School Name:

| **Freedom Elementary**  |
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Name and Title of Person Completing the 2022-2023 School Wellness Plan:

| Leslie Lancaster |
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**Wellness, Physical Activity and Nutrition 09.2**

Christian County Public Schools is committed to providing school environments promoting and protecting children’s health, well-being, and ability to learn by supporting healthy eating and physical activity. To this end, the Board supports school efforts to implement the following:

* To the maximum extent practical, schools will participate in available federal school meal programs including the School Breakfast Program, National School Lunch Program (including after-school snacks), Summer Food Service Program, Fruit and Vegetables Snack Program, and Child and Adult Care Food Program (including suppers).

To the extent practical the Christian County Public Schools Food Service Director will ensure the school will participate in the available federal school meal programs.

| The following details describe the participation of CCPS in the federal meal programs: All CCPS Schools, which includes Freedom Elementary, participate in the School Breakfast Program, the National School Lunch Program including after school snacks in the elementary and middle schools as needed. Christian County Middle School serves as the preparation site for the Summer Food Service Program and meals are transported to designated feeding sites. These meals are available for children 2 years old to 18 years old. Christian County Public Schools does not participate in the Adult Care Food Program (including suppers).  |
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* Schools will provide and promote nutrition education and physical education to foster lifelong habits of healthy eating and physical activity and will establish linkages between health education, school meal programs, and related community services.

How will your school provide nutrition education to foster lifelong habits of healthy eating and physical activity?

| **Through lessons taught in health/PE****Visit from Health Department to discuss nutrition****Classroom teachers will incorporate Take 10 Wellness in classroom discussion** |
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 How will your school promote nutrition education to foster lifelong habits of healthy eating

 physical activity?

| **We encourage students to participate in the School Breakfast program****Incorporating the Baptist Health wellness program in classroom discussion as well as physical fitness classrooms** |
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How will your school provide physical education to foster lifelong habits of healthy eating and physical activity?

| **PE is taught to all students 2-3 times per week.** **All students have 30 minutes of wellness per day as documented in lesson plans****Extra PE is used as a reward for classrooms** |
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How will your school provide physical education to foster lifelong habits of healthy eating and physical activity?

| **PE is taught to all students 2-3 times per week.** **Freedom s philosophy is that all students participate in 15- 20 minutes a day outside utilizing the Baptist Health Fitness equipment****Freedom participates in the Christian County 100 Mile challenge in collaboration with the Hopkinsville YMCA** |
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How will your school establish linkages between health education, school meal programs, and related community services?

| **Health Department nutrition lessons****Extension office lessons****YMCA****Delta Wellness program** |
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**Nutrition Promotion and Education, Physical Activity, and other School-Based Activities**

Each school is to set measurable goals in providing nutrition education and engaging in nutrition promotion to positively influence lifelong eating behaviors.

What process will your school utilize to set measurable goals to provide nutrition education to positively affect lifelong eating behaviors?

| **Using lessons taught from the Health Department as well as the Extension office, students will learn how to plan and prepare healthy snacks that meet state nutritional guidelines.**  |
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What process will your school utilize to set measurable goals to promote nutrition education to positively affect lifelong eating behaviors?

| **Health and Wellness committee will review and establish the wellness plan to promote measurable goals that promote nutrition education that positively affects lifelong eating behaviors.** |
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How will your school offer activities and opportunities at each grade level than include a sequential, comprehensive, standards-based program designed to provide students with the knowledge and skills necessary to promote and protect their health?

| **Presidential Fitness Program for all grades****Standards based curriculum taught at each grade level that includes health and wellness****Gym show at the end of the year****Field Day****Strength and Stamina monitoring all year** **Extra PE is used as a reward for students** |
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How will your school offer activities and opportunities at each grade level not only as part of health education classes, but also integrated into classroom instruction in subjects such as mathematics, science, language arts, social sciences, and elective courses to provide and promote nutrition education and physical education?

| **Teachers will include health and wellness activities in classroom instruction a minimum of 15- 20 minutes per day documented in lesson plans.** |
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How will your school include enjoyable, developmentally-appropriate, culturally relevant, participatory activities, such as contests, promotions, taste testing, farm visits, and school gardens to promote nutrition education and physical education?

| **Teachers incorporate field trips to Christian Way Farms, collaborate with the 4-H extension office, Jeffers Bend, Walking Trail in Hopkinsville, Presidential Fitness program, Jump Rope for Heart** |
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How will your school promote fruits, vegetables, whole grain products, low-fat and fat-free dairy products, healthy food preparation methods, and health-enhancing nutrition practices?

| **With cooperation with the school wide cafeteria. The Delta Group comes and teaches food and nutrition to all classes during PE. Also the Delta group presents during a faculty meeting. 4-H Extension office also presents healthy choices.** |
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How will your school emphasize caloric balance between food intake and energy expenditure?

| **The Delta group comes to present lessons to the school as well as well as the cafeteria promotes choosing fruits and vegetables when serving lunch daily.** |
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How will your school promote and provide nutrition education that links with school meal programs, other school foods, and nutrition related community services?

| **Our cafeteria promotes healthy choices when students choose vegetables and fruits during meals. The 4-H extension office along with Delta group present nutrition programs to all students. We also work in collaboration with Baptist Health on fitness.** |
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How will your school provide all students with opportunities, support and encouragement to be physically active on a regular basis as provided by school/council policy? Freedom ’s wellness policy states that all students shall have a minimum of 30 minutes of wellness activity per day. Coach Mercer wrote a grant and in collaboration with Baptist Health we put in a new fitness playground.

Schools with K-5 organization, or configuration thereof, shall include in their wellness policy, moderate to vigorous physical activity each day in accordance with KRS 160.345 and Board Policy 02.4241?

| **Freedom has a wellness policy that states students shall have a minimum of 30 minutes of wellness activities per day.**  |
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How will your school implement the teaching of media literacy with an emphasis on food marketing?

| **Through instruction on reading food labels in nutrition programs along with math class instruction.** |
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How will the implemented teaching of media literacy include training for teachers and other staff in your school?

| **100 % of our teachers will be trained by May 2024 date.**  |
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**Nutrition Guidelines For All Foods**

Each school is to follow minimum federal and state nutrition standards. Below is suggested language for the District to choose from to reach District specific desired outcomes:

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

How will the school ensure “Competitive Foods” not authorized by the National School Lunch Act or Child Nutrition Act will not be sold to students on the school campus during the school day?

| **Parents are informed of school policies through school newsletters, and school handbook, about the national school lunch act.**  |
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How will your school communicate no “Competitive Foods” will be sold whether from vending machines, school stores or canteens, classrooms, teacher or parent groups that fail to conform with nutritional standards specified by federal and state regulations, from the midnight before until thirty (30) minutes after the end of the school day?

| **We do not sell food from vending machines to students. What food is sold is in compliance with federal guidelines, as well as this is communicated in the handbook.**  |
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How will your school communicate/enforce commercially prepared/restaurant meals shall not be delivered or brought to the school cafeteria during designated meal serving periods?

| **We tell parents they may not bring prepared foods to the school that are in a non-identifiable container. We have this in the handbook and if they come in with prepared food such as fast food, we tell them when they check in they may not bring it into the school. This is communicated in the school handbook. Also the wellness policy is located on the school website.** |
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How will your school communicate prepared foods brought to school for the student and adult consumption shall be in a non-identifiable container such as a lunch box or brown bag?

| **We tell parents they may not bring prepared foods to the school that are in a non-identifiable container. We have this in the handbook and if they come in with prepared food such as fast food, we tell them when they check in they may not bring it into the school.**  |
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How will your school communicate that students and or adults shall not bring bottled or canned carbonated beverages to be consumed during meal periods?

| **We tell parents they are not allowed to bring bottled or canned carbonated beverages to the cafeteria. This is also communicated in the school handbook. Signs are posted in the cafeteria.** |
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**Vending Machines 07.12**

How will your school communicate any sales from vending machines shall be in compliance with applicable state and federal law? The specifics should include competitive foods or beverages shall not be sold from vending machines from midnight before until thirty (30) minutes after the end of the school day. Middle and high schools will be able to offer vending machines at that time.

| **We do not sell from vending machines to students** |
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**Evaluation and Enforcement**

How will the school Principal/designee monitor compliance with established District-wide nutrition and physical activity wellness policies and related policies?

| **School principal and/or designee monitors the cafeteria and /or is in the front office when parents come in to the school.** |
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Annual Progress Report

How will your School Wellness Committee keep a log of its school wellness efforts to report to the district?

| **Sign in sheets, agendas, and lesson plans** |
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Provide a summary of your school’s wellness events and/or activities:

| **Presidential Fitness Awards, Panthers Kicking Cancer, Baptist Health, Gym Show, Career Fair, Jeffers Bend Activities, Christian Way Farms field trips, Collaborative lessons with Delta Heath Group, Bronze status with Let’s Move Active Schools.** |
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Provide the name and contact information of your school’s School Wellness Committee Chairperson:

| Grace Waldron Stewartjermey.mercer@christian.kyschools.us |
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Provide information on how individuals can get involved with your school’s wellness committee:

| **Contact the school wellness committee. It is developed first by volunteers and then by assignment.**  |
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**School Wellness Plan Communication**

How are you going to communicate your plan to staff, students and parents?

| Staff: Faculty meetings, email, staff newsletters, PLC meetings, SBDM |
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| Students: Morning assembly, classroom activities |
| Parents: Weekly newsletters, teacher webpages, SBDM |

What information do you have on your **school website** regarding your School Wellness Plan? Cut and paste the information below or print and attach it to this document.

| Wellness policy  |
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What information do you have in your **teacher/student handbook** regarding the School Wellness Plan? Cut and paste the information below or print and attach it to this document.

| Wellness policy |
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When was the date of the faculty meeting when you will or you did review your School’s Wellness Plan and staff members?

| DATE: TBD  |
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How will the School Wellness Committee evaluate the effectiveness of the School Wellness Plan?

| We have regular meeting scheduled with Lets Move Active Schools that the Wellness committee meets with along with other regularly scheduled meetings with the Wellness committee. The Committee decides if we have plans in place to continue on with Lets Move, and strive to reach the Silver level.  |
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| SBDM Approval1st Reading 7/29/20212nd Reading 8/23/2021SBDM Signatures |

*Leslie Lancaster*

*Principal*

*School Wellness Committee Chairperson*

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*Person Completing School Wellness Plan if other than the Principal*