

## Fairview Elementary Wellness Policy

Fairview Elementary will comply with all Kentucky legal requirements for K-5 and Federal legal requirement for all schools which participate in the National School Lunch and/or Breakfast Program. Fairview Elementary will also comply with the Fairview Independent District Wellness Policy and the FISD Coordinated School Health Policy.

### PHYSICAL ACTIVITY PLAN

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All students will participate in moderate to vigorous physical activity each day, as follows:

1. Each student will engage in at least 15 minutes of planned ***moderate to vigorous physical activity each day***. With input from the staff, the principal (or principal designee) will work out how this will be implemented. The arrangements must fit within the limits of our building and staffing and be compatible with our school improvement plan.
2. Each student will participate in physical education 45 minutes each week throughout the school year.
3. Each student will have at least 18 minutes a day of supervised recess. Weather permitting, recess will occur outdoors as often as possible and teachers will encourage the students verbally to engage in moderate to vigorous physical activity. The school will provide space and equipment to make that activity possible and appealing to students.
4. Teachers will make all reasonable efforts to avoid periods of more than 30 minutes when students are physically inactive. When possible, physical activity will be integrated into learning activities. When that is not possible, students will be given periodic breaks during which they are encouraged to stand and move in some direction.
5. Students will not be deprived of recess or other physical activity as a consequence for behavior or academic performance.
6. Accommodations will be made according to students' abilities, as required by law and sound professional judgement.

### HEALTHY CHOICE PLAN

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Health choices amount students will be encouraged using the following methods:

1. Implementing the nutritional standards required by federal and state laws and regulations which apply to our food program and to other food and beverages available during the school day.
2. Implementing a practical living curriculum, which addresses the standards for health education, physical education, and consumerism.

3. Integrating all content areas by making connections to health and wellness and by incorporating movement-based activities when possible. The Fisd Coordinated School Health Committee Policy and the Fisd Wellness Policy will be followed regarding the integration of health education and physical education instruction throughout the school environment.

#### GUIDELINES FOR FOOD OUTSIDE THE CAFETERIA

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To help promote healthy nutrition in our school, the following policy extracted from the district wellness policy will be met:

#### Vending / Ala Carte Policy

##### Section 1. Definitions:

- School day means the period of time between the arrival of the first student at the school building and the end of the last instructional period.
- School day approved beverage means water, 100% fruit or vegetable juice, and low fat milk.
- Competitive food means any food or beverage item sold or served in competition with the National School Breakfast and National School Lunch programs, excluding any food or beverage sold a la carte in the cafeteria.

##### Section 2. Sales

- Competitive food and ala carte sales shall not be permitted in schools during the school day.
- Cafeteria's will encourage healthy food choices and display informational posters in the cafeteria as well as what is being served each day for breakfast and lunch.
- Our schools shall implement the nutritional standards required by federal and state laws and regulations.
- Parents may block the purchase of "extras" from their child's cafeteria account.
- There will be no outside food brought in from fast food restaurants from students or parents. Students will not be allowed to order for delivery of these foods during school hours.

##### Section 3. Food Served for fundraising

- Food items will not be sold to students as a fund-raiser during the school day.
- Schools are encouraged to use items other than food items as fund-raisers.

##### Section 4. Food Served at School Parties

- School parties must be held in compliance with the competitive food rule, at least 30 minutes past the end of the last lunch period.
- To insure that all foods served to children are safe and sanitary, all items served at school parties must be purchased rather than homemade. Site Based Councils at the elementary will determine how many parties are permitted in a classroom per year and notify teachers.

#### Section 5. Food as a Reward

- Principals and teachers will not use food or beverages as rewards for academic performance or good behavior. If food is used as a reward, it must not be given to the child until at least 30 minutes past the end of the last lunch period, and still meet the Smart Snack Rule.
- School meals, breakfast, lunch or dinner will not be withheld as a punishment.

#### Section 6. Food Served in After School Programs

- All foods served in organized, after school programs or activities must utilize the After School Snack Program or follow the nutritional guidelines for that program as established by USDA. Those standards can be obtained from the School Nutrition Office or on USDA's web site.

### ASSESSMENT TOOL

We will **assess students' level of physical activity and physical fitness at least once a year.**

1. The principal (or designee), with collaboration from teachers and parents with wellness expertise, will select an assessment tool. Once the council has adopted a tool, it will remain in use unless the principal (or designee) recommends a change.
2. The principal (or designee) will develop a schedule for completing the assessment during the last month of school.
3. The principal will report the results of the wellness assessment data to the council annually.
4. The council in coordination with the Fisd Wellness Committee will discuss the results of the report and decide if appropriate wellness goals are included in the school improvement plan or if they need to be added or revised.

### POLICY IMPLEMENTATION

The provisions of this policy will be implemented to comply with provisions required by federal law, state law, and local board policy. If any specific requirement above does not fit within those rules, the principal will notify the council so that the policy can be amended to fit.

**The principal will share this policy with the Kentucky Department of Education upon request for this information.**

#### POLICY/PROGRAM EVALUATION

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The Fairview Coordinated School Health Committee will collect and analyze data in order to do the following:

- Recommend adjustments to the wellness policy
- Help ensure quality health education instruction throughout the school environment
- Help ensure time allocated daily for physical activity/movement opportunities throughout the school environment.

The Fairview Elementary SBDM Council will evaluate the effectiveness of this policy based on the feedback from the FISS Coordinated School Health Committee and through our annual school improvement planning process.

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Approved at FISS Board Meeting 3-31-16