

HOPKINSVILLE MIDDLE SCHOOL COUNCIL POLICY

District: Christian County

School: Hopkinsville Middle School

Council Policy Type	Policy Number
<u> </u> By-Laws (Council operational policies)	
<u> X </u> Function (School Operational Policies)	

Policy Topic Description **Wellness Plan Policy**

Statutory Authority –KRS 160.345(11)

Policy Statement

This policy is intended to act as a guide understanding nutrition and wellness at Hopkinsville Middle School.

Hopkinsville Middle School is committed to providing a school environment that enhances learning and develops lifelong wellness practices. Our school will encourage students to develop healthy habits of eating and physical activity. *Our plan is a brief guide to understanding nutrition and wellness. District policy will be followed.*

To accomplish these goals:

- The Child Nutrition Program will comply with federal, state, and local requirements. The Child Nutrition Program will be accessible to all children.
- Nutrition education will be promoted and provided to all students.
- Patterns of meaningful physical activity will connect to students' lives outside of physical education.
- School-based activities will be consistent with district wellness policy goals.
- All foods and beverages made available on campus during the school day, including vending, a la carte, snacks, and fundraising, will be consistent with the Board of Education requirements.
- All potentially hazardous or temperature controlled foods made available on campus during the school day will adhere to food safety and security guidelines.
- The school environment will be safe, comfortable, pleasing, and will allow ample time and space for eating meals.
- Physical activity will not be withheld as a punishment.
- Teachers and staff will be encouraged to model good nutritional behavior.

In response to the growing concern over childhood obesity and the onset of diabetes at the state, national, and international levels, the following Wellness Plan has been developed. The Hopkinsville Middle School's Wellness Plan meets the mandates of Federal Public Law (PL 108.265 Section 204).

- All foods made available on campus during the school day and in the extended school Services programs (ESS) will comply with the current federal, state, and local requirements as established by the USDA and the Kentucky State Board of Education requirements.
- School meals will meet the Child Nutrition Program requirements and nutrition standards found in federal regulations and the Kentucky State Board of Education requirements.
- Nutrition information will be readily available for menu and a la carte items served in the school lunch program.
- Foods of Minimal Nutritional Value (FMNV) will not be available to students during meal service times.
- Child Nutrition Program employees will be adequately trained in food service operations including food safety and sanitation.
 - All potentially hazardous or temperature controlled foods made available on campus during the school day will comply with the state and local food safety and sanitation regulations. A HACCP (Hazard Analysis Critical Control Point) Plan will be followed in the Child Nutrition Program to help provide assurance of proper food safety and sanitation practices.
 - To ensure the safety and security of the food, access to the food service operations will be limited to the Child Nutrition Program staff and authorized personnel. Organizations that use the Child Nutrition Program kitchen facilities will be required to hire a Child Nutrition Program employee to be present during the times that the kitchen is used by the group.
 - Guidelines for celebration snacks, vending, and fundraisers, during the school day will follow Kentucky State Board of Education requirements. The school principal or his/her designee will be responsible for communicating guideline information to parents, students, and employees, and for compliance of the guidelines.
 - School staff will ensure that the nutrition standards from the Kentucky Health are taught during appropriate elective classes.
 - The staff responsible for nutrition education will be adequately prepared and participate regularly in professional development activities to effectively deliver the nutrition education program. System and/or school-wide professional development in nutrition education will be offered yearly.

- Cafeteria displays will remind students of healthy, nutritional food choices.
- Monthly menus of the planned school lunches will be published and made available for students, parents and employees.

- Students will be encouraged by school personnel to begin each day with a healthy breakfast and continue with healthy food choices throughout the day.

All other district guidelines can be found in the Christian County District Wellness Policy.

Date Signed: 10/20/2025

Council Chairperson's Initials: AO

Date Reviewed: 09/27/2021

Date Reviewed: 09/26/2022

Date Reviewed: 09/25/2023

Date Reviewed: 01/11/2024

Date Reviewed: 02/03/2025

Date Reviewed: 10/20/2025