

STUDENTS

Student Welfare and Wellness

PHILOSOPHY

Pineville High School is committed to providing a school environment that enhances learning and development of lifelong wellness practices.

CURRICULUM

Schools will align the curriculum and instruction to the Practical Living standards of the Kentucky Core Academic Standards regarding health and wellness. Personal Wellness, Nutrition, Safety, Psychomotor Skills and Lifetime Physical Wellness are the key areas that will be addressed utilizing a Coordinated School Health approach. In accordance with the Practical Living Program Review, schools will implement this policy via a school level wellness policy that is reviewed annually and goals for school wellness are included in the Comprehensive School Improvement Plan.

COORDINATED SCHOOL HEALTH PROGRAM

Pineville High School has an established Coordinated School Health Committee (CSHC) and to provide nutrition education and engage in nutrition promotion that is offered at each grade level as part of a sequential, comprehensive, standards-based program designed to provide students with the knowledge and skills necessary to promote and protect their health. The Coordinated School Health Council shall implement a process to engage students, parents, physical and/or health education teachers, school food service coordinator, school health nurse, school principal, school counselor and other interested community members in developing, implementing, monitoring, and reviewing this policy. The Committee will review the plan on a annual basis to ensure the wellness of the school community.

NUTRITION EDUCATION

The primary goal of nutrition education is to influence student's eating behaviors. Building nutrition knowledge and skills helps children make healthy eating choices. Children have to be healthy to learn and have to learn how to be healthy.

- a) Classroom nutrition education reinforcement and nutrition activity resources are provided by the cafeteria nutrition services through kitchen tours, food demonstrations, food tasting parties, and/or classroom nutrition education activities, this will mainly be done through the Family and Consumer Science curriculum
- b) Healthy eating is encouraged in the cafeteria through the use of visual mediums and decorative merchandising props. Nutrition education materials such as posters in the school cafeteria and around the school campus are used to promote good nutrition, which will be coordinated by the Food Service Coordinator
- c) The district website includes a nutrition site with link to information regarding the importance of healthy eating habits and promoting the school nutrition program as an avenue for balanced meals. A message about the Dietary Guidelines for Americans, the USDA's MyPlate, and other pertinent information is included..

PHYSICAL EDUCATION AND ACTIVITY

The primary goal for physical education is to provide opportunities for every student to develop the knowledge and skills for specific physical activities, maintain physical fitness, regularly

participate in physical activity, and understand the short-and long-term benefits of a physically active and healthy lifestyle. Each school will **utilize a Comprehensive School Physical Activity Program (CSPAP)** to increase the quality of the physical education instruction as well as increase physical activity opportunities throughout the school environment.

- a) Physical activity is integrated across curricula and thorough-out the school day. Movement can be made a part of science, math, social studies and language arts, etc. This is to be documented in teacher lesson plans
- b) Certified physical education teachers teach all physical education and fitness classes.
- c) Instruction for special health care needs is provided.
- d) Physical activity facilities on school grounds are safe. In case of the classes in gym, if students do not have gym shoes, they will not be allowed on floor in sock feet, instead they must walk on the walking track.
- e) Pineville High School students will be given the opportunity to walk in the old gym before school, beginning at 7:30 a.m., in an effort to give all students an opportunity to exercise before and/or after school programs that promote physical activity for students.
- f) Pineville High School will encourage families and community members to institute programs that support physical activity and provide families with information to help them incorporate physical activity into their student's lives, by encouraging the use of the walking track and weight room..
- g) School staff members serve as role models for students for health and wellness, schools will engage staff to be involved in employee wellness programs.

NUTRITION STANDARDS FOR ALL FOODS AVAILABLE ON SCHOOL CAMPUS DURING THE SCHOOL DAY

Student's lifelong eating habits are greatly influenced by the types of foods and beverages available to them. Standards address all foods and beverages sold or served to students, including those available outside of school meal programs. The standards focus on increasing nutrient density, decreasing fat and added sugars, and moderating portion size.

- a) Child Nutrition Programs comply with federal, state and local requirements.
- b) Reimbursable school meals meet the program requirements and nutrition standards set forth under 7 CFR Part 210 (lunch and after school snacks) and Part 220 (breakfast) and are characterized by daily choices of entrees and fruits and vegetables and at least three types of milk. All guidance issued by the Secretary of Agriculture pursuant to subsections (a) and (b) of section 10 of the Child Nutrition Act (42 U.S.C. 1779) and sections 9(f)(1) and 17(a) of the Richard B. Russell National School Lunch Act (42 U.S.C. 1758(f)(1), 1766(a)), as those regulations and guidance apply to schools is followed.
- c) Child Nutrition Programs ensure that all students have affordable access to the varied and nutritious foods they need to stay healthy and learn well.
- d) Menus are planned by the Manager of Food Services to ensure a balance between optimal nutrition and student acceptance.
- e) Menus are analyzed for nutrient content to ensure that the proper targets with regard to fat and saturated fat are met and other guidelines are followed..
- f) Only whole grains are offered on the menu.
- g) Offering milk, containing 1% or less fat, with school meal.

- h) Healthy preparation techniques are primarily used, i.e. baking foods, instead of frying. Portion size controls are implemented.
- i) School nutrition program staff responds to requests from students with special dietary needs.
- j) All schools abide by the nutritional standards for food and beverages that are in the administrative regulation promulgated by the Kentucky Board of Education, as required by [KRS 158.854](#).
- k) All schools abide by the provisions of [KRS 158.854](#) dealing with competitive food sales.

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OTHER SCHOOL-BASED ACTIVITIES DESIGNED TO PROMOTE STUDENT WELLNESS

Policies established under this category create a school environment that provides consistent wellness messages that are conducive to healthy eating and being physically active.

- a) Pineville high school environment is safe, comfortable, pleasing, and allows ample time and space for eating meals.
- b) Pineville school district encourages all students to participate in school meals program and provides free meals for students, regardless of income.
- c) Local wellness policy goals are considered in planning all school-based activities (such as school events, field trips, dances, class parties or reward programs and assemblies).
- d) Support for the health of all students is demonstrated by hosting health clinics, health screenings, and helping to enroll eligible children in state children's health insurance programs, with the help of the FRYSC director and local community agencies.
- e) All foods made available on campus comply with the state and local food safety and sanitation regulations.

MEASUREMENT AND EVALUATION

The Pineville High School SBDM council will oversee the implementation and evaluation of the policy recommendations. The SBDM council shall periodically measure and update the public on the content and progress of implementation of its school wellness efforts. The report shall include:

1. Extent to which Pineville High School is in compliance with this policy;
2. A comparison of how Pineville High School measures up to model wellness policies provided by recognized state and national authorities; and
3. A description of the measurable progress made towards reaching goals of the Pineville High School wellness policy and addressing any gaps identified in the wellness report for the previous year.