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CROFTON ELEMENTARY SCHOOL COUNCIL POLICY

District: Christian County School: Crofton Elementary School

Council Policy Type Policy Number

_____ By-Laws (Council operational policies)

 X Function (School Operational Policies)

Policy Topic Description

Wellness Plan Policy

Statutory Authority-KRS 160L345(11)

Policy Statement

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

Purpose :

The purpose of Crofton 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 Crofton Elementary existing nutrition and physical activity environment will be completed annually to help review policy compliance, assess progress and determine areas in need of

improvement. Crofton 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 Crofton's Wellness Policy Goals.

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

Measurable Nutritional Goals

- Crofton Elementary will adhere to 100% guidelines of the USDA National School Lunch Program.
- Crofton Elementary shall encourage 100% healthy choices among students.
- Crofton Elementary 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.
- 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.
- Our school ensures the content of the Health and Physical Education

Curriculum and is 100%-integrated into all content areas to meet the health and safety needs of all students.

- All students at Crofton Elementary receive a comprehensive health and physical education.
- 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.
 - Crofton Elementary will notify 100% parents and students of the

availability of the School Breakfast and Lunch Programs.

- No outside food or drink is allowed at Crofton Elementary, unless it is specifically detailed in a student's Individualized Education Plan (IEP).
- Drinking water is available to 100% of the students free of charge at all times during the school day.
- Crofton Elementary will promote school fund-raising campaigns consisting of non-food items or health food options.
- 100% of Crofton 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 Individualized Education Plan (IEP),

Nutrition Education

Crofton Elementary School will promote wellness through high quality health education and physical education to enrich student learning and ensure success. Crofton Elementary 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 meal programs.

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Physical Education

Crofton Elementary School will promote wellness through high quality health education and physical education to enrich student learning and ensure success. Crofton Elementary 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 meal programs.

Crofton Elementary School Wellness Linkages.

- Crofton Health Education classes will serve as an advocate to provide students with knowledge of the food services available to them. Example. National School Lunch Program requirements. ● Crofton students and family members will be provided opportunities to provide both suggestions for school meals and other foods and beverages sold, served and offered on school campus and feedback on the meal programs and other foods and beverages sold, served and offered on school campus,
 - Crofton's Health Education 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.
 - Students shall receive 15 minutes of vigorous activity daily.
 - 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
 - Crofton Elementary ensures the content of the Health and Physical Education Curriculum and is frequently integrated into all content areas to meet the health and safety needs of all students,
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- All students at Crofton Elementary receive a comprehensive health and physical education.

Monitoring Wellness Policy Practices

Crofton Elementary School Wellness Practices will be monitored utilizing the following criteria:

- 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 s 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

- Crofton Elementary adheres to the district competitive foods policy and it is in the student handbook. Also, parents and students are taught from the first day of each school year 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 Crofton Elementary staff.

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Commercially Prepared/Restaurant Meals

- Crofton Elementary 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.
- The Crofton's Nutrition Personnel will work closely with the parent(s) and/or guardian(s) to make reasonable accommodations for students with disabilities or other special dietary needs.
- The Crofton Elementary policy is in the student handbook. Also, students are taught from the first day of school outside food is not 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.

Prepared Foods Student Adult

- Crofton 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.
- School Nutrition Personnel will work closely with the parent(s) and/or guardian(s) to make reasonable accommodations for students with disabilities or other special dietary needs.
- The Crofton Elementary policy is in the student handbook. Rules 6 and policies are covered at the beginning of the school year and covered again after students return from Christmas break.

Crofton Elementary School will implement the following strategies to communicate information about competitive foods, commercially prepared restaurant meals, prepared foods, beverages and vending machine sales to stakeholders:

- Students will be informed of the Wellness Policy (food and beverage practices) during the first week of school through their homeroom classes and in the student handbook.
- Parents/Guardians will be informed of the Wellness Policy (Food and beverage practices) through parent night, the Crofton Elementary website and in the student handbook.
- The community will be informed of the Wellness Policy (food and beverage practices) through the Crofton Elementary website and the student handbook.
- Teachers/Staff will be informed of the Wellness Policy (food and beverage practices) through professional development, faculty and planning period meetings.
- Counselors will be informed of Wellness Policy (food and

beverage practices) through professional development, district counselor meetings and details shared by the school administrators.

- Administration will be informed of Wellness Policy (food and beverage practices) through professional development and district Administrator Academies.