

Stephens Elementary Site Based Council Policy 24.00

Stephens Elementary Wellness Policy

(KRS 160.345)

Purpose:

Stephens Elementary is committed to providing a school environment that promotes and protects children's health, well-being, and ability to learn by supporting physical activity, healthy eating, and overall student health.

Nutrition:

- Nutrition Education will cover skills-based learning, such as reading a Nutrition Facts Label.
- Healthy school food choices will be posted each day, to link healthy daily food choices to students' daily lives and to market the importance of understanding a healthy lifestyle. Unhealthy food choices will not be marketed in the classroom or cafeteria setting.
- All students will have access to the School Breakfast Program (USDA) as well as the National School Lunch Program.
- Students will be provided with a safe cafeteria environment in which to eat their meals. After getting their food, students will be provided with adequate, seated time (at least 20 minutes) to eat lunch and (at least 10 minutes) to eat breakfast.
- Stephens will follow the Boone County Nutrition Standards for school meals which correspond with USDA standards. Nutrition information is available for all school meals (ex: calories, saturated fats, sugars).
- Boone County Food Service is in full compliance with all regulations including limiting sugar, fat, sodium, and calorie content during and outside of the National Breakfast and Lunch Programs as well as all of the USDA meals outside of school.
- No drinks and/or snacks will be sold outside of the school hours. This includes but is not limited to soda, milk, or any other type of beverage. Snacks will be available to students who stay after school for tutoring or enrichment services, at no cost to the student.

Other Food and Beverage Options:

- Soft drinks or food items from vending machines will not be available to any students on school grounds.
- Food and beverage items will not be sold at school stores.
- All a la carte items available to students through the Boone County Breakfast and Lunch Programs meet the guidelines adopted by the Kentucky Board of Education. Nutritional information is available for all items served in the Boone County School Food Service Program.
- All students will have access to free, safe, and fresh drinking water throughout the school day.

Physical Education and Physical Activity

- Physical Education classes (K-5) will be taught following a research-based curriculum as well as the Kentucky Core Content Standards and National Standards.
- All Physical Education classes will be taught by a licensed instructor and classes will have the same student/teacher ratio used in other classes, per state law (KRS 157.360 and 702 KAR 3:190)

- Physical Education teachers will receive annual Professional Development Trainings.
- All students will have access to 150 minutes of physical activity per week (weather permitting), which will include 50 minutes of Physical Education, waivers will be accepted on a case-by-case basis. .
- Adequate equipment and facilities will be provided to the physical education program. This equipment and facilities will follow the necessary safety standards.
- Participation in intramural sports/activities or other structured physical activity may be available to all students.
- Outdoor facilities are available for community use before/after school hours.
- Staff members will not deny any student from participating in PE2 (SAT) or other physical activity opportunities as a form of discipline, punishment, or lack of task completion for more than the equivalent of 5 minutes a day
- Teachers will ensure students have no more than 60 minutes of physical inactivity at a time.

SEB - Social-Emotional Wellness

- We are committed to focusing on the whole child. Students will have access to social-emotional learning experiences such as:
 - Daily SEB Instruction
 - Monthly Lessons provided by School Counselor
 - Small Group Counseling provided by School Counselor
 - Opportunities for individual check-ins with School Counselor as needed

Evaluation:

The school council shall annually review the policy and timeline and make revisions as necessary to ensure continued school improvement.

Date Adopted: 3/2/22

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Date Reviewed/Revised: 10/22/25

Date Reviewed/Revised: _____