



# FISD COORDINATED SCHOOL HEALTH POLICY

The FISD Coordinated School Health Policy consists of eight components organized in a set of procedures and activities designed to promote and sustain the health of students, staff, parents, and community members.

The Fairview Independent School District involved a team of school personnel, parents, and community partners as members of the FISD Consolidated School Health Committee. Listed below are all the members who reviewed the guidelines of a Consolidated Health Policy as well as multiple policies from other school districts and who created, reviewed, and updated the current Consolidated Health Policy for the Fairview Independent School District. This committee has met 4 times during the school year.

<b>Name</b>	<b>Affiliation</b>
<b>Anderson, Catherine</b>	<b>Ashland/Boyd Health Department</b>
<b>Barker, Paula</b>	<b>Boyd County Extension Office-4-H program assistant</b>
<b>Burch, Bill</b>	<b>Ashland Breakfast Kiwanis</b>
<b>Claar, Crystal</b>	<b>FMS/FHS Parent/FHS teacher</b>
<b>Cook, Kathryn</b>	<b>YMCA-Fitness Wellness Supervisor</b>
<b>Cooksey, Brett</b>	<b>Fairview High School - PE/Health teacher</b>
<b>Dornon, Christi</b>	<b>Fairview Elementary - Principal</b>
<b>Carey, Ashley</b>	<b>Fairview Resource Youth Service Center</b>
<b>Hale, Eric</b>	<b>Fairview High School-Principal</b>
<b>Lambert, Rick</b>	<b>Fairview HS/ES-PE teacher</b>
<b>Lucas, Tonia</b>	<b>FHS-Counselor</b>
<b>McClelland, Holli</b>	<b>Fairview HS-Health</b>
<b>Morrison, Christy</b>	<b>OLBH, Nutrition</b>
<b>Morrison, Jason</b>	<b>FISD, Technology Director</b>
<b>Nunley, Ronne</b>	<b>Pathways Director</b>
<b>Price, Carrie</b>	<b>Fairview Elementary, teacher</b>
<b>Price, Valerie</b>	<b>Fairview High School, health teacher</b>
<b>Reihs, Angie</b>	<b>FES Parent/FHS Teacher</b>
<b>Sorrell, Kristen</b>	<b>FISD-Special Education Director</b>
<b>Rebecca Stahler</b>	<b>Boyd Ext Office - 4-H Youth Development Agent</b>
<b>Stanley, Chad</b>	<b>Fairview High School, Art teacher</b>
<b>Stevens, Sharon</b>	<b>FISD BOE Member</b>
<b>Swentzel, Pam</b>	<b>Fairview District Media Specialist</b>
<b>Taylor, Michael</b>	<b>FISD Superintendent</b>
<b>Tyson, Marshall</b>	<b>Pathways</b>
<b>Virgin, Diane</b>	<b>FES - Nurse</b>
<b>Whitt, Cindy</b>	<b>FISD Director-Food Services</b>
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## **Fairview Independent School District**

### **Coordinated School Health Policy**

The coordinated school health program model consists of eight interactive components, organized in a set of procedures and activities designed to promote and sustain the health of student, staff, parents, and community members. The approach is coordinated to improve student's health and their capacity to learn through the support of families, schools, and communities united efforts.

#### **Key Strategies for building a strong foundation for nutrition and physical activity**

- Address physical activity and nutrition through a Coordinated School Health Program (CSHP)
- Designate a school health coordinator and maintain an active school health council and develop a plan for improvements.
- Assess the school's health policies and procedures.
- Strengthen the school's nutrition and physical activity policies.
- Implement a high-quality health promotion program for school staff.
- Implement a high-quality course of study in health education.
- Implement a high-quality course of study in physical education.
- Increase opportunities for students to engage in physical activity.
- Implement a quality school meals program
- Ensure that students have appealing, healthy choices in foods and beverages offered outside of the school meals program.

#### **Component 1: Health Services**

**Goal:** Services will provide for students to appraise, protect, and promote health. These services are designed to ensure access to primary health care services or both, foster appropriate use of primary health care services, prevent and control communicable disease and other health problems, provide emergency care for illness or injury, promote and provide optimum sanitary conditions for a safe school facility and school environment, and provide educational and counseling opportunities for promoting and maintaining individual, family, and community health.

1. The district will have a school health committee in place. The committee will be comprised of school personnel, parents, and community partners. This committee will meet

at least 3-times/school year to assess school wellness.

2. Students grades 1, 3, and 5 will participate in annual vision/hearing/height/weight screenings.

3. Students with a medical condition requiring school accommodations will have a written health plan, which will be reviewed annually as long as accommodations are necessary. Examples are, but not limited to asthma, severe food allergies, diabetes, and seizures.

4. A minimum of, but not limited to, 2 employees per building will be trained in first aid/cpr/aed.

5. All employees will be trained in bloodborne pathogens annually. Employees will also be trained in KDE and other mandated trainings such as suicide prevention, first aid, medication administration, etc., as needed.

6. All students presenting to the front office ill/injured will be assessed by a trained staff member who has been trained in first aid. An injury/illness report will be completed. Parents will be notified for temperature above 100, vomiting, communicable disease, injuries requiring more than simple first aid, all head injuries, and anything else that the trained staff member feels the need to communicate to the parent/guardian.

7. All students presenting ill to the front office will be assessed for fever and communicable disease. Student will be sent home for temperature at or above 100.4, vomiting with illness, diarrhea with illness, contagious process, and as deemed necessary by trained office staff.

8. The School Health Coordinator will be informed of all injuries requiring more than simple first aid. Examples include the following: possible musculoskeletal injuries, need for skin sutures, fainting episodes, seizure activity, and any other situation that the front office staff deems necessary to communicate.

9. Automated External Defibrillators (AEDs) will be accessible within the 3 school buildings at all times if needed in the event of a cardiac arrest. Also, an AED is available in the gymnasiums and at the football field.

10. 911 is to be notified immediately for any life threatening events.

11. Principal and Central Office will be communicated to on as needed basis regarding serious illnesses/injuries.
12. All medication administered to students will be done so by a trained staff member only and district medication policy must be followed at all times.
13. Medical equipment will be assessed annually and as needed for calibration.
14. A safe physical environment will be maintained. Employees, students, and parents are encouraged to report unsafe conditions to the Principal.
15. All head athletic coaches will be trained in CPR/First Aid/AED every 2 years.
16. A standardized Wellness Policy evaluation documenting policy compliance will be completed annually by each building Principal and forwarded to the Superintendent. This report will be due June 30 of every school year. The Superintendent will report to the board annually at the November board meeting.
17. SBDM minutes need to reflect a consideration of the importance of access to breakfast and lunch in the decisions regarding the school day schedule.
18. KY immunizations must be current on all students enrolled. Expiration notices will be sent out by attendance clerks or the district health coordinator. All students who fail to bring in updated certificates by notice deadline will be sent home until updated records are received.
19. KY physicals must be on file for all students enrolled. All preschool and P1 certificates are due upon enrollment. Transferring students have 30 days from time of enrollment. Enrolling employees will track 30-day deadlines and report status to School Health Coordinator.
20. Certified birth certificates must be on file for all students upon enrollment. The certified birth certificate must be presented by the parent. A copy will be made by the enrolling employee. The employee will mark that the certified birth certificate was presented. If the parent does not have the original birth certificate, the parent will have to obtain a notarized copy of the certificate.
21. All teachers grades k-5 will complete a standardized physical activity report for all students. This report will consist of a 1-page classroom activity chart that the

teacher will submit as physical activity documentation for the year. All students will be listed on the report and the teacher will place a check mark in the column to indicate what planned activities the student does on a daily or weekly basis. This 1-page teacher prepared report will be presented to the principal for completion of the annual report.

22. The Board will hold a public forum every year in January to form a plan to improve nutrition and physical activity.

### **Component 2: Health Education**

**Goal:** A planned, sequential, K-12 curriculum that addresses the physical, mental, emotional and social dimensions of health will be utilized. The curriculum is designed to motivate and assist students to maintain and improve their health, prevent disease, and reduce health-related risk behaviors. Students will develop and demonstrate increasingly sophisticated health-related knowledge, attitudes, skills, and practices. The curriculum will include a variety of topics such as personal health, family health, community health, consumer health, environmental health, sexuality education, mental and emotional health, injury prevention and safety, nutrition, prevention and control of disease, and substance use and abuse.

1. Health education will be provided by the classroom teacher at the elementary level and by the science/health/PE teacher at the middle and high school levels meeting the requirements of the KY Dept. of Education Practical Living Curriculum which includes instruction in individual well-being, consumer decision, personal wellness, mental wellness, consumer resources, psychomotor, and lifetime activity.
2. Health education requirements will be addressed utilizing the KY Dept. of Education Practical Living Curriculum, which includes instruction in individual well-being, consumer decision, personal wellness, mental wellness, consumer resources, psychomotor, and lifetime activity.
3. Additional health education will be provided by FRYSC and Coordinated School Health via assemblies, guest speakers, handouts, posters, displays, etc.

4. Essential health education topics will include age appropriate- healthy eating, physical activity, preventing unintentional injuries, violence, suicide, abstinence, bullying, growth/development, and preventing tobacco abuse.

### **Component 3: Staff Wellness**

Employees will have the opportunity to improve their health status through activities such as health assessments, health education and health-related fitness activities. These opportunities will encourage school staff to pursue a healthy lifestyle that contributes to their improved health status, improved morale, and a greater personal commitment to the school's overall coordinated health program. This personal commitment often transfers into greater commitment to the health of students and creates positive role modeling. Health promotion activities have improved productivity, decreased absenteeism, and reduced health insurance costs.

1. All employees will have the opportunity to participate in a variety of annual health screenings as available.
2. On-site mammography may be made available to employees pending hospital participation. Employee will be responsible for payment, if one is incurred.
3. All employees will participate in an annual safety/health training program.
4. All employees will have the opportunity to receive flu vaccine as available.
5. All employees may use their lunch to participate in physical activity.
6. All employees will be encouraged to model healthy behaviors to students, parents, and community members as evidenced by encouraging healthy food choices and physical activity.
7. All employees who are injured on the job will follow proper procedure for reporting incidents, completing required Worker's Compensation documents, and following procedures for returning to work.

### **Component 4: Physical Education**

Goal: A planned, sequential K-12 curriculum that provides cognitive content and learning experiences in a variety of activity areas such as basic movement skills; physical fitness; rhythms and dance; games; team, dual, and individual sports. Quality physical education should

promote, through a variety of planned physical activities, each student's optimum physical, mental, emotional, and social development, and should promote activities and sports that all students enjoy and can pursue throughout their lives. Physical activity reduces the risk of premature mortality in general and of coronary heart disease, hypertension, colon cancer, and diabetes mellitus in particular. Regular physical activity in childhood and adolescence improves strength and endurance, helps build healthy bones and muscle, helps control weight, reduces anxiety and stress, increases self-esteem, and may improve blood pressure and cholesterol levels.

1. Physical education is mandatory for all elementary students; middle/high school level students will take the equivalent of 2 academic years of physical education.
2. The District physical education program will promote student physical fitness through individualized fitness and activity assessments (via the Presidential Youth Fitness Program or other appropriate assessment tool) and will use criterion-based reporting for each student.
3. Elementary physical activity will include 45 minutes of physical activity in PE classes weekly and an 18 minute recess each day, resulting in a total of up to 135 minutes of vigorous physical activity/week.
4. Additional physical education classes will be offered for grades 9-12.
5. Accommodations will be made according to students' abilities.
6. Physical activity facilities will meet state and federal safety standards.
7. Athletic safety requirements will meet KHSAA standards.
8. Community physical activities will be encouraged.
9. Physical education classes will be health-related physical fitness.
10. Teachers will avoid practices that result in student inactivity.
11. Extracurricular physical activity programs will be highly encouraged.
12. Students will be physically active in PE class at least 80% of class time.
13. Physical activity may be incorporated into classroom instruction.
14. Playgrounds are secure and will be assessed daily for potential hazards.

#### **Component 5: Nutrition Services**

Qualified child nutrition professionals will provide students with access to a variety of affordable, nutritious, and appealing foods that meet the health and nutrition needs of



students; will accommodate the religious beliefs of the student body in meal planning; and will provide clean, safe, and pleasant settings and adequate time for students to eat. The director and managers will be qualified in a Serve Safe Program with a certificate and it will be kept updated.

All schools will participate in the federal breakfast and lunch programs. The food service director will hold a Level 2 with SNA/KSNA in the state of Kentucky, and the managers will hold a Level 1 in the state of Kentucky. Menus will be put into Inteam for its nutritional content as to comply with federal/state guidelines with sodium, calories, and saturated fats.

1. All schools will participate in the federal breakfast and lunch program; the high school will also be the base for the federal dinner program available to all students.
2. Competitive food and ala carte sales shall not be permitted in schools during the school day.
3. 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.
4. Our schools shall implement the nutritional standards required by federal and state laws and regulations.
5. No outside food can be brought in from fast food restaurants by students, parents/guardians, etc. Students will not be allowed to order for delivery of these foods during school hours.
6. Food items will not be sold to students as a fund-raiser during the school day.
7. Schools are encouraged to use items other than food items as fund-raisers.
8. School parties must be held in compliance with the competitive food rule, at least 30 minutes past the end of the last lunch period.
9. 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 will notify teachers. This information will be communicated with parents at the beginning of the school year.
10. 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 student until at least 30 minutes past the end of the last lunch period, and the food must still meet the Smart Snack Rule.
11. School meals, breakfast, lunch or dinner will not be withheld as a punishment.
12. 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.

13. During state testing, schools will purchase healthy snacks from their cafeteria at cost. The school will provide a two week notice so the cafeteria can have time to order healthy snacks for the state testing window.
14. Breakfast will be encouraged for all students during the testing window to enhance testing scores.
15. Students will have sufficient time (minimum 20 minutes) for meals.
16. The Food Service Director, managers, and staff will obtain and maintain required certifications in accordance with Kentucky Revised Statutes.
17. Menus will be analyzed for nutritional content. This information will be available on the district website.
18. The Food Service Program will maintain membership in the SNA and KSNA.
19. A Hazard Analysis Critical Control Point Plan will be implemented.
20. Communication regarding nutrition practices will occur on the district website.

#### **Component 6: Counseling Services**

Services will be provided to improve students' mental, emotional, and social health.

These services will include individual and group assessments, interventions, and referrals. Organizational assessment and consultation skills of counselors and psychologists contribute not only to the health of students but also to the health of the school environment. Professionals such as certified school counselors, psychologists, and social workers provide these services.

1. All students and employees will have access to counseling services.
2. Counseling services will promote the mental health and safety of students and families.
3. Counselors will collaborate with school staff.
4. Counselors will establish strong community links for referral.
5. Counselors will address the importance of good nutrition and physical activity in counseling classes.
6. Counseling services will be available at the elementary through Pathway.

#### **Component 7: Healthy School Environment**

The physical and aesthetic surroundings and the psychosocial climate and culture of the

school will be supportive of a healthy environment. Factors that influence the physical environment include the school building and the area surrounding it, any biological or chemical agents that are detrimental to health, and physical conditions such as temperature, noise, and lighting. The psychological environment includes the physical, emotional, and social conditions that affect the well-being of students and staff.

1. The school facilities will be kept clean and free of obvious hazards at all times.
2. Employees shall report identified hazards to their immediate supervisor.
3. All athletic facilities shall have signs posted requesting that no tobacco products be used in order to model healthy behaviors to athletes.
4. Enforce tobacco-use policies and prohibit tobacco advertising.
5. Written crisis plan will be in place.
6. Active supervision to promote safety will be provided.
7. Community will have access to physical activity facilities outside school hours. (For example, use of the track at the football field)
8. Prohibit using physical activity/food with-holding as punishment.
9. Fundraising efforts are encouraged to be supportive of healthy eating.
10. Written health and safety policies will be reviewed as needed.
11. Policies will be communicated to students, employees, and parents.
12. The Fairview Independent School District will advertise and promote the 100% Tobacco Free Policy for all district property, buildings, school-owned vehicles on the way to and from school, and during all school-sponsored field trips and activities.

### **Component 8: Family/Community Involvement**

An integrated school, parent, and community approach for enhancing the health and wellbeing of students. School health advisory councils, coalitions, and broadly based constituencies for school health can build support for school health program efforts.

Schools actively solicit parent involvement and engage community resources and services to respond more effectively to the health-related needs of students.

1. Allow families and community members to have access to school facilities.
2. Communicate health and wellness information to families and community

members via newsletters & website.

3. Promote community based wellness programs. Each year a District Health and Fitness week will be organized and promoted to include all school personnel, students, parents/guardians, and community members. Business partners will be included as participants/presenters also.

4. Support effective parenting strategies to promote nutrition and physical activity.

5. Collaborate with community agencies to enhance educational process regarding nutrition and physical activity.

6. Utilize volunteers to maximize services in the promotion of health and wellness

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