



# Wellness

**Purpose** – Campbell Ridge is committed to providing a school environment that promotes and protects children’s health, well-being, and ability to learn by supporting healthy eating, physical activity, and overall health and wellness. Therefore, it is the policy of the Campbell Ridge SBDM Council to encourage healthy eating and physical activity as a part of daily life. School faculty and staff serve as role models for students and are the key to successful implementation of this student wellness program. The intent of this policy is to make it easy for all to make healthy decisions by making health and wellness a fact of daily life at Campbell Ridge.

### Council Policy Type

- Legally Required Policy
- Additional Policy Topic
- Additional SISI Policy

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**Signature**

\_\_\_\_\_  
(Council Chairperson)

**Signature**

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(Superintendent)

## **Nutrition Education and Wellness Promotion**

### **Nutrition Education**

- Nutrition topics included in the Practical Living/Career Studies Core Content will be taught at every grade level.
- The SBDM Council will ensure the PL/CS curriculum is organized in grade-level appropriate units of learning or adopt a comprehensive nutrition education program.
- Nutrition education will encompass a “skills-based” approach, i.e. learning to read a nutrition label.
- Nutrition education will be provided to staff, students, and parents throughout the school year in a variety of formats including through the school website, email, newsletters, presentations, etc.

### **Nutrition Environment**

- Student needs and input will be sought when planning for a healthy school environment through the use of surveys, taste tests, and activities.
- Labeling and design in the cafeteria, and throughout the school, will emphasize healthy choices.
- Educational materials will not include the marketing of unhealthy food choices.

## **Standards for USDA Child Nutrition Programs and School Meals**

### **School Breakfast & Lunch**

- Campbell Ridge will provide breakfast through the USDA School Breakfast Program. Morning bus routes will be scheduled to allow students to arrive at school in time for breakfast or breakfast will be available in to-go containers for consumption in the classroom.
- Campbell Ridge will provide occasional food promotions and offer incentives to encourage taste testing for new healthy foods being added to the menu and to increase participation in the breakfast program.
- Campbell Ridge meals will comply with the current USDA Dietary Guidelines for Americans.

- The Campbell County school district will ensure that food service directors and/or food service managers receive professional nutrition training.
- Students will be provided with a pleasant environment during meals with appropriate supervision. After getting food (5 minutes or less), students will be provided with adequate seated time (at least 20 minutes) to eat lunch.
- Campbell Ridge will provide information about the nutritional content of meals with students and parents on the school breakfast and lunch menus or on Campbell County district webpage.
- Parents may block the purchase of “extras” from their child’s cafeteria account.
- Students are encouraged and monitored to eat at least half of their entrée and vegetable or fruit before having a sweet or “extra” snack. Students who consistently do not eat their lunch will be brought to the attention of a school administrator by the cafeteria monitor.

## **Nutrition Standards for Competitive and Other Foods and Beverages**

### **Competitive Foods and Beverages**

- The use of vending machines for drinks, soft drinks and water, are not permitted for use by students during the school day.
- All milk served at school meals will be low fat. 1% white milk may also be served in 8 ounce containers. Juice served must be 100% fruit juice and will be served in at least 4 ounce containers. Milk, water, and orange juice are the only beverages that can be served during school meals. Juicy Juice is available for an extra charge. Access to free drinking water will be provided during all meals. Students shall have access to drinking water in the classrooms at all times (water fountains or water bottles at their desk).
- No restaurant food may be brought to school to be consumed during school meal times.
- Ala carte items sold in the cafeteria shall adhere to the same criteria as items from the Healthy Snack List below, or the criteria in the Snacks in the Classroom section of this policy.

### **Snacks in the Classroom**

Classroom teachers will develop procedures to ensure that classroom snacks do not present a disruption to learning within the following guidelines:

- Specific times for snacks will be allotted.
- Snacks must be packaged in individual servings, require no preparation, and be able to be eaten with fingers at the students’ desks while they continue to take part in class activities. Classrooms with food allergy considerations will develop a plan for snacks in coordination with the school nurse and communicate that plan to all the families in the classroom.
- Students are not required to bring a snack to school.
- Snacks that are disruptive to the learning process, i.e. do not meet the healthy guidelines listed above, and/or require too much space, time, or effort to consume will not be allowed. The Principal will make the final determination as to whether or not a snack will be allowed and will notify parents.
- Snacks must be listed on the Healthy Snacks list below (also printed in the student handbook) or adhere to the following guidelines:
- Fat – No more than 35 percent of total calories from fat and 7 grams maximum per serving. Saturated Fat and Trans Fat – No more than 10 percent of calories from saturated fat and/or trans fat and 2 grams maximum per serving.

- Added Sugar – No more than 35 percent by weight and 15 grams maximum per serving (excludes sugars naturally occurring in fruits, vegetables and dairy).

### **Healthy Snack List**

Fresh vegetables	Fresh fruit	Granola bars
Cereal Bars	Pretzels	Cheese crackers
Air popped popcorn	Dried fruit	Gold fish crackers
String cheese	Dry cereal (healthy choices only)	Sun chips
Baked chips	Yogurt – squeeze tubes	Raisins
Trail mix	Animal crackers	Wheat crackers
Vanilla wafers	Rice cakes	Baked tortilla chips

### **Snacks for Classroom Parties**

- Sweets, in moderation, will be allowed for classroom parties. The classroom teacher will work with party organizers to ensure that healthy snacks are available and that sweets are provided in moderation.

### **Birthday Treats**

Due to the prevalence of food allergies and special diets, food treats to celebrate birthdays are not allowed.

- Non-food treats (pencils, stickers, etc) are highly encouraged to celebrate birthdays.
- Campbell Ridge recognizes student birthdays each day on the morning announcements.

### **Fundraising**

- Food sales for fundraising are highly discouraged and require prior approval of the Principal. Health and wellness principles embodied in this policy may not be compromised through food sales for fundraising.

### **Food as Reward**

- Classroom rewards involving food require prior approval from the Principal.
- The use of food as an instructional material requires prior approval from the Principal.

### **Physical Education and Physical Activity**

- All students will be scheduled for physical education instruction in accordance with state law (minimum 45 mins/week). A curriculum in which core content regarding physical education standards are being taught through grades K-5 shall be in place.
- All students shall participate in moderate to vigorous physical activity each day as follows:
  - Each student shall engage in at least 3 sessions of moderate to physical activity each day in the morning, after lunch, and in the afternoon. This can occur in several ways:
    - Recess after lunch can always be 1 session, provided students' physical activity is moderate to vigorous.
    - On days when students have PE, that counts as another session.

- Other participation opportunities will include Take 10!, walking the bus loop 2-3X, walking the hallway 2-3X, and running the perimeter of the basketball court in the gym, etc.
- Teachers shall make all reasonable efforts to avoid periods of more than forty minutes when students are physically inactive. When possible, physical activity should be integrated into learning activities. When that is not possible, students should be given periodic breaks during which they are encouraged to stand and be moderately active.
- Physical education classes will be taught by a licensed instructor and classes will have the same student/teacher ratios used in other classes, per state law (KRS 157.360 and 702 KAR 3:190).
- The physical education program will be provided adequate space and equipment and follow all applicable safety standards. The school will provide the necessary space and equipment to make the activity meaningful, purposeful, and beneficial for all students.
- The school district will ensure that PE staff receive adequate training in PE and receive professional development on a yearly basis.
- PE credit will not be given for participation in sports. Sports and academic activities may not take place of physical education. Students shall not miss or be deprived of physical education activity to make up for other academic time.
- Participation in intramural sports, wellness/fitness clubs, or other structured physical activity before or after school will be an option for all students.
- The district is encouraged to promote the use of school facilities outside of school hours for physical activity programs offered by community-based organizations.
- Students shall not regularly lose recess or physical activity as a consequence for behavior or academic performance. Alternate physical activities and/or loss of choice at recess can be used as an alternative consequence. For instance, rather than losing recess for misbehavior, a student could be made to walk the perimeter of the playground, thus remaining active while losing their choice of activities. For students that regularly lose recess for lack of homework, an alternative consequence should be found in cooperation with the school administration. Regular means more than once/week.
- Each student will have at least 15 minutes a day of supervised recess. When the temperature is above 32 degrees, recess will occur outdoors and teachers will encourage the students verbally to engage in moderate to physical activity. The school will provide adequate space and equipment to give the students a variety of options to maintain moderate to vigorous activity.
- Appropriate accommodations shall be made for students with special needs, as required by law and sound professional judgment.
- Campbell Ridge will assess students' level of physical activity at least once per year. The council shall select an assessment tool by the start of each school year. Results of the assessment shall be reported to parents by the end of the second trimester. Assessments that may be used include the Presidential Fitness Test or the Fitness Gram Test.

**Health Screenings**

- Campbell Ridge will conduct hearing screenings on all Kindergarten, 1<sup>st</sup> grade, and 4<sup>th</sup> grade students each year and with new students upon enrollment. Vision screenings will be conducted on all students in grades 1-5.

**Evaluation**

- This policy shall be evaluated yearly on a schedule in accordance with the Council's regular schedule for evaluating all policies and by an advisory committee tasked to address health and wellness.
- The Principal shall adopt procedures for implementing this policy including communicating the policy to the entire school community through a variety of means.