

## **Student Welfare and Wellness**

The Bourbon County School District is committed to fostering a healthy and safe environment for all students, encompassing physical activity, nutrition, and overall well-being. Each school within the District (Bourbon County High School, Bourbon County Middle School, North Middletown Elementary, Cane Ridge Elementary, and Bourbon Central Elementary) maintains a Coordinated School Health (CHS) Committee or Wellness Committee that meets at least twice a year to review and revise wellness policies and procedures. These committees are comprised of various school staff, parents, and community members. The District's wellness policies are publicly available, and annual reviews of each school's compliance and progress are conducted.

### **PURPOSE**

The Bourbon County School District is committed to promoting student health, well-being, and academic success by supporting a healthy school environment. This policy outlines strategies for nutrition, physical activity, and overall wellness to encourage lifelong healthy habits.

#### **I. Goals for Nutrition Promotion and Education**

1. Nutrition education will be integrated into health, science, and other relevant curricula.
2. Schools will provide consistent messages about healthy eating throughout classrooms, cafeterias, and school-sponsored events.
3. Cafeteria staff will participate in annual training on nutrition standards and food safety.
4. The District will encourage the use of evidence-based nutrition programs.

#### **II. Standards for All Foods and Beverages**

1. All foods sold on campus during the school day (including in vending machines, a la carte, and fundraisers) will meet USDA Smart Snacks in School standards.

##### **2. School meals will:**

- Follow USDA guidelines.
- Be appealing and served in a clean, safe environment; and
- Provide access to free, potable water during mealtimes.

3. Competitive food and beverage sales outside of meal programs must also comply with District guidelines.

##### **4. Celebrations and Rewards**

- The District suggests that foods offered on the school campus will meet or exceed the USDA Smart Snacks in School nutrition standards, including through:

###### **1. Celebrations and Parties:**

- All students must be allowed to participate in the School Lunch Program. Healthy party ideas are available from the Alliance for a Healthier Generation and USDA. Classroom parties and celebrations will not be planned to occur during the regular scheduled mealtimes.

###### **2. Classroom Snacks Brought By Parents:**

- The District can provide parents with a list of foods and beverages that meet Smart

Snacks nutrition standards. Parents are encouraged to supply snacks that meet the Smart Snack Nutritional Standards. A list of Smart Snack compliant ideas can be found by visiting the following link: [Healthy Snack Ideas](#). Parents should work with the teacher to identify students with allergies in the classroom when providing snacks. Teachers should consult the school nurse for more information regarding allergies in the classroom.

3. Rewards and Incentives:

- School meal components should never be withheld or limited as punishment. (Ex.- Withholding flavored milk or desserts on the menu during service.) Teachers and staff are encouraged to use school supplies or healthy snacks as rewards.

III. Physical Activity Goals

1. Students will receive at least 150 minutes of physical education per week (elementary) and 225 minutes per week (middle/high school) when possible.
2. Recess will be provided daily for elementary students, and it will not be withheld for punitive reasons.
3. Teachers will be encouraged to incorporate movement breaks during class.
4. Schools will offer extracurricular physical activity programs and clubs.

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### **PURPOSE (CONTINUED)**

#### IV. School-Based Activities to Promote Wellness

1. Schools will provide a safe and supportive environment that encourages healthy behaviors.
2. Wellness activities such as health fairs, fitness challenges, and family engagement events will be promoted.
3. The District will explore partnerships with local health agencies to support school health initiatives.

#### V. Staff Wellness

1. The District will encourage employee wellness through programs, resources, and professional development.
2. Healthy role modeling by staff will be promoted as part of the school culture.

#### VI. Implementation and Monitoring

1. A Wellness Committee-composed of students, parents, teachers, administrators, food service staff, and community members-will meet at least annually to review policy effectiveness.
2. Each school will designate a Wellness Champion to oversee policy implementation at the building level.
3. An annual progress report will be submitted to the school board and posted publicly.

#### VII. Communication

The District will make this policy available on the District website and ensure all stakeholders are informed through newsletters and school communications.

The District will encourage the use of evidence-based nutrition programs.

#### **REFERENCES:**

[KRS 158.850; KRS 158.854](#)  
[KRS 160.290; KRS 160.345](#)  
[702 KAR 006:090; 702 KAR 007:140](#)

P. L. 111-296  
7 C.F.R. Part 210  
7 C.F.R. Part 220  
U. S. Dept. of Agriculture's Dietary Guidelines for Americans

#### **RELATED POLICIES:**

02.4241; 07.1; 07.111; 07.12; 08.1346

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