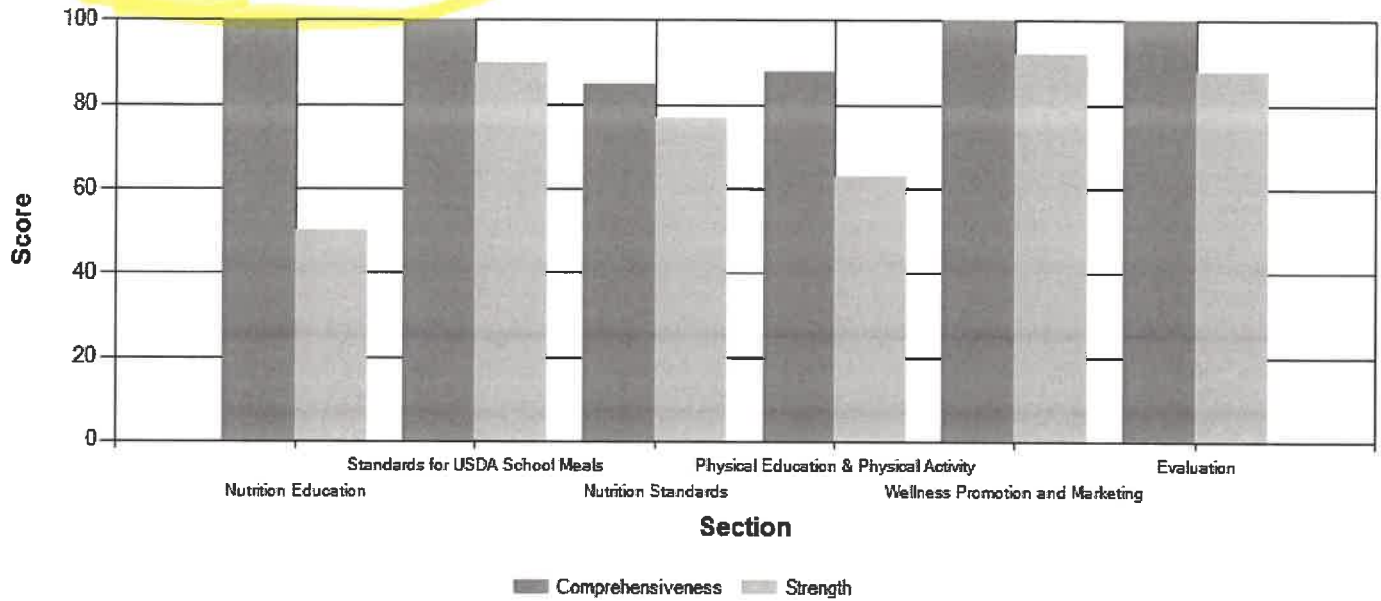
[Close window](#)

Congratulations! You have completed the WellSAT. Check out your scorecard below. It contains details of how you scored on each item and section of the assessment. It also provides resources that will help you improve your district's school wellness policy.

Items with a rating of "0" (item not addressed in the policy) or "1" (general or weak statement addressing the item) can be improved by referring to the resource links next to the items. Multiple resources addressing school wellness policy topics are available online. To avoid duplicative information, we have included a small selection, rather than a comprehensive listing.



**Version: 3.0**

**Policy Name: Spencer County 19-20**



## Section 1. Nutrition Education

Rating






NE1	 Includes goals for nutrition education that are designed to promote student wellness.	1
NE2	Nutrition education teaches skills that are behavior focused, interactive, and/or participatory.	2
NE3	All elementary school students receive sequential and comprehensive nutrition education.	2
NE4	All middle school students receive sequential and comprehensive nutrition education.	2
NE5	All high school students receive sequential and comprehensive nutrition education.	2
NE6	Nutrition education is integrated into other subjects beyond health education	1
NE7	Links nutrition education with the school food environment.	1
NE8	 Nutrition education addresses agriculture and the food system.	1
<b>Subtotal for Section 1</b>	<b>Comprehensiveness Score:</b> Count the number of items rated as "1" or "2" and divide this number by 8. Multiply by 100. Do not count an item if the rating is "0."	<b>100</b>





**Strength Score:**





Count the number of items rated as "2" and divide this number by 8. Multiply by 100.

**50**[Click here for Nutrition Education Resources](#)**Section 2. Standards for USDA Child Nutrition Programs and School Meals****Rating**

<b>SM1</b>	 Assures compliance with USDA nutrition standards for reimbursable school meals.	<b>2</b>
<b>SM2</b>	Addresses access to the USDA School Breakfast Program.	<b>2</b>
<b>SM3</b>	 District takes steps to protect the privacy of students who qualify for free or reduced priced meals.	<b>2</b>
<b>SM4</b>	Addresses how to handle feeding children with unpaid meal balances without stigmatizing them.	<b>2</b>
<b>SM5</b>	Specifies how families are provided information about determining eligibility for free/reduced priced meals.	<b>2</b>
<b>SM6</b>	Specifies strategies to increase participation in school meal programs.	<b>2</b>
<b>SM7</b>	Addresses the amount of "seat time" students have to eat school meals.	<b>2</b>
<b>SM8</b>	 Free drinking water is available during meals.	<b>2</b>
<b>SM9</b>	 Ensures annual training for food and nutrition services staff in accordance with USDA Professional Standards.	<b>2</b>
<b>SM10</b>	 Addresses purchasing local foods for the school meals program.	<b>1</b>
<b>Subtotal for Section 2</b>	<b>Comprehensiveness Score:</b> Count the number of items rated as "1" or "2" and divide this number by 10. Multiply by 100. Do not count an item if the rating is "0."	<b>100</b>
	<b>Strength Score:</b> Count the number of items rated as "2" and divide this number by 10. Multiply by 100.	<b>90</b>

[Click here for School Food Resources](#)**Section 3. Nutrition Standards for Competitive and Other Foods and Beverages****Rating**


<b>NS1</b>	 Addresses compliance with USDA nutrition standards (commonly referred to as Smart Snacks) for all food and beverages sold to students during the school day.	<b>2</b>
<b>NS2</b>	USDA Smart Snack standards are easily accessed in the policy.	<b>2</b>
<b>NS3</b>	 Regulates food and beverages sold in a la carte.	<b>2</b>




<b>NS4</b>	 Regulates food and beverages sold in vending machines.	<b>2</b>
<b>NS5</b>	 Regulates food and beverages sold in school stores.	<b>2</b>
<b>NS6</b>	 Addresses fundraising with food to be consumed during the school day.	<b>2</b>
<b>NS7</b>	Exemptions for infrequent school-sponsored fundraisers.	<b>0</b>
<b>NS8</b>	Addresses foods and beverages containing caffeine at the high school level.	<b>2</b>
<b>NS9</b>	 Regulates food and beverages served at class parties and other school celebrations in elementary schools.	<b>1</b>
<b>NS10</b>	Addresses nutrition standards for all foods and beverages served to students after the school day, including, before/after care on school grounds, clubs, and after school programming.	<b>2</b>
<b>NS11</b>	Addresses nutrition standards for all foods and beverages sold to students after the school day, including before/after care on school grounds, clubs, and after school programming.	<b>0</b>
<b>NS12</b>	Addresses food not being used as a reward.	<b>2</b>
<b>NS13</b>	Addresses availability of free drinking water throughout the school day.	<b>2</b>
<b>Subtotal for Section 3</b>	<b>Comprehensiveness Score:</b> Count the number of items rated as "1" or "2" and divide this number by 13. Multiply by 100. Do not count an item if the rating is "0."	<b>85</b>
	<b>Strength Score:</b> Count the number of items rated as "2" and divide this number by 13. Multiply by 100.	<b>77</b>

[Click here for Nutrition Standards Resources](#)

## Section 4. Physical Education and Physical Activity

Rating



<b>PEPA1</b>	 There is a written physical education curriculum for grades K-12.	<b>2</b>
<b>PEPA2</b>	The written physical education curriculum for each grade is aligned with national and/or state physical education standards.	<b>2</b>
<b>PEPA3</b>	Physical education promotes a physically active lifestyle.	<b>2</b>
<b>PEPA4</b>	Addresses time per week of physical education instruction for all elementary school students.	<b>2</b>
<b>PEPA5</b>	Addresses time per week of physical education instruction for all middle school students.	<b>2</b>
<b>PEPA6</b>	Addresses time per week of physical education instruction for all high school students.	<b>2</b>
<b>PEPA7</b>	Addresses qualifications for physical education teachers for grades K-12.	<b>2</b>
<b>PEPA8</b>	Addresses providing physical education training for physical education teachers.	<b>2</b>

<b>PEPA9</b>	Addresses physical education exemption requirements for all students.	<b>2</b>
<b>PEPA10</b>	Addresses physical education substitution for all students.	<b>1</b>
<b>PEPA11</b>	 Addresses family and community engagement in physical activity opportunities at all schools.	<b>0</b>
<b>PEPA12</b>	 Addresses before and after school physical activity for all students including clubs, intramural, interscholastic opportunities.	<b>1</b>
<b>PEPA13</b>	Addresses recess for all elementary school students.	<b>2</b>
<b>PEPA14</b>	 Addresses physical activity breaks during school.	<b>0</b>
<b>PEPA15</b>	Joint or shared-use agreements for physical activity participation at all schools.	<b>1</b>
<b>PEPA16</b>	District addresses active transport (Safe Routes to School) for all K-12 students who live within walkable/bikeable distance.	<b>1</b>
<b>Subtotal for Section 4</b>	<b>Comprehensiveness Score:</b> Count the number of items rated as "1" or "2" and divide this number by 16. Multiply by 100. Do not count an item if the rating is "0."	<b>88</b>
	<b>Strength Score:</b> Count the number of items rated as "2" and divide this number by 16. Multiply by 100.	<b>63</b>

[Click here for Resources on Physical Activity in Schools](#)

## Section 5. Wellness Promotion and Marketing

Rating







<b>WPM1</b>	Encourages staff to model healthy eating and physical activity behaviors.	<b>2</b>
<b>WPM2</b>	 Addresses strategies to support employee wellness.	<b>1</b>
<b>WPM3</b>	Addresses using physical activity as a reward.	<b>2</b>
<b>WPM4</b>	Addresses physical activity not being used as a punishment.	<b>2</b>
<b>WPM5</b>	Addresses physical activity not being withheld as a punishment.	<b>2</b>
<b>WPM6</b>	Specifies marketing to promote healthy food and beverage choices.	<b>2</b>
<b>WPM7</b>	 Restricts marketing on the school campus during the school day to only those foods and beverages that meet Smart Snacks standards.	<b>2</b>
<b>WPM8</b>	Specifically addresses marketing on school property and equipment (e.g., signs, scoreboards, sports equipment).	<b>2</b>
<b>WPM9</b>	Specifically addresses marketing on educational materials (e.g., curricula, textbooks, or other printed or electronic educational materials).	<b>2</b>
<b>WPM10</b>	Specifically addresses marketing where food is purchased (e.g., exteriors of vending machines, food and beverage cups and containers, food display racks, coolers, trash and recycling containers).	<b>2</b>

<b>WPM11</b>	Specifically addresses marketing in school publications and media (e.g., advertisements in school publications, school radio stations, in-school television, computer screen savers, school-sponsored Internet sites, and announcements on the public announcement (PA) system).	<b>2</b>
<b>WPM12</b>	Specifically addresses marketing through fundraisers and corporate-incentive programs (e.g., fundraising programs that encourage students and their families to sell, purchase, or consume products and corporate incentive programs that provide funds to schools in exchange for proof of purchases of company products, such as Box Tops for Education).	<b>2</b>
<b>Subtotal for Section 5</b>	<b>Comprehensiveness Score:</b> Count the number of items rated as "1" or "2" and divide this number by 12. Multiply by 100. Do not count an item if the rating is "0."	<b>100</b>
	<b>Strength Score:</b> Count the number of items rated as "2" and divide this number by 12. Multiply by 100.	<b>92</b>

[Click here for Wellness Promotion and Marketing Resources](#)

## Section 6. Implementation, Evaluation & Communication

Rating

<b>IEC1</b>	Addresses the establishment of an ongoing district wellness committee.	<b>2</b>
<b>IEC2</b>	 Addresses how all relevant stakeholders (parents, students, representatives of the school food authority, teachers of physical education, school health professionals, the school board, school administrator, and the general public) will participate in the development, implementation, and periodic review and update of the local wellness policy.	<b>2</b>
<b>IEC3</b>	 Identifies the officials responsible for the implementation and compliance of the local wellness policy.	<b>2</b>
<b>IEC4</b>	 Addresses making the wellness policy available to the public.	<b>1</b>
<b>IEC5</b>	 Addresses the assessment of district implementation of the local wellness policy at least once every three years.	<b>2</b>
<b>IEC6</b>	 Triennial assessment results will be made available to the public and will include:	<b>2</b>
<b>IEC7</b>	 Addresses a plan for updating policy based on results of the triennial assessment.	<b>2</b>
<b>IEC8</b>	Addresses the establishment of an ongoing school building level wellness committee.	<b>2</b>
<b>Subtotal for Section 6</b>	<b>Comprehensiveness Score:</b> Count the number of items rated as "1" or "2" and divide this number by 8. Multiply by 100. Do not count an item if the rating is "0."	<b>100</b>
	<b>Strength Score:</b> Count the number of items rated as "2" and divide this number by 8. Multiply by 100.	<b>88</b>

[Click here for Resources for Wellness Policy Development, Implementation and Evaluation](#)

## Overall District Policy Score

<b>Total Comprehensiveness</b> Add the comprehensiveness scores for each of the six sections above and divide this number by 6.	<b>District Score</b> <b>96</b>
<b>Total Strength</b> Add the strength scores for each of the six sections above and divide this number by 6.	<b>District Score</b> <b>77</b>



Federal Requirement



Farm to School



CSPAP



# Reporting

Healthy Districts Assessment report for Spencer Co School District.

## Policy and Environment

QUESTION		STATUS	ACTION ITEM	COLUMN
PO-2	Written school health and safety policies	Fully in place	Yes	-

## Nutrition Services

QUESTION	STATUS	ACTION ITEM	COLUMN
NS-1 Breakfast and lunch programs	Fully in place	Yes	Done
NS-2 School breakfast	Partially in place	Yes	This year's goals
NS-3 School lunch	Partially in place	Yes	-
NS-4 Variety of offerings in school meals	Fully in place	Yes	Done
NS-5 Promote healthy food and beverage choices and school meals using marketing and merchandising techniques.	Fully in place	Yes	-
NS-6 Annual continuing education and training requirements for school nutrition services staff	Fully in place	Yes	-
NS-7 Venues outside the cafeteria offer fruits and vegetables	Not in place	Yes	-
NS-8 Collaboration between school nutrition services staff members and teachers	Fully in place	Yes	Done
NS-9 Student and family involvement in the school meal programs and other foods and beverages sold, served and offered on school campus.	Fully in place	Yes	Done
NS-10 Prohibit using food as reward or punishment	Fully in place	Yes	-
NS-11 Adequate time to eat school meals	Fully in place	Yes	Done
NS-12 Farm to School activities	Not in place	Yes	This year's goals

## Smart Snacks

QUESTION		STATUS	ACTION ITEM	COLUMN
SS-1	All foods sold during the school day meet the USDA's Smart Snacks in School nutrition standards	Fully in place	Yes	Done
SS-2	All beverages sold during the school day meet the USDA's Smart Snacks in School nutrition standards	Fully in place	Yes	-
SS-3	Food and beverage marketing	Fully in place	Yes	-
SS-4	All foods and beverages served and offered during the extended school day meet the USDA's Smart Snacks in School nutrition standards	Fully in place	Yes	-
SS-5	All foods and beverages sold during the extended school day meet the USDA's Smart Snacks in School nutrition standards	Under development	No	-
SS-6	All foods and beverages served and offered during the extended school day meet the USDA's Smart Snacks in School nutrition standards	Fully in place	Yes	-
SS-7	Fundraising efforts during and outside school hours meet the USDA's Smart Snacks in School nutrition standards	Under development	Yes	This year's goals

## Health and Physical Education

QUESTION		STATUS	ACTION ITEM	COLUMN
HPE-3	Sequential physical education curriculum consistent with standards	Fully in place	Yes	-
HPE-5	Professional development for physical education teachers	Fully in place	Yes	-
HPE-6	Information and materials for physical education teachers	Fully in place	Yes	This year's goals
HPE-7	Licensed physical education teachers	Fully in place	No	-



## Physical Activity

QUESTION	STATUS	ACTION ITEM	COLUMN
PA-1 Recess	Fully in place	Yes	Done
PA-5 Professional development for classroom teachers	Under development	Yes	-
PA-6 Prohibit using physical activity as punishment	Fully in place	Yes	Done
PA-7 Prohibit withholding recess as punishment	Partially in place	Yes	-
PA-8 Access to physical activity facilities outside school hours	Partially in place	Yes	Done

## Employee Wellness

QUESTION	STATUS	ACTION ITEM	COLUMN
EW-1 Health assessments for staff members	Fully in place	Yes	Done
EW-2 Programs for staff members on physical activity/fitness	Not in place	Yes	This year's goals
EW-3 Programs for staff members on healthy eating/weight management	Under development	Yes	This year's goals
EW-4 Promote staff member participation	Partially in place	Yes	This year's goals
EW-5 Stress management programs for staff	Not in place	Yes	This year's goals

**Every child deserves a healthy future**

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## Board Members

Sandy Clevenger  
*Chairperson*

Janet Bonham  
*Vice Chair*

Debbie Herndon  
Lynn Shelburne  
Jeanie Stevens



## SPENCER COUNTY PUBLIC SCHOOLS

207 WEST MAIN STREET • TAYLORSVILLE, KY 40071

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FAX (502) 477-3259

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*Superintendent*

Chuck Abell  
*Assistant Superintendent*

Todd Russell  
*Director of Special Education*

Mark Thomas  
*Director of Operations  
& Transportation*

Bob Hafendorfer  
*Director of Pupil Personnel*

# Second Quarter Wellness District Committee Meeting

November 5, 2019 at 9:30

### Agenda:

- Wellness Updates from the State
- Review of the District Wellness Plan and each school's Wellness Plans for 2019-2020
- Review the Alliance for a Healthier Generation Report for 2019-2020
- Review the WellSAT Report for 2019-2020
- Review of the 2019-2020 SCPS Food Service Annual Assessment / Nutrition Report and Physical Activity Report
- Review the Student Welfare and Wellness district policy 09.2

-Other items, concerns, needs?

### Members Sign In:

Name	School
Marahelia M. Allister	Spencer Co. Middle
Lisa Kellison	Taylorville Elem.
Misty Borden	Spencer Co. High
Cindy Noll	SCPS

### **GOING THE DISTANCE FOR ALL STUDENTS!**

Spencer County Public Schools does not discriminate on the basis of race, color, national origin, sex, disability, or age in its programs and activities.  
Equal Education and Employment Institution

# Breakfast and Lunch Participation BY MONTH

## Breakfast

	Aug-19	Sep-19	Oct-19	Nov-19	Dec-19	Jan-20	Feb-20	Mar-20	Apr-20	May-20
SCES	23%	27%	25%	25%	24%					
TES	38%	43%	42%	41%	39%					
SCMS	19%	20%	19%	20%	20%					
SCHS	10%	11%	12%	12%	12%					

## Lunch

	Aug-19	Sep-19	Oct-19	Nov-19	Dec-19	Jan-20	Feb-20	Mar-20	Apr-20	May-20
SCES	41%	43%	45%	45%	47%					
TES	46%	51%	53%	51%	54%					
SCMS	42%	43%	43%	43%	43%					
SCHS	48%	50%	50%	48%	49%					

**Spencer County  
Family Resource & Youth Service Centers  
Advisory Council Agenda  
December 12, 2019**

**I. Welcome & Introduction – Ivan Spencer & Mollie Tichenor, Chairpersons**

**II. Minutes – October 24, 2019**

**III. FRC & YSC Implementation and Review:**

1. Red Ribbon Week (10/28-11/1)
2. GBB Town Hall Meeting – Hiding in Plain Sight 10/24
3. Truth and Consequences (SCHS 10/29)
4. Education Remix Assembly at SCMS & HS Leaders to Elem. 11/1
5. Guys with Gals STEM Night (TES 11/7)
6. SCMS Veterans Day – 11/11
7. Just the Boys Build and Bond (SCES 11/12)
8. Centerstone Prevention – Generation Rx & Vaping –Shelley Hood (11/15)
9. Community Thanksgiving Baskets & Meal: Churches & Lady Bears
10. Stage One Residency (Preschool/Training Wheels 12/3-12/5)

**IV. New Business: FRC & YSC**

1. Christmas Food Drives & Cram the Cruiser
2. Grandparents Raising Grandchildren
3. Love My Neighbor – Coats w/ Nicole Jolly & Grace Cox
4. Reg. 5 Meeting, Frankfort 12/5- Program Plans & Standards of Quality Summary
5. Holiday Assistance – TCC 10/13; Toys for Tots 10/18

**Family Resource Center: Lindsey Cain/Lola Sipes**

1. Financial Report
2. Sources of Strength at SCES
3. TES FLIP Night (12/16)
4. SCES Pastries with Peeps (1/22-1/23)
5. Sweetheart Dance (TES 1/31 and SCES 2/7)

**Youth Service Center: Vonda Martin/ Stephanie Simpson**

1. Financial Report
2. Junior Achievement Interviews-Tues, 11/26 10<sup>th</sup> gr. with Coach Howie
3. GBB Blankets to Nursing Home – 12/11
4. SCMS Distinguished Movie 12/19
5. MVP (Most Valuable Peer) Spencer Co. CAN Applications 1/10
6. MS SOS & ECE Valentine Dance
7. Ongoing groups/ clubs: SADD, SOS, Girls Groups & PAWS & KY-ASAP Board

**V. Community Updates:**

- LIHEAP Crisis Phase
- CAN Meeting (Community Action Network)—1/14/20 10 AM @ extension office?
- CECC Meeting 2/7 at 2 PM at TES

**VI. Review the Nutritional Program and Physical Activity Environment for SCPS—Mark Thomas**

**Next Meeting Date:** \_\_\_\_\_, \_\_\_\_\_ at 12:00 p.m.

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*Chairperson*

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*Director of Pupil Personnel*

# Public Forum Meeting to Review the Nutrition and Physical Activity Environment for SCPS

December 12, 2019 at 12pm at the Extension Office

### Objective:

- Discuss findings from the nutrition report and physical activity report
  - Review the Alliance for a Healthier Generation report for this school year
  - Seek public comments/input

### Agenda:

- Wellness Updates
- Review of the 2019-2020 Healthy Schools Program District Report
- Nutrition Report and Physical Activity Report
- Develop a Plan to improve school nutrition and physical activities in the school district
  - Accept the plan to improve school nutrition and physical activities in the school district
- Compile a summary of school district findings and recommendations to be presented to the Board of Education for their review

### Sign In:


### **GOING THE DISTANCE FOR ALL STUDENTS!**

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Equal Education and Employment Institution

# Attendance Roster

This meeting is sponsored by the University of Kentucky Cooperative Extension Service. Our purpose is to provide an educational program to improve the quality of life in our community. Educational programs of Kentucky Cooperative Extension serve all people regardless of economic or social status & will not discriminate on the basis of race, color, ethnic origin, national origin, creed, religion, political belief, sex, sexual orientation, gender identity, gender expression, pregnancy, marital status, genetic information, age, veteran status, or physical or mental disability. By signing this sheet, you signify your consent to allow the University of Kentucky, including its affiliates & subsidiaries to interview, photograph, &/or videotape you & to use or permit others to use information from the aforementioned interview/images in educational & promotional activities & publications without compensation.

MEETING: FKVSC  
Advisory Council  
 Date: 12/12/19  
 Location: \_\_\_\_\_



NAME	ADDRESS	EMAIL	RACE *	GENDER **	HISPANIC ***
Debbie Hoss	468 Washington St T. V. Lyle Ky 40071	granniemariehoff@gmail.com	W	F	No
Vonda Martin	<del>FKVSC</del> YSC				
Stephanie Simpson	YSC				
Lola Jones	FKC				
Lindsay Cain	FKC				

\*W=White, B=Black or African American, A=Asian/Pacific Islander, N=Native American Indian/Alaska Native O=Other/More than 1 Race  
 \*\*M=Male, F=Female  
 \*\*\*Y=Yes, N=No

Disclosure of race, gender and ethnicity  
 (Hispanic/Non-Hispanic) is voluntary.

# Attendance Roster

This meeting is sponsored by the University of Kentucky Cooperative Extension Service. Our purpose is to provide an educational program to improve the quality of life in our community. Educational programs of Kentucky Cooperative Extension serve all people regardless of economic or social status & will not discriminate on the basis of race, color, ethnic origin, national origin, creed, religion, political belief, sex, sexual orientation, gender identity, gender expression, pregnancy, marital status, genetic information, age, veteran status, or physical or mental disability. By signing this sheet, you signify your assent to allow the University of Kentucky, including its affiliates & subsidiaries to interview, photograph, &/or videotape you & to use or permit others to use information from the aforementioned interview/images in educational & promotional activities & publications without compensation.

MEETING: FRYSC  
Advisory Council  
 Date: 12/12/19  
 Location: \_\_\_\_\_

COOPERATIVE EXTENSION



NAME	ADDRESS	EMAIL	RACE *	GENDER **	HISPANIC ***
Wendy Edwards	44 Greengate Dr.	wendy@mpca.org			
Brittany Brown	13551 Triton Park Blvd. Louisville, KY 40223	Brittany.Brown@wellcare.com	B	F	N/A
Chuck Abel	_____	_____	W	M	N/A
Mark Thomas	_____	_____	W	M	N/A
Teri Cooper	130 Bailey Ct N. He Ky 40171	_____	W	F	
Heidi Hiss	_____	_____	W	F	—

\*W=White, B=Black or African American, A=Asian/Pacific Islander, N=Native American Indian/Alaska Native O=Other/More than 1 Race  
 \*\*M=Male, F=Female  
 \*\*\*Y=Yes, N=No

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## MEETING:

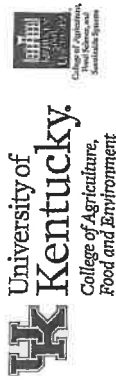
FkYSC

Advisory Council

Date: 12/12/19

Location:

## COOPERATIVE EXTENSION



NAME	ADDRESS	EMAIL	RACE *	GENDER **	HISPANIC ***
Anta Wheeler				F	
IVAN SPENCER		ivan@spencerchristian.org	YES	YES	not em
RACHA HENDRIX		rhendrix0008@kctes.edu			
Mollie Tichner	SCE		W	F	N

\*W=White, B=Black or African American, A=Asian/Pacific Islander, N=Native American Indian/Alaska Native O=Other/More than 1 Race

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\*\*\*Y=Yes, N=No

Disclosure of race, gender and ethnicity (Hispanic/Non-Hispanic) is voluntary.



## Board Members

Sandy Clevenger  
*Chairperson*

Janet Bonham  
*Vice Chair*

Debbie Herndon  
Lynn Shelburne  
Jeanie Stevens



## SPENCER COUNTY PUBLIC SCHOOLS

207 WEST MAIN STREET • TAYLORSVILLE, KY 40071

(502) 477-3250

FAX (502) 477-3259

Chuck Adams  
*Superintendent*

Chuck Abell  
*Assistant Superintendent*

Todd Russell  
*Director of Special Education*

Mark Thomas  
*Director of Operations  
& Transportation*

Bob Hafendorfer  
*Director of Pupil Personnel*

## Public Forum Meeting to Review the Nutrition and Physical Activity Environment for SCPS

December 19, 2019 at 12pm at the Extension Office

### Objective:

- Discuss findings from the nutrition report and physical activity report
- Review the Alliance for a Healthier Generation report for this school year
- Seek public comments/input

### Agenda:

- Wellness Updates
- Review of the Healthy Schools Program District Report
- Nutrition Report and Physical Activity Report
- Develop a Plan to improve school nutrition and physical activities in the school district
  - Accept the plan to improve school nutrition and physical activities in the school district
- Compile a summary of school district findings and recommendations to be presented to the Board of Education for their review

Printed Name	Signature	Organization Representing
Hayleigh Whittington	Hayleigh Whittington	
Michelle Roy	Michelle Roy	Spencer County BOE

### GOING THE DISTANCE FOR ALL STUDENTS!

Spencer County Public Schools does not discriminate on the basis of race, color, national origin, sex, disability, or age in its programs and activities.

Equal Education and Employment Institution

## Thomas, Mark - SCPS Director of Operations

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**From:** Thomas, Mark - SCPS Director of Operations  
**Sent:** Friday, December 6, 2019 3:31 PM  
**To:** Editor  
**Cc:** Thomas, Mark - SCPS Director of Operations  
**Subject:** Public Forum Meeting to Review the Nutrition and Physical Activity Environment for SCPS on December 18, 2019 at 12pm at the Extension Office

Please post in your weekly announcements:

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*Mark Thomas*, Director of Operations

Spencer County Public Schools

207 West Main Street

Taylorsville, KY 40071

502 477-3250

502 477-3259 (fax)

USDA Nondiscrimination Statement

## Thomas, Mark - SCPS Director of Operations

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**From:** Editor <editor@spencermagnet.com>  
**Sent:** Friday, December 6, 2019 3:35 PM  
**To:** Thomas, Mark - SCPS Director of Operations  
**Subject:** Re: Public Forum Meeting to Review the Nutrition and Physical Activity Environment for SCPS on December 18, 2019 at 12pm at the Extension Office

**Follow Up Flag:** For Your Information  
**Flag Status:** Flagged

Got it - will do.

Thanks,

John Shindlebower  
Editor  
The Spencer Magnet

On Dec 6, 2019, at 3:31 PM, Thomas, Mark - SCPS Director of Operations wrote:

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