

Pembroke Elementary School

Wellness Policy 2.20

Purpose:

The purpose of Pembroke Elementary School's Wellness Policy is to make a commitment to provide a school environment to promote and protect our student's health, well-being, and ability to learn by supporting healthy eating and physical activity and will establish linkages between health education, school meal programs, and related community services.

Procedures:

Nutrition Education Assessment

An assessment of the Pembroke Elementary School's existing nutrition and physical activity environment will be completed annually to help review policy compliance, assess progress and determine areas in need of improvement. Pembroke Elementary School will utilize the Healthier Schools Program Inventory (Alliance for a Healthier Generation) to monitor improvements. The assessment consists of using an assessment tool/guide and creating an action plan to implement and achieve Pembroke's Elementary School's Wellness Policy Goals.

Nutrition, Promotion, and Education, Physical Activity, and Other School-Based Activities

Measurable Nutritional Goals

- Pembroke will adhere to 100% guidelines of the USDA National School Lunch Program.
- Pembroke shall encourage 100% healthy choices among students.
- Pembroke shall implement 100% of 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.
- In compliance with 702 KAR 006:090, any food item offered for sale on school property shall meet the established state requirements.
- Pembroke Elementary School will notify 100% parents and students of the availability of the School Breakfast and Lunch Programs.

- Food items brought into the school must be store bought with the ingredients label attached. No homemade items will be received or served to students.
- Drinking water is available 100% of the time to all students free of charge at all times during the school day.
- 100% of Pembroke Elementary staff are encouraged to model healthy behaviors and encourage students to choose fruits and vegetables to eat.
- Food and beverages shall not be used as a behavior management tool offered by staff unless it is specifically detailed in a student's IEP.

Nutrition Education

Pembroke Elementary School will promote wellness through high quality health education and physical education to enrich student learning and ensure success. Pembroke Elementary School provides nutrition education and physical education to foster lifelong habits of healthy eating and physical activity, and support a link between health education and school meals programs.

Physical Education

Pembroke Elementary School will promote wellness through high quality health education and physical education to enrich student learning and ensure success. Pembroke Elementary School provides nutrition education and physical education to foster lifelong habits of healthy eating and physical activity, and support a link between health education and school meals programs.

- Health Education and Physical Education Curriculums shall address the 100% of the Kentucky Core Academic Standards, including health, consumerism, and physical education.
- Health and Physical Education Curriculums shall be planned, sequential, and aligned to address 100% aspects of health.
- At the elementary school level, comprehensive health and physical education is provided to 100% of K-6 students once a week for 40 minutes. Some students receive these classes twice a week depending upon the rotation. 100% of K-6 students will also be provided Fitness Breaks or other similar based programs within their classrooms to promote physical activity and a healthy lifestyle. PD will be provided yearly from the Physical Education teacher. Students will also receive 15 minutes of recess daily.

Pembroke Elementary School Wellness Linkages

- Pembroke Health Education classes will serve as an advocate to provide students the knowledge of the food services available to them. Example: National School Lunch Program requirements
- The Pembroke Cafeteria Manager and staff will meet or exceed the annual continuing education/training hours required by the USDA's Professional Standards requirements.
- Pembroke Elementary School Health and Physical Education Curriculums shall address the full Kentucky Core Academic Standards, including health, consumerism, and physical education.
- Health and Physical Education Curriculums shall be planned, sequential, and aligned to address all aspects of health.
- The Health Education classes will have guest speakers come in from the community resources to educate students on different healthy choices related topics. Example: Health Department
- Pembroke Elementary School ensures the content of the Health and Physical Education is integrated into all content areas to meet the health and safety needs of all students. Example: Take Ten Activities or similar based programs will be incorporated into all K-6 lesson plans.

Monitoring Wellness Policy Practices

Pembroke Elementary School Wellness Practices will be monitored by the Wellness Committee. The committee will meet at least four times a year and will review the policy annually. The following criteria will be used to assess the program:

- The provisions of this policy shall be implemented to comply with provisions required by federal law, state law, or local board policy. If any specific requirement above does not comply with those regulations, the principal shall notify the SBDM council so the requirement can be amended to the policy.

Wellness Policy Communication Plan

The Wellness Policy Communication Plan will include, but not limited to, the following topics:

Competitive Foods

- Pembroke Elementary School competitive foods policy is in the student handbook. Also, students are taught from the first day each school year that outside food is prohibited in the building. Rules and policies are covered at the beginning of the school year and covered again after students return from Christmas break.
- 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.
- Competitive Foods Policy 07.111 will be reviewed with Pembroke Elementary School staff.

Commercially Prepared/Restaurant Meals

- Pembroke Elementary 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.
- In compliance with 702 KAR 006:090, any food item offered for sale through a vending machine, school store, canteen, or fundraiser on school property shall meet the established state requirements.
- Pembroke Elementary School's Cafeteria Manager will work closely with the parent(s) and/ or guardians(s) to make reasonable accommodations for students with disabilities or other special dietary needs.
- The Pembroke Elementary School Policy is in the student handbook. Also, students are taught from the first day of school outside food is prohibited in the building. Rules and policies are covered again after students return from Christmas break.

Prepared Foods Student/Adult

- Pembroke Elementary 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.

- In compliance with 702 KAR 006:090, any food item offered for sale through a vending machine, school store, canteen, or fundraiser on school property shall meet the established state requirements.
- Pembroke Elementary School's Cafeteria Manager will work closely with the parent(s) and/ or guardians(s) to make reasonable accommodations for students with disabilities or other special dietary needs.
- The Pembroke Elementary School Policy is in the student handbook. Also, students are taught from the first day of school outside food is prohibited in the building. Rules and policies are covered again after students return from Christmas break.

Pembroke Elementary School will implement the following strategies to communicate information about competitive foods, and commercially prepared/ restaurant meals and prepared meals to stakeholders:

- Students will be informed of the Wellness Policy (food and beverage practices) in the student handbook.
- Parents/Guardians will be informed of the Wellness Policy (food and beverage practices) through open house, the school website, and student handbook.
- The community will be informed of the Wellness Policy (food and beverage practices) through the school website and the student handbook.
- Teachers/Staff will be informed of the Wellness Policy (food and beverage practices) through professional development, planning period and faculty meetings.
- Counselors will be informed of the Wellness Policy (food and beverage practices) through professional development, district counselor meetings and details shared by the school administrators.
- Administration will be informed of the Wellness Policy (food and beverage practices) through professional development and district Administrator Academies.

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Second Reading: Dec. 19, 2016

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