

# **Mason County Schools**

## **Local Wellness Policy**

**School Year 2021-2022**

**Local Wellness Policy Compliance Contact Information:**

**Kim Sapp**

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## **I. Policy Preamble**

The health and safety of students shall be a priority consideration in all decisions. We are committed to providing educational environments that promote and protect student health (mental and physical), well being, and ability to learn by supporting healthy eating and physical activity.

The District supports efforts to implement the following:

- To the maximum extent practicable, the District will participate in available federal school meal programs
- The District will provide and promote nutrition education and physical education to foster lifelong habits of healthy eating and physical activity and will establish linkages between health education, school meal programs, and related community services.
- All Schools containing grades K-5 or any combination thereof shall develop and implement an individual wellness policy per KRS 160.345.

## **II. Local Wellness Policy Leadership and Sponsor Wellness Group**

Our District Wellness Committee includes the following staff:

Robert Kimble  
Lisa Moreland  
Elaine Collins  
Lu Ann Bellingham  
Nicole Miller

The Wellness Committee will meet once a year.

The District wellness committee shall work to encourage and support all students to be physically active on a regular basis as provided by District policy. Each member shall review and consider evidence-based strategies to set measurable goals in providing nutrition education and engaging in nutrition promotion to positively influence lifelong eating behaviors.

- Offered at each grade level as part of a sequential, comprehensive, standards-based program designed to provide students with the knowledge and skills necessary to promote and protect their health;
- Offered as a part of health education classes, but may also be included in subjects such as math, language arts, social sciences, and elective subjects.
- That includes enjoyable, developmentally appropriate, culturally relevant, participatory activities, such as contests, promotions, taste testing, farm visits, and school gardens; instructional day while minimizing commercial distractions. Specifically, this policy established goals and procedures to ensure that:
  - Students have access to healthy foods throughout the instructional day-both through reimbursable school meals and other foods available throughout the campus in accordance with Federal and state nutrition standards;
  - Students receive quality nutrition education that helps them develop lifelong healthy eating behaviors;
  - Students have opportunities to be physically active before, during and after the instructional day
  - District engages in nutrition and physical activity promotions and other activities that promote student wellness;
  - Staff encouraged and supported to practice healthy nutrition and physical activity behaviors in and out of the instruction day;
  - The community is engaged in supporting the work of the District in creating continuity between them and other settings for students and staff to practice lifelong healthy habits; and
  - The District establishes and maintains infrastructure for management, oversight, implementation, communication about and monitoring of the policy and its established goals and objectives.

In accordance with the Local Wellness Policy Implementation rule under the Healthy, Hunger-Free Kids Act of 2010, the Sponsor establishes the following policy for implementation. This policy applies to all students and staff. Specific measurable goals and outcomes are identified within each section below:

- The District will coordinate the wellness policy with other aspects of school management, including the District's School Improvement Plan, when appropriate.

- The District will also include any relevant data or statistics from state or local sources supporting the need for establishing and achieving the goals in this policy.

### **III. Local Wellness Policy Implementation, Monitoring, Accountability, and Community Eligibility**

#### **Implementation Plan**

The District will develop and maintain a plan for implementation to manage and coordinate the execution of this wellness policy. The plan delineates roles, responsibilities, actions and timelines specific to the district at each educational level; and includes information about who will be responsible to make what charge, by how much, where and when; as well as specific goals and objectives for nutrition standards for all foods and beverages available on the campus, food, and beverage marketing, nutrition promotion and education, physical activity, physical education and other school-based activities that promote student wellness.

It is recommended that the school use the Healthy Schools Program online tools to complete a District-level assessment based on the Centers for Disease Control and Prevention's School Health Index, create an action plan that fosters implementation and generate an annual progress report which can be accessed by contacting the School Wellness create an annual progress report which can be accessed by contacting the School Wellness Policy Coordinator.

#### **Record Keeping**

The District will retain records to document compliance with the requirements of the wellness policy on our website. Documentation maintained in this location will include but will not be limited to:

The written policy;

- Documentation demonstrating that the policy has been made available to the public;
- Documentation of efforts to review and update the Local Schools Wellness Policy; including an indication of who is involved in the update and methods the District used to make stakeholders aware of their ability to participate on the Wellness Committee;

- Documentation to demonstrate compliance with the annual public notification requirements;
- The most recent assessment on the implementation of the local school wellness policy;
- Documentation demonstrating the most recent assessment on the implementation of the Local School Wellness Policy has been made available to the public.

The District will evaluate compliance with the wellness policy to assess the implementation of the policy and include:

The extent to which the District is in compliance with the wellness policy;  
The extent to which the District Local Wellness Policy compares to model ;  
A description of the progress made in attaining the goals of the District's wellness policy.

### **Annual Notification of Policy**

The District must hold a public forum regarding the nutrition and physical activity environment as it pertains to the contents of their policy by January 31 of each year. The District will actively inform families and the public each year of basic information about this policy, including its content, any updates to the policy and implementation status. The District will make this information available on our website: [masoncoschools.com](http://masoncoschools.com)

The District will provide as much information as possible about the instructional nutrition environment. This will include a summary of the event's or activities related to the wellness policy implementation. Annually, the District will also publicize the name and contact information on the District and school officials leading and coordinating the committee, as well as information on how the public can get involved with the District's wellness committee.

### **Triennial Progress Assessments**

The District will be monitoring and evaluating the wellness policy by conducting an evaluation every three years and report the findings in the evaluations.

The District will notify staff, students, and households/families of the availability of the wellness report on our website.

The Wellness Policy will be updated on the evaluation results.

The School Nutrition Director will contact the Local Wellness Policy Compliance contact at KDE.

### **Revisions and Updating the Policy**

The wellness committee will update or modify the wellness policy based on the results of the annual assessment and if new Federal or state guidances are issued. The policy will be assessed and updated at least every three years, following the assessment.

### **Community Involvement, Outreach, and Communications**

The District is committed to being responsive to community input, which begins with awareness of the wellness policy. The District will inform parents of the improvements that have been made to school meals and compliance with school meal standards, availability of child nutrition programs and how to apply, and a description of and compliance with Smart Snacks in School nutrition standards.

The District will use electronic mechanisms, such as newsletter, presentation to parents, or sending information home to parents, to ensure that all families are actively notified of the content of, implementation of, and updates to the wellness policy, as well as how to get involved and support the policy. The District will actively notify the public about the content of or any updates to the wellness policy annually, at a minimum. The District will also use these mechanisms to inform the community about the availability of the annual reports. The District will notify the community of the reports on our website.

## **IV. Nutrition Standards**

### **School Meals Programs**

Our school district is committed to serving healthy meals to children, with plenty of fruits, vegetables, whole grains, and fat-free and low-fat milk; that are moderate in sodium, low in saturated fats, and have zero grams trans-fat per serving

(nutrition label or manufacturer's specification); and to meeting the nutrition needs of children within their calorie requirements.

The school meals aim to improve the diet and health of school-aged children, help mitigate childhood obesity, model healthy eating to support the development of lifelong healthy eating patterns and support healthy choices while accommodating cultural food preferences and special dietary needs.

The school district will participate in USDA child nutrition programs, including the National School Lunch and School Breakfast Programs.

### **Participation**

The school district also operates additional related programs, such as CACFP (Child and Adult Care Food Program) and SFSP (Summer Food Service Program).

The school district is committed to offering school meals and Federal programs that:

- Are accessible to all students;
- Are appealing and attractive to children;
- Are served in clean and pleasant settings;
- Are available for an adequate amount of time (such as at least 10 minutes for breakfast and 20 minutes for lunch);
- Are protective of students' privacy who of their eligibility status in accordance with federal and state regulations

Health Food and Beverage Promotion is throughout the school year. Since March is National Nutrition Month we do something special.

Participating in Farm to School will begin in May 2022 of this school year and will continue throughout the school year 2022-2023.

All school meals will meet or exceed current nutrition requirements established by local, state, and Federal statutes and regulations (The District offers reimbursable school meals that meet USDA Nutrition standards.)

## **Staff Qualifications and Professional Development**

All school nutrition program directors, managers, and staff will meet or exceed hiring and annual continuing education/training requirements in the USDA professional standards for child nutrition professionals. The school personnel will refer to USDA's Professional Standards for School Nutrition Standards website to search for training that meets their learning needs.

## **Water**

To promote hydration, free, safe, unflavored drinking waters will be available to all students through the instructional day and throughout the Mason County campus. We will make sure drinking water is available where school meals are served during mealtimes, as well as throughout the duration of the instructional day.

## **Competitive Foods and Beverages**

Mason County Schools are committed to ensuring that all foods and beverages available to students on campus during the instructional day, support healthy eating. Foods and beverages may only be sold by food service during the time between midnight and 30 minutes after the last lunch period. During the next Smart Snacks timeframe, the foods and beverages served outside of the school meal program will meet the USDA Smart Snacks in School nutrition standards at a minimum. Smart Snacks aim to improve student health and well-being, increase consumption of healthy foods during the instructional day and create an environment that reinforces the development of healthy eating habits.

A summary of the standards and information, as well as a Guide to Smart Snack in schools are available at:

<https://foodplanner.healthiergeneration.org/calculator/>

To support healthy food choices and improve student health and well-being, all foods and beverage outside the reimbursable school meal programs that are sold to students on campus during the instructional day (and ideally, the extended instructional day) will apply in all locations and through all services where foods and beverages are sold, which may include, but are not limited to, ala carte options in cafeterias, vending machines, school stores, and snack or food carts.

**Foods and beverages sold to students, from any group outside the school meal programs, may not be sold until 30 minutes after the last lunch period.**

**These nutrition standards do not restrict the sales of caffeinated beverages to high school students. At this grade level, students can be offered low-calorie and calorie-free beverage options.**

### **Celebration and Rewards**

**All foods offered on the campus will meet or exceed the USDA Smart Snacks in school and or state nutrition standards, including through;**

- 1. Celebrations and parties, a list of healthy party ideas will be posted on our website for teachers and parents, including non-food celebration ideas. Healthy party ideas are available from the Alliance for a Healthier Generation and from the USDA.**
- 2. Classroom snacks brought by parents. A list of foods and beverages will be provided for parents on our website that meet Smart Snack nutrition guidelines.**
- 3. Rewards and incentives. A list of alternative easy to reward children will be provided on our website. Foods and beverages will be encouraged not to use as rewards and incentives.**

### **Fundraising**

**Foods and beverages that meet or exceed the USDA Smart Snacks in Schools Nutrition standards may be sold through fundraisers. The District will make available to parents and teachers a list of healthy fundraising ideas that will be posted on our website.**

### **Nutrition Education and Promotion Guidelines**

**Nutrition promotion and education positively influence lifelong eating behaviors by using evidence-based techniques and nutrition messages, and by creating food environments that encourage healthy nutrition choices and encourage participation in school meal programs.**

**Nutritional information will be displayed in the cafeterias at all schools. We will promote healthy food and beverage choice for all students in the district, as well as encourage participation in school meal programs. This promotion will occur through at least ensuring 100% of foods and beverages promoted to students meet the USDA Smart Snacks in School nutrition standards. Additional promotion techniques that the District and individual schools are available at <https://www.healthiergeneration.org/our-work/business-sector-engagement/improving-access-to-address-health-equity/smart-food-planner>.**

### **Essential Healthy Eating Topics in Health Education**

**The schools will include a health education curriculum on healthy eating.**

### **Food and Beverage Marketing in Schools**

**The School District is committed to providing a school environment that ensures opportunities for all students to practice healthy eating and physical activity behaviors throughout the instructional day while minimizing commercial distractions. The district strives to teach students how to make informed choices about nutrition, health, and physical activity. These efforts will be weakened if students are subjected to advertisements on the District property that contain messages inconsistent with the health information through nutrition education and health promotion efforts. It is the intent of the school 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 campus, Any food or beverage marketed or promoted to students on the campus during the instructional day will meet or exceed the USDA Smart Snacks in School nutrition standards, such that only those foods that comply with or exceed those nutrition standards are permitted to be marketed or promoted to students.**

## **V. Physical Activity**

**Children and adolescents may participate in no more than 30 minutes per day, or 150 minutes of physical activity integrated into the instructional day. This is in compliance with the school calendar regulations, 702 KAR 007:140. All high school aged students are required to take the equivalent of a half credit of physical education but should still encourage a district specific requirement for elementary and middle school aged students. Schools will ensure that these varied physical activity opportunities are in addition to, and not as a substitute for, physical education.**

**The District will ensure that its grounds and facilities are safe, and that equipment is available to students to be active. The district will conduct necessary inspections and repairs. The District will work to ensure that inventories of physical activity supplies and equipment are known and when necessary, will work with community partners to ensure sufficient quantities of equipment are available to encourage physical activity for as many students as possible.**

**Physical education is 45 minutes per week every 4 days.**

**The District will provide students with physical education, using an age-appropriate, sequential physical education curriculum consistent with national state standards for physical education. The physical education curriculum will provide the benefits of a physically active lifestyle and will help students develop skills to engage in lifelong healthy habits, as well as incompraiton essential health education concepts. The curriculum will support the essential components of physical education.**

**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.**

**The District's physical education program will promote student fitness through individualized fitness and activity assessments and will use criterion-based reporting for each student.**

- All physical education teachers will be required to participate in at least a once a year professional development in education.**

- All physical education classes offered by the district are taught by licensed teachers who are certified or endorsed to teach physical education.

## **Essential Physical Activity Topics in Health Education**

Health education will be required in all grades and the district encourages middle school and high students to receive at least the required minutes of physical education per week throughout the school year.

### **Recess (Elementary)**

Straub Elementary and Mason County Intermediate schools will offer at least 20 minutes of recess in addition to physical education 45 minutes per week every 4 days.

The policy may be waived on early dismissal or late arrival days. If recess is offered before lunch, the District will allow time for students to wash their hands in the bathrooms before going to lunch. Outdoor recess will be offered when weather is feasible for outdoor recess, teachers and staff will follow the indoor recess guidelines that promote physical activity for students, to the extent practicable.

Recess will complement, not substitute, physical education class. Recess monitors or teachers will encourage students to be active and will serve as role models by being physically active alongside the students whenever feasible.

Recess may not be used as a form of punishment at any time. It cannot be assigned consequently for poor behavior for any reason.

For example, a student may not be singled out to run additional laps to perform other physical activities that the entire class is not also engaged in, as behavioral consequences. Recess may be utilized as a reward mechanism for all grade levels. This is heavily recommended.

### **Classroom Physical Activity Breaks (Elementary)**

The District recognizes that students are more attentive and ready to learn if provided with periodic breaks when they can be physically active or stretch. Thus, students will be offered periodic opportunities to be active or to stretch throughout the day on all or most days during a typical school week, as allowable. The District recommends teachers provide short (3-5 minute) physical

activity breaks to students during and between classroom time and at least three days per week. These physical activity breaks will complement, not substitute for physical education class, recess, and class transition periods.

The District will provide resources and links to resources, tools, and technology with ideas for classroom physical activity breakfast. Resources and ideas are available through USDA and the Alliance for a Healthier Generation.

High school students are offered physical activity and nutrition. In addition, there are four weight lifting classes.

### **Active Academics**

Teachers will incorporate movement and kinesthetic learning approaches into “core” subject instruction when possible (science, math, language arts, social student, and other) do their part to limit sedentary behavior during the school day.

The District will support classroom teachers incorporating physical activity and employing kinesthetic learning approaches into core subjects by providing annual professional development opportunities and resources, including information on leading activities, and activity options, as well as making available background material on the connections between learning and movement. Teachers will serve as role models by being physically active alongside the students whenever possible.

### **Before and After School Activities**

The District offers opportunities for students to participate in physical activity either before and/or after the instructional day (or both) through a variety of methods. The District will encourage students to be physically active before and after the instructional day. Activities include physical activity classes/clubs, physical activity in aftercare, intramurals, and varsity sports. The District currently offers extracurricular activities to students after the instructional day during the applicable seasons.

## **VI. Other Activities That Promote Student and Staff Wellness**

**The District will integrate wellness activities across the entire school setting, not just in the cafeteria, other food and beverage venues and physical activity facilities. The District will coordinate and integrate other initiatives related to physical activity, physical education nutrition, and other wellness components so all efforts are complementary, not duplicative, and work toward the same set of goals and objectives promoting student well being, optimal development and strong education outcomes.**

**The District is encouraged to coordinate content across curricular areas that promote student health such as teaching nutrition concepts in mathematics, with consultation provided by the District's curriculum experts.**

**All efforts related to obtaining federal, state or association recognition for efforts, or grant/funding opportunities for healthy school environments will be coordinated with and complementary of the wellness policy. All sponsored events will adhere to the wellness policy guidelines. All sponsored wellness events will include physical activity and healthy eating opportunities when appropriate.**

## **Community Engagement and Partnership**

**The District will develop relationships with community partners such as the local health department and local business in support of this wellness policy's implementation. Existing and new community partnerships and sponsorships will be evaluated to ensure that they are consistent with the wellness policy and its goals.**

**The District will also promote to parents/caregivers, families, and the general community the benefits of approaches for healthy eating and physical activity throughout the school year.**

**Families will be informed and invited to participate in school sponsored activities as offered and will receive information about any health promotion efforts.**

**The District will use electronic mechanisms (email or displaying notices on the District' website). As well as non electronic mechanisms (newsletters, presentations to parents or send information home to parents, to ensure that all**

**families are actively notified of opportunities to participate in school sponsored activities and receive information about health promotion efforts.**

**Students will have a color run during spring 2023 to promote health and wellness.**

### **Staff Wellness and Professional Learning Opportunities**

**The School wellness will have a staff wellness subcommittee that focuses on staff wellness issues, identifies and disseminates wellness resources and performs other functions that support staff wellness in coordination with human resource staff. The District will implement strategies to support staff in actively promoting and modeling healthy eating and physical activity behaviors, such as**

**The District promotes staff members participate in health promotion programs and will support programs for staff members on healthy eating/weight management that are accessible and free or low cost.**

**For the 2022-23 school year, MCIS and MCMS will offer a one hour yoga class for staff.**

## **VII. Policy Resources**

### **Kentucky Administrative Regulations**

**702 KAR 7:140 School Calendar**

**702 KAR 6:090 Minimum nutritional standards for foods and beverages available on public school campuses during the school day; required nutrition and physical activity reports.**

### **Kentucky School Board Association Policies**

**BP 02.4242 School Council Policies**

**BP 08.1346 Physical Education**

**BP 07.1 Food/School Nutrition Services**

**BP 07.12 Vending Machines**

**BP 07.111 Competitive Foods**

### **Public Law**

**111-296 Healthy, Hunger Free Kids Act of 2010**

**7 CFR Part 210**

**7 CFR Part 220**