

SCHOOL-BASED DECISION MAKING POLICY

School: Okolona Elementary School

Subject of the Policy: #18 – Wellness

Policy Statement

At Okolona Elementary School, we believe in educating the whole child. The purpose of the wellness policy is to ensure that all students are provided a healthy environment that promotes wellness to aid student learning and success. Student health has an impact on academic performance through increased attention span and improved classroom behavior/conduct. It is positively correlated with increased achievement and test scores.

At Okolona Elementary School, students will receive instruction to promote making healthy choices to be implemented through:

Goals for nutrition education

- The physical education (PE) / health education Kentucky Academic Standards (KAS) will be taught across disciplines and throughout the school environment.
- Foods and practices in the school environment will be consistent with nutrition education taught.

Goals for physical education/physical activity

- All students shall participate in a KAS-based physical education (PE) class.
- Every student will participate in KAS-based moderate to vigorous physical activity (MVPA) at Okolona each day, not to exceed 30 minutes a day. This will be part of the instructional day.
- Since this MVPA is counted as instructional time, it cannot be withheld or taken away as a form of punishment
- Teachers shall make a reasonable effort to avoid long periods when students are physically inactive by providing classroom physical activity.

Goals for nutrition promotion

- The school will regularly provide opportunities for all students to become health literate by practicing nutrition education skills which establish, promote, and support health-enhancing choices.
- The school will provide an environment of scientifically-based nutrition messages throughout the school, within classrooms, and in school marketing that will be consistent with nutrition education and promotion.
- All food sold to students during the school day (from midnight until 30 minutes after the last bell) will be smart-snack-appropriate to enhance the health of our students and comply with the federal Smart Snacks in School requirements.

Goals for other school-based activities to promote student wellness

- Food used as a reward or to celebrate holidays, birthdays, etc., should be discouraged. However, if food is a part of classroom parties or celebrations, only healthy snacks and beverages will be provided that meet Smart Snack in School Standards (7CFR210.11) Teachers will communicate with families about appropriate classroom celebration guidelines.
- When food/beverage items are used as rewards/celebrations they shall not be served until 30 minutes after the close of the last lunch period (JCBE policy 07.111 Competitive Foods) and must meet Smart Snack calculations for all food and beverages sold or served to students.
- Okolona Elementary will maintain the Alliance for a Healthier Generation Smart Snack calculations for all food and beverages sold or served to students
- In an effort to promote healthy food choices, visitors are prohibited from bringing their child fast food lunches to school. Consider enjoying the health offerings and drinks in the cafeteria or bringing their own healthy lunch option.

A plan for measuring implementation

- Okolona Elementary School is striving to implement the district-level wellness policy via a school-level wellness policy that is reviewed annually and strategies for school wellness are included in the School Improvement Plan (SIP).
- The school will complete the annual School Physical Activity and Nutrition Report and will identify areas for improvement for the coming year. This meets the annual requirement for KRS 158.856/KRS 160.345.

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Second Reading: 11.20.24

Adopted: 11.20.24

Signature: _____

(SBDM Council Chairperson)