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Southgate Public School Wellness Policy

Southgate School 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 student health. Therefore, it is the policy of Southgate Independent School District that the following will be in place to enhance student health and well-being, and that staff will be encouraged to model healthy eating and physical activity as a valuable part of daily life. School faculty and staff serve as role models for students and are the key to successful implementation of student wellness programs. Inclusion of staff wellness in the policy can help schools reach goals in coordinated school health.

Nutrition

Nutrition Education

- Nutrition topics will be included within the comprehensive health education curriculum and taught at every grade level K-8.
- School will provide nutrition education lessons that cover skills-based learning, such as reading a nutrition facts label.
- School will consistently link nutrition education activities with coordinated school health program areas such as health education, physical activity, and parental and community involvement.
- Nutrition education will be provided to parents quarterly.
- To increase exposure to a variety of healthy foods, students will be offered local, seasonal, cultural, and/or ethnic foods. These foods will be offered periodically through the school meal program.
- The district will ensure that food service managers and staff receive professional development annually.

Nutrition Environment

- Education materials will be free of brands and images of unhealthy foods.
- Fresh fruit or vegetables will be available as a snack choice daily. Bagged snacks will be offered once a week on Fridays.

School Breakfast and Lunch Programs

- The school will provide breakfast through the USDA School Breakfast Program.
- Students will be provided with a pleasant environment in which to eat meals, with appropriate supervision. After getting food, students will be provided with adequate, seated time to eat lunch (at least 20 minutes) and breakfast (at least 10 minutes).

- The school will support students and staff with complying with current USDA Dietary Guidelines for Americans. All school meals will comply with the current USDA Dietary Guidelines for Americans (<http://www.cnpp.usda.gov/dietaryguidelines.htm>).
- The school will provide occasional food promotions to encourage taste testing of healthy new foods being added to the menu.
- The district will share and publicize information about the nutritional content of meals with students and parents (i.e. on school website).

Competitive Foods and Beverages

- There will be no vending machines available to students.
- On Fridays, there will be a limit of one bagged snack per student.
- Bagged snacks in the cafeteria will be limited to Fridays.

Rewards, Fundraising, and Celebrations

- Food rewards or food incentives will not be used in classrooms to encourage student achievement or desirable behavior (i.e. treasure or prize boxes).
- If food items are sold for fundraising, they must be approved by administration using the guideline of 2 per quarter (excluding Market Day sales). Approval will be on a first come, first serve basis. This applies to all fundraising before, during, and after school during days that school is in session through 5:00 p.m. on Friday.
- Classroom celebrations will focus on activities, rather than food.
- Snacks are prohibited to be brought to school on birthdays. Instead, students will be recognized school-wide on their birthday.
- Classroom party food (i.e. Christmas, Halloween, Valentine's Day) should follow the Wellness Committee template. Parents should sign up with homeroom teacher prior to the party to ensure the template is being followed.

Physical Education and Physical Activity

- The Physical Education classes will follow a research based curriculum. All students in grades K-8 will be scheduled for physical education instruction in accordance with state law.
- 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 district will ensure that Physical Education staff receive adequate training in PE and receive professional development on a yearly basis.
- The Physical Education program will be provided adequate space and equipment and follow all applicable safety standards.
- All 1-8 students will receive 150 minutes of physical activity per week (which includes at least 45 minutes of PE instruction per week).
- Elementary Teachers will provide daily physical activity breaks to all students during the school day, which may be integrated into learning activities (i.e. go noodle, energizers, Take 10!, or brain breaks).

- Participation in intramural sports, 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 the school hours for physical activity programs offered by community-based organizations.
- Staff members will not deny participation in recess or other physical activity opportunities as a form of discipline or punishment, unless the safety of students is in question, or all other options have been exhausted and notification of school administration has occurred. In addition, all elementary students will have daily recess.

Staff Wellness

- The district values the health and well-being of every faculty and staff member and shall support employees' efforts to improve their personal health and fitness so they can serve as role models and promote the health of others, including students. Examples of wellness programs for school and staff members include, but are not limited to, health screenings, physical activity and fitness programs, nutrition education, weight management, smoking cessation, influenza vaccinations, and stress management.

Tobacco

Certified and Classified Personnel, and Visitors

- Use of tobacco is prohibited at all times in or on any property owned or operated by the Board. In addition, use of tobacco in any form shall not be permitted in outdoor facilities owned or operated by the Board during all district-sponsored activities, including sporting events.

Students

- Students are not permitted to use or possess any tobacco products on property owned or operated by the Board, inside Board-owned vehicles, on the way to and from school, and during school sponsored trips and activities. Students who violate these prohibitions while under the supervision of the school shall be subject to penalties set forth in the local code of acceptable behavior and discipline.
- Use of tobacco in any form shall not be permitted in outdoor facilities owned or operated by the Board during all district-sponsored activities, including sporting events.

Rental of School Facilities

- Tobacco is prohibited at all times in or on any property owned or operated by the board during all district-sponsored activities, including sporting events.

Cessation

- The district will make tobacco cessation resources and referrals available to employees (i.e. Quit Line resources, smoking cessation classes, referral to employee assistance program, and/or assistance with obtaining nicotine replacement therapy) and to students (i.e. referrals or cessation programs, such as ASPIRE).

Evaluation

- School administration will ensure compliance with district wellness policy standards by the end of the first quarter of the school year.
- The Wellness Committee will meet at least two times annually to review, monitor, and evaluate the implementation of the school wellness policy, student health outcomes, and the effectiveness of programs and program elements. The wellness policy will be revised as necessary by the Wellness Committee.

Sources: National Association for Sport and Physical Education, National Association of State Boards of Education, Institute of Medicine, KY Senate Bill 172, Action for Healthy Kids, and the Northern Kentucky Independent District Health Department.

Created by the Southgate Wellness Committee, May 2012.