

# Dawson Springs Independent School System

## Local Wellness Policy

### **Rationale:**

The link between nutrition, physical activity, and learning is well documented. Healthy eating and activity patterns are essential for students to achieve their full academic potential, full physical and mental growth, and lifelong health and well-being.

Dawson Springs Independent School System is committed to providing school environments that promote and protect 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:

- All students will have opportunities, support, and encouragement to be physically active on a regular basis as provided by school/council policy.
- Foods and beverages sold or served during the school day are consistent with the current Dietary Guidelines for Americans.
- To the maximum extent practicable, schools will participate in available federal school meal programs.
- 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.

All district schools shall promote their local wellness policy to engage students, parents, physical and/or health education teachers, school food service professionals, school health professionals, school board members, school administrators, and other interested community members in developing, implementing, monitoring, and reviewing this policy.

A copy shall be posted on the district's website.

### **Commitment to Nutrition**

- Meals served through the district's food services program shall comply with the National School Lunch and/or Breakfast standards for meal patterns, nutrient levels, and calorie requirements for the ages/grade levels served, as specified in 7 CFR 210.10 or 220.8, as applicable.
- All schools will provide breakfast through the USDA School Breakfast Program.
- School meals and snacks will meet the meal patterns and nutrition recommendations of the Federal and State Laws and Regulations and local requirements.
- Every effort will be made to provide affordable, healthy, and appealing foods to students in a clean, pleasant setting that minimizes distractions.

- School Nutrition Personnel will work closely with the parent(s) and/or guardian(s) to make reasonable accommodations for students with disability or other special dietary needs. Meal modification forms must be completed and signed by a physician or other medical authority.
- School cafeteria managers shall annually receive at least twelve (12) hours of continuing education in applied nutrition and healthy meal planning and preparation (KY Senate Bill 172)
- Schools will notify parents and students of the availability of the School Breakfast and Lunch Program.
- Drinking water is available to students free of charge at all times during meal service.
- The District will follow the Smart Snacks in School standards for all food and beverages sold to students on school campus during the school day.
- Food rewards are discouraged.
- All schools shall maintain compliance with the District's Competitive Foods policy, which summarizes federal and state regulations prohibiting the sale or serving of competitive foods and beverages (vending machines etc.) until at least 30 minutes past the end of the last lunch period.
- For the safety and well-being of our students, parents and teachers may bring food in for their child's meal only, during these times.
- Staff and parents should receive guidance from the school on foods appropriate to serve to students.
- To ensure that all foods served to children are safe and sanitary, all items provided by personnel or parents/others at school must be purchased and pre-packaged, rather than homemade, and include an ingredient label to address food allergies, diabetic concerns and other related health concerns.

### **Nutrition Education and Promotion**

Our school is encouraged 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;
- is part of health education classes and classroom instruction in subjects such as math, science, language arts, social sciences, and elective subjects;
- promotes fruits, vegetables, whole grain products, low-fat and fat-free dairy products, healthy food preparation methods, and health-enhancing nutrition practices;

### **Commitment to Physical Activity:**

School will provide physical education for all students as required by Federal and State Laws and Regulations and local requirements.

- Schools will provide a physical and social environment that encourages safe and enjoyable activity for all students.
- Provide a comprehensive physical education curriculum that is sequential and aligned to the Kentucky Core Academic Standards for practical living.
- Teachers are encouraged to incorporate physical activity into subject areas and in attempt to ensure physical education curriculum is integrated and includes regular opportunities for cross-disciplinary connections.
- Students will be engaged in moderate to vigorous physical activity at least 50% of physical education class time.
- Physical education requirements are not waived for disciplinary reasons.
- All teachers who teach health education are encouraged to participate in annual professional development on effective practices for physical education for a minimum of 3 contact hours.

### **Commitment to Implementation:**

- A Local Wellness Committee consisting of a group of individuals representing the school and community will meet a minimum of 2 times a year to assess school wellness efforts.
- The school's wellness goals will be integrated into the overall School Improvement Plan.
- Family members and guardians have the opportunity to provide input to the implementation of wellness policy activities.
- Staff will be encouraged to model healthy behaviors and encourage students to make good nutrition choices and promote the benefits of physical activity.
- School physical activity equipment will be available for use by staff before or after school to support employee wellness.

### **MONITORING**

The Local Wellness Administrator-Kristin Merrill & Food Service Director Angelia Blanchard will monitor compliance with this and related policies.

The District and School level will be monitored for compliance with these policies in his/her school and will report on the school's compliance as directed by the Superintendent.

Every two-three years, the wellness committee will review the latest national recommendations pertaining to school health and will update the wellness policy accordingly.

### **PROGRESS REPORT**

The District 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 the District is in compliance with this policy;

2. A comparison of how the District 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 District wellness policy and addressing any gaps identified in the wellness report from the previous year.

The Local Wellness Committee shall conduct a quantitative assessment of policy implementation every three years using the Wellness School Assessment Tool-Implementation (WellSAT-I) or the School Health Index.

The triennial progress report will be posted on the district website. The report will include an assessment on compliance, the extent to which our wellness policy compares to model wellness policies, and progress made in achieving goals.