

Local Wellness: Policy VS Plan

Local Wellness Policy

In accordance with 7 CFR 210.31, each Local Educational Agency (LEA) establish and follow a local school wellness policy (LWP) for all schools participating in the National School Lunch Program and/or School Breakfast Program under the jurisdiction of the LEA.

The Local Wellness Policy is intended to be a useful tool in establishing, evaluating, and maintaining a healthy school environment and promoting transparency to the public on key areas that affect each school's nutrition environment regarding applicable minimum federal standards.

The wellness policy identifies "WHAT" wellness requirements must be implemented at the school district level, however the policy only provides general direction allowing for specific actions to be determined by the Local Wellness Plan Team.

Local Wellness Plan

The wellness plan describes how the LEA will implement the written policy. The plan for implementation should be updated to meet emerging needs and priorities of the community in addition to addressing local, state, or federal requirements.

The wellness plan generates as strategy that describes "HOW" the wellness policy requirements will be implemented into the school environment to address the goals and objectives identified by Local Wellness Plan Team.

The wellness plan includes descriptive objectives and action steps which include timelines and measures of success that explain the wellness policy's broad goals, is more easily customizable for your district's needs as this does not need board approval, and allows for more creative implementation.

Wellness Plan

This document, referred to as the “wellness plan” is intended to accompany policy which has been adopted by the board to comply with the requirements for a school wellness policy that follows 7 CFR 210.31.

Effective Date
July 1, 2026
Last Date Updated
September 2, 2026

School Official (name and title) Responsible for Implementation and Oversight
Jessica Holt – Director of School Nutrition

Local Wellness Plan Team

Name	Title	Start Date
Jessica Holt	Director of School Nutrition	July 1, 2016
Kevin Reynolds	RSES Principal	July 1, 2023
Collin Darnell	RSES PE Teacher	July 1, 2024
Kimberlee Webb	SES Principal	July 1, 2015
Josh Root	SES PE Teacher	July 1, 2025
Lori Loy	JES Counselor	July 1, 2015
Zach Smith	JES Principal	July 1, 2024
Sarah Aaron	RCMS Principal	July 1, 2024
Eric Bennett	RCMS PE Teacher	July 1, 2015
Jordan Turner	RCHS Principal	July 1, 2026
Stacy Vanhoosier	RCHS PE Teacher	July 1, 2020
Patty Meece	District Health Nurse	July 1, 2015
Tracy Miller	IIA Specialist	July 1, 2015
Jamie Shearer	Title 1 Coordinator	July 1, 2024

Notification

Description of how stakeholders are provided with an opportunity to participate in the development, implementation and review of policy.

The Russell County Schools wellness committee will convene a representative District Wellness Committee (DWC) that meets at least four times per year to establish goals for and oversee school health and safety policies and programs, including development, implementation, periodic review, and update of this district-level wellness plan.

At least annually, the District will actively invite parents/caregivers, students, representatives of the school food authority, physical education teachers, school health professionals, Board members, school administrators, and members of the general public to participate in the development, implementation, review, and update of the wellness policy and plan. Invitations will be distributed through the district website, email, school communications, and other district-wide communication methods.

The District will develop and maintain an implementation plan that identifies roles, responsibilities, actions, measures, and timelines for each school. Each principal or designated school wellness lead will ensure implementation within the school and will collaborate with the DWC to monitor compliance. Each school will maintain an ongoing school-level wellness team or designate a wellness lead to review school practices at least twice each school year and report needs and progress to the DWC.

The implementation plan will include specific goals and objectives for nutrition standards for foods and beverages available on campus, food and beverage marketing, nutrition promotion and education, physical education, physical activity, employee wellness, and other school-based activities that promote student wellness.

Description of how content, implementation and progress is shared with stakeholders.

Russell County Schools will actively inform families and the public each year of basic information about this plan, including its content, any updates to the plan and implementation status. The District will make this information available via the district website and/or district-wide communications. The District will provide as much information as possible about the school nutrition environment. Annually, the District will also publicize the name and contact information of the District/school officials leading and coordinating the committee, as well as information on how the public can get involved with the school wellness committee.

Russell County Schools are committed to being responsive to community input, which begins with awareness of the wellness plan. We will actively communicate ways in which representatives of DWC and others can participate in the development, implementation and periodic review and update of the wellness plan through a variety of means appropriate for that district. We will also inform parents of compliance with school meal standards, availability of child nutrition programs, and a description of and compliance with Smart Snacks in School nutrition standards. We will use electronic mechanisms, such as email or displaying notices on the district's website, to ensure that all families are actively notified of the content of, implementation of, and updates to the wellness plan, as well as how to get involved and support the plan.

Russell County Schools will actively notify the public about the content of or any updates to the wellness plan annually.

Evaluation

Description for measuring implementation of policy.

At least once every three years, Russell County Schools wellness committee will evaluate compliance with the wellness plan to assess the implementation of the plan and include:

- The extent to which schools under the jurisdiction of Russell County Schools are in compliance with the wellness plan;
- The extent to which Russell County Schools wellness plan compares to the Alliance for a Healthier Generation's model wellness plan; and
- A description of the progress made in attaining the goals of the District's wellness plan.

The position/person responsible for managing the triennial assessment and contact information is Jessica Holt – Russell County Schools Director of School Nutrition. 270-866-6300.

The DWC, in collaboration with individual schools, will monitor schools' compliance with this wellness plan. Russell County Schools will actively notify households/families of the availability of the triennial progress report

Following each triennial assessment, the DWC will review the findings and recommend revisions needed to strengthen the wellness policy and plan, correct areas of noncompliance, and address emerging district needs. Approved plan revisions will include responsible persons and implementation timelines. Board policy revisions will be submitted through the District's policy-adoption process.

Date of last Triennial Assessment

September 2, 2026

Recordkeeping

Each local educational agency must retain records to document compliance with the requirements of CFR 210.31. Please list where you maintain the following records:

Written local school wellness policy

The local school wellness policy is available by request. This information is found on the district website: www.russell.kyschools.us. A copy of the local wellness policy can be found in the KSBA online portal. A copy of the district wellness plan is maintained in the office of the Director of School Nutrition as well as the local wellness plan team at each school in the district. A copy will be shared upon request.

Documentation demonstrating compliance with community involvement requirements, including requirements to make the local school wellness policy and triennial assessment available to the public.

To demonstrate compliance with the following requirements, a screen shot of the public website is taken at the beginning of each school year and maintained in the local school wellness binder. The website is checked on a regular basis to ensure information is accurate and still available.

Documentation of the triennial assessment of the local school wellness policy.

A copy of the most recent Well-Sat Assessment can be found in the local school wellness binder.

Specific Goals

Please input your District's objectives in the left column. In the right column, provide comprehensive Action Steps detailing the strategies to accomplish each listed objective.

Nutrition Education Goals

Objective	Action Steps
The District will model, encourage and support healthy eating by all students in order to promote lifelong habits of healthy eating.	It is the intent of the District to protect and promote student's health by permitting advertising and marketing for only those foods and beverages that are permitted to be sold on the school campus, consistent with the District's wellness policy.
Nutrition education will be integrated into other classroom instruction through subjects such as math, science, language arts, social studies and elective subjects when possible.	Elementary students will receive nutrition instruction activities at least once per 9 weeks in core classes. Teachers will use evidence based strategies to present this instruction.
Provide sequential and comprehensive nutrition education to all students in grades K-12.	- Elementary students will receive nutrition instruction at least once every nine weeks. - Middle and high school students will receive age-appropriate nutrition education through health, science, family and consumer sciences, physical education, or other required coursework during each grade span. - The written curriculum will build knowledge and skills progressively and will be reviewed at least once every three years.

Objective	Action Steps
Nutrition education will be skill-based, behavior-focused, interactive, and connected to the school food environment.	• Instruction will include opportunities to practice reading food labels, planning balanced meals, selecting healthy foods and beverages, understanding portion sizes, and applying food-safety skills. • Teachers and school nutrition staff will coordinate opportunities that connect classroom learning with school meals, cafeteria promotions, taste tests, and other food-based learning activities.
Nutrition education will address agriculture, local foods, and the food system.	• Age-appropriate instruction will address how food is grown, produced, transported, prepared, and disposed of; the role of local agriculture; and the environmental and community effects of food choices.

Nutrition Promotion Goals

Objective	Action Steps
The District will promote healthy food and beverage choices for all students throughout the school campus, as well as encourage participation in school meal programs.	• Whole fruit options are displayed in attractive bowls or baskets (instead of chaffing dishes or hotel pans). • Sliced or cut fruit is available daily. • Daily fruit options are displayed in a location in the line of sight and reach of students.
The District will provide students with an environment that allows students an opportunity to practice healthy eating and physical activity. Nutritional messages will be displayed in the cafeteria as a reminder for students to see the importance and benefits of choosing healthy foods.	• All schools within Russell County Schools are committed to offering school meals through the NSLP and SBP programs as well as other applicable programs that are accessible to all students, are appealing and attractive to children and are served in clean and pleasant settings. • All staff members, especially those serving, have been trained to politely prompt students to select and consume the daily fruit or vegetable options with their meal. • Alternative entrée options are highlighted on posters or signs within all service and dining areas

Objective	Action Steps
Increase student participation in school breakfast programs.	• Encourage use of grab and go meal service at each school in the district. • Additionally, we will discuss and plan to implement a second chance breakfast at Russell County High School.
School meals will meet federal nutrition requirements, and students will have adequate time and access to water during meals.	• Meals served through the National School Lunch Program and School Breakfast Program will comply with USDA meal pattern and nutrition requirements in 7 CFR 210.10 and 7 CFR 220.8. • Free drinking water will be available for self-service in or immediately adjacent to each cafeteria during breakfast and lunch meal service. • Schools will schedule at least 10 minutes of seated eating time for breakfast and at least 20 minutes of seated eating time for lunch after students receive their meals.
The District will support a high-quality school nutrition program through trained staff and local procurement.	• All school nutrition directors, managers, and staff will meet the annual continuing education and training requirements of USDA Professional Standards for School Nutrition Professionals. • The School Nutrition Director will purchase and feature locally grown or produced foods in school meals when available and consistent with applicable procurement, food-safety, and Buy American requirements, and will document local purchasing efforts annually.

Physical Activity

Objective	Action Steps
Provide age-appropriate, sequential physical education curriculum to all students.	The District physical education program will promote student physical fitness through individualized fitness and activity assessments (via the Presidential Youth Fitness Program (or modified version) or other appropriate assessment tool) and will use criterion-based reporting for each student.

Objective	Action Steps
All students will be provided equal opportunity to participate in physical education classes. The District will make appropriate accommodations to allow for equitable participation for all students and will adapt physical education classes and equipment as necessary.	All District elementary students in each grade will receive physical education for at least 45 minutes per week throughout the school year. All District secondary students (middle and high school) are required to take the equivalent of one academic year of physical education
Maintain a written K-12 physical education curriculum aligned with Kentucky Academic Standards for Physical Education.	• The curriculum will identify grade-level outcomes, promote lifelong physical activity, and be delivered by appropriately certified or qualified teachers. • Physical education teachers will receive annual professional learning related to curriculum, assessment, inclusion, and current best practices.
Provide regular physical activity during the school day in addition to physical education.	• Elementary students will receive at least 20 minutes of supervised recess on each full school day. Recess will be scheduled in addition to physical education. • Schools will provide brief classroom physical activity opportunities or movement breaks during the school day, as appropriate for student age and instructional needs. • Physical activity will not be used as punishment, and recess, physical education, or other physical activity will not be withheld as punishment or to complete academic work.
Expand opportunities for students and families to be physically active before, during, and after school.	• Schools will offer age-appropriate before- or after-school physical activity opportunities through clubs, intramurals, interscholastic athletics, open-gym activities, walking programs, or similar options. • The District may enter joint- or shared-use agreements that make school physical activity facilities available to students, families, and the community outside the school day. • Schools may recognize student achievement with physical activity opportunities, provided participation is safe, inclusive, and never used to embarrass or punish a student.

Objective	Action Steps
Ensure equitable participation and consistent physical education requirements for all students.	- All students will participate in physical education unless an accommodation, adapted program, or exemption is required by an individualized education program, Section 504 plan, medical documentation, or applicable law. - Substitution of other courses, activities, athletics, or programs for required physical education will be allowed only when specifically permitted by Kentucky law or District graduation requirements.

Other School Based Activities

Objective	Action Steps
The District will promote to parents/caregivers, families, and the general community the benefits of and approaches for healthy eating and physical activity throughout the school year. Families will be informed and invited to participate in school-sponsored activities	The District will promote information regarding healthy eating and physical activity by posting updated information to the school website. Each school will also make information readily available to families through communication sent home.
When feasible, the District will offer annual professional learning opportunities and resources for staff to increase knowledge and skills about promoting healthy behaviors in the classroom and school.	The District will offer professional development opportunities to interested staff as well as staff in nutrition and physical activity areas to increase knowledge and skills.
Support employee wellness and encourage staff to model healthy behaviors.	- The District will provide employees with information and opportunities that support healthy eating, physical activity, stress management, preventive care, and tobacco-free living at least annually. - Staff members will model healthy eating and physical activity behaviors when participating in school-sponsored wellness activities and when eating or being active with students.
Coordinate wellness implementation at the school level.	Each principal or designated school wellness lead will coordinate implementation, review progress at least twice each school year, maintain supporting documentation, and communicate needs and accomplishments to the DWC.

Food and Beverage Marketing Guidelines on School Grounds

Standards
All foods and beverages that are marketed on school grounds must meet Smart Snack standards. This includes vending machines and posters.
The USDA Smart Snacks in School standards and product calculator will be available through the USDA website at https://www.fns.usda.gov/tn/smart-snacks-school .
The restriction applies during the school day to product names, brands, logos, trademarks, characters, and other marketing displayed on school buildings, grounds, buses, athletic areas, scoreboards, vending machines, educational materials, websites, posters, containers, and equipment owned or leased by the District.

Nutrition guidelines for all foods and beverages available but NOT SOLD on school grounds

Standards
Schools are encouraged to limit birthday and other classroom celebrations involving food. When food or beverages are provided, schools should promote healthier choices and consider nonfood activities whenever practical. Each school may establish reasonable procedures for classroom celebrations.
Schools are encouraged to use nonfood rewards and incentives whenever practical and to limit the routine use of food or beverages as rewards for academic performance or student behavior. Food will not be withheld from a student as punishment.
Free drinking water will be available to students during meal service. Students will also have reasonable access to drinking water throughout the school day, consistent with individual school procedures.
District-sponsored before- and after-school programs are encouraged to provide nutritious foods and beverages. Programs participating in a USDA child nutrition program will follow the applicable program meal pattern and nutrition requirements.

Nutrition guidelines for all foods and beverages available SOLD on school grounds

Standards
All foods and beverages sold to students on school grounds from midnight before the school day until 30 minutes after the end of the school day must comply with USDA Smart Snacks in School standards and 702 KAR 6:090. This requirement applies to a la carte sales, vending machines, school stores, snack bars, and other points of sale.
Food and beverage fundraisers conducted during the school day must meet Smart Snacks standards unless the fundraiser is specifically approved as an exemption permitted by Kentucky requirements. The District will document and monitor all approved exemptions and will not exceed the state-authorized limit.
Foods and beverages sold to students in District-sponsored before- or after-school programs on school grounds will meet USDA Smart Snacks standards. Sales at events open to the general public outside the school day will follow applicable District and event requirements.
Only caffeinated foods and beverages permitted under USDA Smart Snacks standards may be sold to high-school students. Caffeinated foods and beverages will not be sold to elementary or middle-school students during the school day.