

WELLNESS POLICY FLORENCE ELEMENTARY

Florence Elementary is committed to providing a school environment that promotes and protects children's health, well-being, and ability to learn by supporting healthy eating, physical activity and overall student health during the school day and beyond. School faculty and staff will be encouraged to serve as role models for healthy eating, physical activity and the implementation of the wellness policy. The following will be in place to help our school reach goals in coordinated school health and enhance student health and well-being.

Nutrition

- Nutrition topics will be included with the health education curriculum and taught at each grade level K-5.
- Teachers will provide nutrition education lessons that cover skill-based learning, such as reading a Nutrition fact labels.
- Students will be encouraged and provided opportunity for taste testing of healthy new foods and snacks during the Healthy Challenge program.
- School menu will list healthy choice options and include nutritional measurements of carbohydrates.
- Food Service Manager or staff will attend Boone County School District Training regarding nutritional education.
- All students will have access to free, safe, and fresh drinking water throughout the school day.
- Our school shall implement the nutritional standards required by federal and state laws and regulations. Those rules apply to our food program and to other food and beverages available during the school day.
- Food rewards or incentives will be limited in the classroom to encourage student achievement or desirable behavior.
- Classroom celebrations will focus more on physical activities and snacks/treats will be limited.

School Breakfast and Lunch Program

- All students will be provided breakfast and lunch through the USDA School Breakfast Program and National school Lunch Program.
- Morning bus routes will be scheduled to allow students to arrive at school in time to eat breakfast.
- Students will receive a pleasant environment in which to eat meals, with appropriate supervision. Students will be provided at least 20 minutes of seated time to eat lunch and at least 10 minutes for breakfast.
- School will share and publicized information about the nutritional content of meals with students and parents on school menu.
- School will comply with the Boone County School Nutrition Assessment regulations and policies.

Classroom Parties

- Classroom parties will consist of two (2) parties per year, Winter and Valentines. Additional parties will be at the Principal's discretion.
- A list of acceptable party items (food and non-food) will be distributed to parents at the beginning of the school year. Food items should be healthy choices for students with consideration to students that may have certain food allergies.

Physical Activity

All students shall participate in moderate to vigorous physical activity each day, as follows:

- Each student shall engage in at least 15 minutes of planned moderate to vigorous physical activity each day. With input for the teachers and the rest of the staff, the principal shall work out how this activity will be handled. The arrangements must fit within the limits of our building and staffing and be compatible with our school improvement plan.
- Each student shall participate in physical education class weekly.
- Each student shall have at least 20 minutes a day of supervised recess, preferably outdoors, during which the school staff shall encourage moderate to vigorous physical activity verbally. The school shall provide space and equipment to make that activity appealing to students.
- Participation in intramural sports, running club, or other structured physical activity before or after school will be an accessible for students.
- 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. When that is not possible, students should be given periodic breaks during which they are encouraged to stand and be moderately active.
- Students should not be deprived of recess or other physical activity as a consequence for behavior or academic performance.
- Appropriate accommodations shall be made for students with special needs, as required by law and sound professional judgment.
- Our school shall assess students' level of physical fitness in muscular strength, muscular endurance, flexibility, body composition, and cardio respiratory fitness at least once a year. The council shall select a assessment tool by the start of each school year, and the principal shall develop a schedule for completely that assessment.
- Physical education classes will be taught by a certified instructor and classes will have the same student/teacher ratio used in other classes (KRS 157.360 and KAR 3:190).
- Physical education program will be provided adequate space and equipment and follow all applicable safety standards
- Our Practical Living curriculum shall address the full Core Content, including health, consumerism, and physical education.
- The rest of our curriculum shall reflect an integrated concern for wellness, including connections to Science Social Studies, and other subjects.

Staff Wellness

Florence Elementary values the health and well-being of every faculty and staff member and shall support employees' efforts to improve their personal health and fitness so they can serve as role models and promote health of others. Each year our school will participate in the "GO RED" program for heart health, create a walking club, and offer a Lending Library of fitness equipment and resources for staff.

Tobacco

Tobacco is prohibited at all times in or on any property

FLORENCE ELEMENTARY SCHOOL
APPROVED SNACK LIST

FRUIT

ALL FRESH FRUIT
DOLE/DEL MONTE FRUIT CUPS
MOTTS APPLESAUCE CUPS
SUN-MAID RAISINS IN RED BOX

VEGETABLES

ALL FRESH VEGETABLES
SARA LEE BAGELS (PAIN, BLUEBERRY, CINNAMON RAISIN)
KELLOGG APPLE JACKS
KELLOGG CRACKLIN OAT BRAN
GENERAL MILLS GOLDEN GRAHAMS

COOKIES/BARS

KELLOGG NUTRI-GRAIN BARS (BLUEBERRY, MIXED BERRY, RASPBERRY, CHERRY, APPLE OR STRAWBERRY)
KEEBLER VANILLA WAFERS
NABISCO HONEY MAID SNACK BARS (OATMEAL RAISIN, OATMEAL)
KELLOGG ALL BRAN CEREAL BARS (HONEY OAT, BROWN SUGAR CINNAMON, OATMEAL RAISIN)
NABISCO BARNUM'S ANIMAL CRACKERS
GOLDFISH GRAHAM SNACKS
CHEESE IT PARTY MIX
TEDDY GRAHAMS
GOLDFISH- CHEDDAR, PARMESAN, PIZZA, FLAVOR BLASTED, PRETZEL

CRACKERS

NABISCO WHEAT THINS
KEEBLER CLUB CRACKERS
KEEBLER TOWNHOUSE CRACKERS
KEEBLER GRAHAM CRACKERS
NABISCO HONEY MAID GRAHAMS CINNAMON/ HONEY STICKS
RITZ CRACKERFULS- CLASSIC CHEDDAR, FOUR CHEESE, SHARP CHEDDAR
TRISCUIT- ORIGINAL AND THIN CRISPS
WHEAT THINS- ORIGINAL
SUNSHINE SALTINES

SALTY

PRINGLES
FRITO LAYS CHIPS- FRITOS, CHEETOS, DORITOS, RUFFLES
ROLD GOLD PRETZELS
POPCORN (CHECK LABEL)- POP SECRET, ORVILLE REDENBACHER, HEALTHY CHOICE
SUN CHIPS

DRINKS
Kool Aid

SWEETS

KONA ICE
SKITTLES
STARBURST FRUIT CHEWS
SMARTIES
RED VINES
TWIZZLERS
KELLOGG'S FRUIT SNACKS
NERDS
LAFFY TAFFY
JOLLY RANCHERS
HOT TAMALES
BACK TO NATURE BRAND CLASSIC CRÈME COOKIES
POPSICLE BRAND POPSICLES
HOSTESS CUPCAKES
HOSTESS TWINKIES, HOHOS, DING DONGS
KELLOGG BRAND RICE KRISPIE TREATS
DUM DUM SUCKERS
HERSEY KISSES
PIXIE STICKS
ROLOS
MILK DUDS
OREOS- REGULAR OR GOLDEN
KEEBLER FUDGE STRIPES, FUDGE GRAHAMS, GRASSHOPPER FUDGE MINT, E.L. FUDGE
NABISCO- LORNA DOONE SHORTBREAD
NABISCO FIG NEWTONS
CHIPS AHOY- CHOCOLATE CHIP, WHITE FUDGE
KRAFT CARAMELS
TOOTSIE ROLLS
SUGAR BABIES

CHEESE/ DAIRY

STRING CHEESE OR OTHER CHEESE
YOGURT IN INDIVIDUAL CUPS OR TUBES

JELLOS AND PUDDINGS

KRAFT HANDI-SNACKS—VANILLA AND CHOCOLATE PUDDING
JELLO GELATIN CUPS
DOLE FRUIT-N-GEL BOWLS
HERSEY CHOCOLATE PUDDING TUBES

ICE CREAM

TURKEY HILL ICE CREAM SANDWICHES
BREYERS ICE CREAM
DOLE FRUIT BARS- STRAWBERRY, GRAPE, RASPBERRY
MINUTE MAID JUICE BARS- CHERRY, GRAPE, ORANGE
BREYERS FRUIT BARS- STRAWBERRY, ORANGE, RASPBERRY
GOOD HUMOR- FUDGESICLES, POPSICLES, FIRE CRACKERS
TROPICANA FRUIT JUICE BARS
WELCH'S FRUIT JUICE POPSICLES

IMPORTANT Due to continual changes in manufacturer packaging and processing, PLEASE read the snack ingredients. If you have any questions please call the main office: 859-282-2610

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Hygiene

Florence Elementary values hygiene. We believe that educating students, families, and staff is the best way to avoid the spread of infection and disease. The promotion of essential healthy habits will increase student attendance and achievement. Research states that lower absenteeism will lead to higher student academic achievement. To help create a safe and healthier school culture, we have established a collaboration project with a local business, Union Springs. Our goal is to establish a higher level of personal hygiene at Florence Elementary and increase our student attendance.

• All students will receive hygiene information through our Health and Safety Fair annually.

• On-going mini-lessons will be taught to all students regarding personal hygiene and personal health.

• All students, staff, and parents will have access to MyClins hand sanitizer located in common areas including main office, clinic, gymnasium, cafeteria, and restrooms.

• Access will also be located outside of each homeroom classroom.

• All students, staff, parents, and community members will be able to participate in fundraising opportunities to establish healthy habits throughout their daily lives.

Evaluation

The principal or wellness committee shall notify the council if the policy needs to be amended. School Wellness Committee will meet and report annual to SBDM council about student BMI (body mass index) and strategies for improvement.

LEGAL REQUIREMENTS

The 2005 General Assembly passed Senate Bill 172. One part of SB 172 added a new section 11 to Kentucky's school-based decision-making law (KRS 160.345). Here are the provisions of that section:

- 1. "Each school council of a school containing grades K-5 or any combination thereof, or if there is no school council, the principal, shall develop and implement a wellness policy that includes moderate to vigorous physical activity each day and encourages healthy choices among students. The policy may permit physical activity to be considered part of the instructional day, not to exceed thirty minutes per day, or one hundred and fifty minutes per week."
- 2. "Each school council, or if there is no school council, the principal, shall adopt an assessment tool to determine each child's level of physical activity on an annual basis. The council or principal may utilize an existing assessment program. The Kentucky Department of Education shall make available a list of available resources to carry out the provisions of this subsection. "
- 3. "The department shall report to the Legislative Research Commission no later than November 1 of each year on how the schools are providing physical activity under this subsection and on the types of physical activity being provided."
- 4. "The policy developed by the school council or principal shall comply with provisions required by federal law, state law, or local board policy." [The bullets have been added for easier reading.]

POLICY IMPLEMENTATION

The provisions of this policy will be implemented to comply with provisions required by federal law, state law, and local board policy. If any specific requirement above does not fit with those rules, the principal will notify the council so that the policy can be amended to fit.

The principal will share this policy with the Kentucky Department of Education upon request for this information.

POLICY EVALUATION

We will evaluate the effectiveness of this policy through our School Improvement Planning Process.

Date Adopted:

3/13/13

Date Reviewed or Revised:

7/14/14

Council Chairperson's Initials

JH

Date Reviewed or Revised:

8/7/17

Council Chairperson's Initials

JH