

LCMS SBDM SCHOOL COUNCIL POLICY

** Please note that all SBDM policies are reviewed annually (July of each year)*

District: Livingston County (345)

School: Livingston County Middle School (065)

Policy Type (Check One)

<p>Council Operations</p> <p><input checked="" type="checkbox"/> School Operations</p>
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POLICY TOPIC DESCRIPTION
<p>Wellness, Health, and Safety Policy KRS 160.345(11)</p>

POLICY STATEMENT

The School Health Committee, as part of the District Health Committee, will annually conduct a health, wellness, and safety needs assessment for the school on a district accepted assessment tool. The committee will use the data generated from this assessment to develop a school health improvement plan that may include the generation of new policies, methods to increase awareness levels of health and safety issues, identification of professional development needs, etc.

Reassessment will occur annually as we strive for continual improvement with our School Health Index. We will make school-wide efforts and policies that foster health, wellness, and safety based on the 8 components of a coordinated school health program that supports healthy behaviors, reduces risky behaviors, and promotes a healthy learning environment.

Our school is implementing the district wellness policy via this wellness policy.

Safety drills will be performed as required. The Emergency Action Plan and Crisis Manual will be given to staff on Opening Day. Staff will be trained annually on Blood Borne Pathogens, Medicine Dispersal, Suicide prevention, etc.

PURPOSE

The purpose of the Livingston County Middle School (LCMS) wellness policy is to ensure that all students at LCMS are provided with a safe and healthy environment that promotes wellness through high quality health education and physical education to enrich student learning and ensure success. We believe student health is closely associated with academic achievement, attendance rate and behavior supports, thus our students need to be striving for healthy lifestyles in order to truly be prepared for "college and career readiness."

SCHOOL COMMITTEE

LCMS maintains a Coordinated School Health Committee as evidence of PLCS Program Review expectations. Our CSH Committee serves as a resource to create, strengthen and support school policy on the promotion of student health and wellness. This committee will report to the SBDM via monthly minutes to provide updates on school progress of implementation of this policy and other CSH programs.

PHYSICAL EDUCATION & ACTIVITY

COMPREHENSIVE SCHOOL PHYSICAL ACTIVITY PROGRAM (CSPAP)

Our school recognizes that a CSPAP is an approach our school may utilize all opportunities for school-based physical activity to develop physically educated students who participate in the nationally-recommended 60+ minutes of physical activity each day and develop the knowledge, skills, and confidence to be physically active for a lifetime. With a CSPAP, quality physical education is the cornerstone of the program while also including school-based physical activity opportunities; school employee wellness and involvement; and family and community involvement.

PHYSICAL EDUCATION

- ❖ A certified physical education teacher will provide instruction.
- ❖ Physical education teachers are allocated 24 hours annually to participate in professional learning communities to address issues related to instructional practices, data analysis and improve instruction.
- ❖ Students will receive the equivalent of 150 minutes of physical education per week.
- ❖ Our school may use the Physical Education Curriculum Assessment Tool (PECAT) annually to determine scope and sequence to deliver grade level benchmarks of the Kentucky Core Academic Standards (KCAS).
- ❖ All students will be assessed on the KCAS and receive a written grade based on the school grading schedule.
- ❖ Physical education class sizes follow the district policy for pupil-teacher ratio in non-PE classrooms.

PHYSICAL ACTIVITY DURING THE SCHOOL DAY

- ❖ All students will receive at least 15 minutes of physical activity outside of physical education Class (45 in PE; 30 in morning gym wait). This can occur in several ways:
 - Lesson plans may include planned student movement and are integrated into academic lessons.
 - Teachers shall make all reasonable efforts to avoid periods of more than forty minutes when students are physically inactive. When possible, physical activity should be integrated into learning activities. When that is not possible, students should be given periodic breaks during which they are encouraged to stand and be moderately active.
- ❖ Incentives will be used during the school year to encourage each class to engage in physical activity.
- ❖ Our school prohibits the use of physical activity as punishment, and the withholding of physical activity/physical education time for behavior management. Our school also prohibits withholding physical activity/physical education time for make-up work.

PHYSICAL ACTIVITY BEFORE AND AFTER SCHOOL

- ❖ Students will be provided opportunities to participate in physical activity clubs with access to adequate facilities, equipment and supervision.
- ❖ Our school shall partner with local officials to provide opportunities & safe alternative modes of transportation (i.e. walking, biking) to school.
- ❖ Our school will provide students with 30 minutes of physical activity time before school begins each day. Students will also be provided access to school grounds and facilities after school for structured free play and physical activity opportunities.
- ❖ Students will have opportunities to participate in interscholastic sports after school. Eligibility and attendance rules apply. Athletic policies, to a minimum, adhere to all Kentucky High School Athletic Association rules and are in place to address these requirements.

STAFF INVOLVEMENT

- ❖ The school has strategies for promoting and providing physical activity opportunities for all staff members (SWARM, etc.).
- ❖ The school has a designee to coordinate and provide professional development, for staff members, to integrate physical activity into the classroom setting.

FAMILY AND COMMUNITY

- ❖ Our school will encourage the use of school facilities through a shared use agreement for community members in order to create physical activity opportunities. All parties must follow the district policies and procedures for facility usage.

NUTRITION EDUCATION AND PROMOTION

- ❖ Our school will adhere to all guidelines of the USDA National School Lunch Program.
- ❖ Our school shall encourage healthy choices among students using the following methods:
 - Increase breakfast participation via second chance as well as "grab-n-go" programs.
 - Schedule adequate time for all school meals (702 KAR 6:060).
- ❖ Our school shall implement the nutritional standards required by federal and state laws and regulations. Those rules apply to our food program and to other food and beverages available during the school day.
- ❖ Our Practical Living curriculum shall address the full Kentucky Core Academic Standards, including health, consumerism, and physical education.
- ❖ School ensures content of the Health Education Curriculum is integrated into all content areas to meet the health and safety needs of all students.
- ❖ Parents may block the purchase of "extras" from their child's cafeteria account.
- ❖ School Nutrition Personnel will work closely with the parent(s) and/or guardian(s) to make reasonable accommodations for students with disability or other special dietary needs.
- ❖ School cafeteria managers shall annually receive a minimum of two (2) hours of continuing education in applied nutrition and healthy meal planning and preparation (KRS 158.852)
- ❖ In compliance with the federal Healthy Hunger Free Kids Act and 702 KAR 006:090, any food item offered for sale through a vending machine, school store, canteen, or fundraiser on school property shall meet the established state requirements.
- ❖ Any food items offered for purchase after-school will be consistent with the established requirements of food items sold during the school day.
- ❖ Schools will notify parents and students of the availability of the School Breakfast and Lunch Program.
- ❖ If edible incentives are used as a reward or reinforcement for students, they will pass SMART Calculator and be nutritious/healthy.
- ❖ School staff will model healthy behaviors and encourage students to choose fruits and vegetables.
- ❖ Drinking water is available to students free of charge at all times during the school day.
- ❖ Sports drinks are not available in the school setting except when provided by the school for student athletes participating in sport programs involving vigorous activity of more than one hour.
- ❖ Our school will promote school fund-raising campaigns that consist of non-food items or healthy food options.
- ❖ prohibit all forms of advertising and promotion for candy, fast food restaurants, or soft drinks
- ❖ price nutritious foods and beverages at a lower cost while increasing the price of less nutritious foods and beverages
- ❖ provide information to students or families on the nutrition, caloric, and sodium content of foods available
- ❖ User Smarter Lunchroom strategies for increasing healthy food selection (i.e. place fruits and vegetables near cafeteria or at easy access, etc).

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

SNACKS IN THE CLASSROOM

- ❖ Classroom teachers will develop procedures to ensure that classroom snacks do not present a disruption to learning within the following guidelines:
 - Snacks must be individual servings, require no preparation, and be able to be eaten with fingers, at the student's desk, while they continue to take part in class activities.
 - Snacks must be listed on the Healthy Snacks list (also printed in the student handbook) or adhere to the following guidelines:
 - Students are not required to bring a snack to school.
 - Allow students to purchase fruits and vegetables from vending machines or at the school store, canteen, snack bar, or as a la carte items
 - offer fruits or non-fried vegetables when foods or beverages are offered at school celebrations
 - Snacks that are disruptive to the learning process, i.e. do not meet the healthy guidelines listed above, and/or require too much space, time, or effort to consume will not be allowed. The Principal will make the final determination as to whether or not a snack will be allowed and will notify parents

MEASUREMENT AND EVALUATION

In compliance with 702 KAR 6:090, LCMS will evaluate the student physical activity environment. Results will be reported to parents and community stakeholders via the school's website.

The LCMS CSH committee will oversee the implementation and evaluation of this policy. The CSH Committee shall periodically report to the school principal and SBDM on the content and progress of implementation of the school's wellness efforts. The report shall include:

1. Extent to which the school is in compliance with this policy;
2. A timeline for an annual review and comparison (e.g. KDE CSPAP Continuum Document) of how the school measures up to model wellness policies provided by recognized state and national authorities; and
3. A designated school representative of the CSHC will communicate on the description of the measurable progress made towards reaching goals of the school wellness policy and address any gaps identified in the wellness report for the previous year.

Policy Evaluation

We will evaluate the effectiveness of this policy through our School Improvement Planning Process.

1st Reading Date December 14, 2011

2nd Reading Date January 18, 2012

Date Revised July 18, 2012

Date Revised Nov. 19, 2014

Council Chairman's Signature J. Lisa Huddleston page 4 of 4 for policy # 24.01 (Wellness, Health, and Safety Policy)