

PURPOSE

The purpose of the Howe Valley Elementary School wellness policy is to ensure that all students at Howe Valley School 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

Howe Valley School 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 at a minimum every two months 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 CSPAP is an approach our school will implement over time. This school-based physical activity programs focus is to develop physically educated students who participate in the nationally-recommended 50+ minutes of physical activity each day and to develop in knowledge, skills, and confidence to be physically active for a lifetime. These 50+ minutes are included with a before/after school physical activity club/clubs. Howe Valley is unable to provide such activity at this time, due to the lack of funding, parent and business support. In the future, we are hoping to make this possible. 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 PD/PLD hours to participate in professional learning communities to address issues related to instructional practices, data analysis and improve instruction.

- ❖ Students will receive the equivalent of 135 minutes of physical education every other week.
- ❖ Our school will modify the Physical Education Curriculum Assessment Tool (PECAT) to meet the bench marks of the Kentucky Core Academic Standards (KCAS).

- ❖ All students will be assessed on the KCAS .

- ❖ Physical education class sizes follow the district policy for pupil-teacher ratio in non-PE class.

PHYSICAL ACTIVITY DURING THE SCHOOL DAY

- ❖ All students will receive at least 15 minutes of physical activity outside of physical education class.
- ❖ 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.

STAFF INVOLVEMENT

- ❖ Opportunity is provided during the school year for staff on health/ wellness.

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 addresses the Kentucky Core Academic Standards.
- ❖ School ensures health and wellness is integrated by integrating into all content areas and by incorporating movement-based activities when possible.
- ❖ 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)
- ❖ Schools will notify parents and students of the availability of the School Breakfast and Lunch Program.
- ❖ Food will not be used as a reward or reinforcement for students.

- ❖ 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.
- ❖ Our school will promote school fund-raising campaigns that consist of non-food items or healthy food options.

POLICY IMPLEMENTATION

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.

POLICY EVALUATION

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

Date Adopted: _____

Date Reviewed or Revised: _____ Council Chairperson's Initials: _____

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