

## SCHOOL-BASED DECISION MAKING

**School Name:** Stopher Elementary

**Subject of the Policy:** Wellness

### *Policy Statement*

At Stopher 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 Stopher Elementary, students will receive instruction to promote making healthy choices to be implemented through the following:

- Goals for Nutrition Education
  - The practical living/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.
  
- Goals for Physical Education (PE)/Physical Activity
  - All students shall participate in a KAS-based PE class.
  - Every student will participate in KAS-based, moderate-to-vigorous physical activity (MVPA) 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.
  - The school uses a Comprehensive School Physical Activity Program (CSPAP) to increase physical activity opportunities through the school environment.
  - Teachers shall make a reasonable effort to avoid long periods when students are physically inactive by providing classroom-based physical activity.
  
- Goals for Nutrition Promotion
  - The school will regularly provide opportunities for all students to become health-literate by practicing nutrition education skills that 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 and served to students during the school day (from 12 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 in School Standards until 30 minutes after the last bell.
  - Stopher 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 asked to refrain from bringing their child fast-food lunches to school and consider enjoying the healthy offerings and drinks in the cafeteria or bringing their own healthy lunch option.
- A Plan for Measuring Implementation
  - Stopher Elementary will complete the required annual school wellness assessment as per district policy "Student Welfare and Wellness" 09.2.

**Date of First Reading:** 12/10/21

**Date of Second Reading:** 1/21/22

**Date Adopted:** 1/21/22

**Date Reviewed:**

**Signature:** \_\_\_\_\_



(SBDM Council Chairperson)