

# East Bernstadt Independent School

## Wellness Policy

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#### **Policy Statement**

The purpose of the East Bernstadt Independent School wellness policy is to ensure that all students are provided with a safe and healthy environment that promotes wellness through health education and physical education to enrich student learning and ensure success.

At East Bernstadt Independent School, we believe in educating the whole child. This includes the growth of a child socially, cognitively, emotionally, and physically. Engaging students in physical activities promotes health and fitness while teaching valuable lessons in teamwork, discipline, citizenship, following rules, listening, and problem solving. Our students will strive for healthy lifestyles in order to be truly prepared for "college and career readiness."

At East Bernstadt Independent School, students will receive instruction to promote making healthy choices. This instruction will focus on the benefits of good nutritional choices, healthy habits, physical education (PE)/physical activity as reflected in the Kentucky Core Academic Standards and Program Review. To ensure that our school promotes student wellness, every student at East Bernstadt Independent School will participate in moderate to vigorous physical activity each day. This will be part of the instructional day.

#### **School Committee**

East Bernstadt Independent School maintains a Coordinated School Health Committee as evidence of PLCS Program Review expectations. Our Coordinated School Health Committee serves as a resource to create, strengthen, and support school policy on the promotion of student health and wellness.

#### **Comprehensive School Physical Activity Program**

Our school recognizes that a Comprehensive School Physical Activity Program (CSPAP) is an approach our school will utilize all opportunities for school-based physical activity to develop physically educated students who participate in physical activity each day and develop the knowledge, skills, and confidence to be physically active for a lifetime.

#### **Physical Education**

All students at East Bernstadt Independent School will be provided with opportunities, support, and encouragement to be physically active on a regular basis.

- A certified physical education teacher will provide regular instruction.
- The physical education teacher will participate in 24 hours of professional development annually.
- Annually, a physical activity assessment will be administered to each student.
- Our school will use the Physical Education Curriculum Assessment Tool (PECAT) to determine scope and sequence to deliver grade level benchmarks of the Kentucky Core Academic Standards (KCAS).
- Each student will participate in a physical education class on a regular basis.
- Each student shall have supervised moderate to vigorous physical activity daily, preferably outdoors. The school shall provide the necessary space and equipment.
- Teachers shall make a reasonable effort to avoid long periods when students are physically inactive.

- Individual students shall not be deprived of physical activity as a consequence for behavior or academic performance.
- Appropriate accommodations shall be made for students with special needs.
- Teachers shall provide ample opportunities for water breaks.

### **Physical Activity After School**

Students will have opportunities to participate in sports after school. Eligibility and attendance rules apply. Athletic policies adhere to all Kentucky High School Athletic Association rules and are in place to address these requirements.

### **School Nutrition**

East Bernstadt Independent School shall encourage healthy choices among students using the following methods:

- Our school will adhere to all guidelines of the USDA National School Lunch Program.
- Our school shall implement the nutritional standards by federal and state laws and regulations.
- Parents may block the purchase of “extras” from their child’s cafeteria account.
- School Nutrition Personnel will work closely with parent/guardian to make reasonable accommodations for students with disability or other special dietary needs.
- School cafeteria manager shall annually receive a minimum of 2 hours of continuing education in applied nutrition and healthy meal planning and preparation.
- Use Smarter Lunchroom strategies for increasing healthy food selection (i.e. place fruits and vegetables near cafeteria or as easy access, etc.)
- Schedule adequate time for all school meals.
- Drinking water is encouraged and available to students free of charge at all times during the school day.
- Discourage using food or beverages as a reward.
- Limit celebrations that involve food during the school day to no more than one party per class per month.
- Provide a practical living curriculum that addresses the full core content, including health, consumerism, and PE. The rest of our curriculum shall reflect an integrated concern for wellness, including connections to science, social studies, and other subjects.

### **Measurement and Evaluation**

The East Bernstadt Independent Coordinated School Health Committee will oversee the implementation and evaluation of this policy. We will evaluate the effectiveness of this policy through our School Improvement Planning Process.

The principal shall this policy with the Kentucky Department of Education upon request.

Updated April 2016