

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.

III. Food Allergies, Outside Food, and Classroom Celebrations

1. **A. Student Safety & Food Allergies** The District recognizes that food allergies and other medical conditions present a significant health and safety concern for students. The health and well-being of students shall remain a priority consideration in all decisions related to food served, distributed, or consumed during the school day.
2. **B. Outside Food During the School Day**
 - 1. Outside food brought into the school day for classroom activities, celebrations, rewards, or incentives should be reviewed by the school nurse.

- 2. Any food brought into the school setting must:
 - ○ Comply with federal and state Smart Snack regulations; and
 - ○ Be approved by building administration; and
 - ○ Be coordinated with the school nurse when students with known food allergies or medical conditions are present.
- 3. Staff shall not request or encourage parents/guardians to send food items for classroom use without administrative approval and consulting the school nurse.
- C. Classroom Celebrations & Rewards
- 1. When food is permitted for celebrations:
 - ○ Consideration must be given to students with food allergies and medical conditions.
 - The school nurse should be consulted when allergy concerns are identified.
 - ○ Food shall not be excluded in a manner that prevents student participation.
- D. Staff Responsibilities
- 1. All staff are expected to:
 - ○ Follow district Wellness Policy guidelines related to food
 - ○ Be aware of students with documented food allergies and health conditions
 - ○ Defer to the school nurse regarding health-related safety concerns
- 2. Staff shall not distribute food to students outside of approved guidelines, except as medically indicated and coordinated with the school nurse (e.g., diabetes management).
- E. Consistency Across Schools To ensure equitable and safe practices:
 - • Wellness expectations related to food, celebrations, and student health shall be applied consistently across all district schools.
 - • Schools shall not establish practices that conflict with district Wellness Policy.
- F. Communication The District shall communicate Wellness Policy expectations related to food allergies and outside food to:
 - • Staff •
 - Parents/guardians
 - • Community partners via district and school websites, handbooks, and other appropriate channels .
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- Physical Activity Goals

3. Students will receive at least 150 minutes of physical education per week (elementary) and 225 minutes per week (middle/high school) when possible.
4. Recess will be provided daily for elementary students, and it will not be withheld for punitive reasons.
5. Teachers will be encouraged to incorporate movement breaks during class.
6. 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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