

Student Welfare and Wellness

The Anchorage Independent School District is committed to providing a school environment that promotes and protects children's health, well-being, and ability to learn by supporting healthy eating and physical activity.

Therefore, it is the policy of the Board that:

- A. The school 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 to promote a healthier lifestyle.
- B. Food and beverages sold and/or served by the school's food services program will meet the nutritional recommendations of the United States Dietary Guidelines for Americans and will be served in a clean, safe, and pleasant setting with adequate time to eat. To the maximum extent practicable, the school will participate in available federal school meal programs.

WELLNESS LEADERSHIP

To ensure compliance with District nutrition and physical activity wellness policies, the School Council shall develop a comprehensive School Wellness Plan consistent with [KRS 160.345](#). The Principal will oversee the implementation and monitoring of the Wellness Plan and report on the school's compliance as directed by the Superintendent. The School Council will evaluate and consider revisions to the Wellness Plan annually. The School Council may also recommend to the Superintendent and the Board approaches in both programs and policies to enhance the health and wellness of students, families, and staff.

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 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 158.856](#). ([702 KAR 006:090](#))
 - 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).
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DISTRICT WELLNESS PLAN/PUBLIC AND STAFF INPUT (CONTINUED)

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.

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.

DIVERSITY STATEMENT

The Board acknowledges the link between disparities in health and academic achievement and the role this policy plays in mitigating these gaps. To this end, the adoption and implementation of this policy shall be carried out with respect for the diversity of the District's students, staff, and families. Programs and opportunities outlined in this policy shall be applied and accessed equitably regardless of race, ethnicity, socio-economic status, family formation, religion, ability, gender, etc.

PHYSICAL ACTIVITY AND PHYSICAL EDUCATION

- The School Wellness Plan shall include moderate to vigorous physical activity each day and encourage healthy choices among K-8 students consistent with [KRS 160.345](#).
- The School Wellness Plan shall permit physical activity to be considered part of the instructional day, (not to exceed thirty (30) minutes/day or one hundred and fifty (150) minutes/week) and also in compliance with the school calendar regulation, [702 KAR 007:140 KAR 007:140 and Board policy 08](#) and Board policy 08.1346.

PHYSICAL EDUCATION

A comprehensive physical education curriculum consistent with Kentucky requirements and aligned to state/national physical education standards shall be adopted. The curriculum will be developmentally appropriate, utilizing strategies that support needs of the diversity of the student population. All staff involved in physical education will be provided with opportunities for professional development.

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PHYSICAL EDUCATION (CONTINUED)

All students in grades ~~6~~K-8 are required to participate in at least one Health/PE class. All students in grades K-5 are required to participate in at least one Health/PE class per week. K-8 Health/PE classes shall be a minimum of thirty (30) minutes in length, excluding transition times.

Physical education classes shall be appropriately modified or adapted to promote the participation of all students, in particular, students with chronic health conditions and/or special needs.

Adequate equipment shall be made available for all students to participate in physical education.

DAILY RECESS AND PHYSICAL ACTIVITY

In addition to required physical education, the District shall provide 2nd – 8th grade students daily recess periods of at least twenty (20) minutes and K-1st grade students at least two (2) daily recess periods of at least twenty (20) minutes each, excluding transition time. Recess shall consist of unstructured free play or structured games and activities. At least one (1) daily recess shall typically occur outdoors between the second (2nd) and sixth (6th) hour of the school day and take place on the school's playground, campus spaces, or community trails. At least two (2) daily recess periods for students in K-1st grade shall typically occur outdoors. Recess beyond required minimums may be held at any time of the day and scheduled at teacher discretion.

Students are expected to wear appropriate clothing for forecasted weather conditions.

The Principal may temporarily suspend outdoor recess and provide an alternative option for physical activity to occur in an indoor setting. Factors such as temperature, wind chill, heat index, precipitation and thunder/lightning are considered in determining if recess should be held outside. Generally, the Principal will adhere to the guidelines outlined by the Child Care Weather Watch guide, which was produced by the Iowa Department of Public Health through federal grant funds from the US Department of Health & Human Services.

All staff members will be provided with the School Wellness Plan's toolkit for indoor recess activities and resources to integrate physical activity into classrooms.

Physical activity will not be used as a punishment. Daily recess shall not be modified or withheld for punitive or academic reasons unless the safety of students is in question.

Co-curricular programs that provide the opportunity for physical activity will be available to all students. School facilities shall be used for physical activity programs offered by the school and/or community-based organizations outside of school hours as feasible.

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.

Student Welfare and Wellness**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

- Food and/or beverage items shall not be used as rewards or incentives to motivate behavior or classroom performance unless dictated in a child's Individual Education Plan or 504 Plan. 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 006:090](#).
- 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](#)).

EATING ENVIRONMENT

The District will provide at least twenty (20) minutes, from the time the student is seated, for students to eat lunch.

REFERENCES:

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

[KRS 160.290](#); [KRS 160.345](#)

[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:

07.1; 07.111; 07.12; 08.1346

Adopted/Amended: 6/14/2021

Order #: VI.B