

# Woodland Elementary Wellness Policy 2019-2020

The Wellness Policy was created in Fall 2018 and will be revised and updated annually. The purpose of the policy is to promote health education and overall wellness within the school setting such as nutrition and physical activity. We believe that promoting health education in these areas will help students in the areas of physical and mental growth, lifelong health and well-being. The goal of this policy is to encourage students, staff and families to make healthier choices and recognize that daily physical activity is important.

## Area 1: Vending/ Ala Carte Policy

- Ala/Carte items can not be sold in elementary schools.

## Area 2: Sporting Events, Fundraising, School Parties/Birthday Celebrations, School Rewards, After School Snacks and Nutrition Education.

### ***After School Functions***

- When food is offered at after school functions, a healthy food alternative will be available.
- A list of healthy food alternatives will be provided to all staff and will be located on the Google drive.
- A nutrient analysis of all foods sold at school will be available on the Hardin County Schools' website.

### ***Fundraising:***

- Individual food items will not be sold to students as a fundraiser during the school day.

### ***School Parties:***

- School parties will be limited to (3) per classroom each year (Fall, Winter, and Spring). They may begin no earlier than 1:30 which is in compliance with the competitive food rule and is not to exceed 30 minutes. The school will provide a list to parents (on the school website) of appropriate foods/snack items allowed at school parties.
- To insure that all foods served to children are safe and sanitary, all items served at school parties/celebrations must be purchased rather than homemade. They must also include the nutritional facts and environment.
- Classroom parties shall offer a minimal amount of foods containing added sugar as the primary ingredient (e.g., cupcakes, cake, cookies). Teachers will coordinate with parents to ensure that this occurs. A healthy alternative will be available at all school parties.
- Below are examples of healthy snack items that can be brought (please contact your child's teacher with questions or alternatives):

- Cheese sticks
- Veggie tray with ranch

- Apple Slices w/ peanut butter (dependent on allergies)
- Popcorn
- Granola bars
- Baked chips
- Veggie Straws
- Individual 100% juice packs
- Pretzels
- Water Bottles (8oz)
- Fresh Fruit
- Fruit cups
- Danimals Smoothies
- Applesauce (Ind. Portioned)
- GoGurt/Yogurt tubes (Ind. Portioned)
- Nutri Grain Bars
- Low-fat pudding

***Birthday Celebrations:***

● School- wide birthday celebrations will take place on the first Friday of each month from 1:45- 2:00. Summer birthdays will be celebrated in May (for June) and August (for July). The school will provide snack items.

***School Rewards:***

No edible item will be given to a student as a reward.

**Area 3: Physical Activities,**

**Nutrition Education, Classroom Instruction, and Community Involvement**

***Physical Activity and Classroom Instruction***

● Woodland Elementary School will use a nationally recognized program, such as SPARK, to evaluate each child’s level of physical activity.

● Woodland teachers will be provided examples of ideas of how physical activity can be incorporated in other areas of instruction and it will be located on the Google Drive for easy access.

● Woodland will utilize “Lifetime” daily (20 minutes) for each child to participate in moderate to vigorous physical activity. No student will receive reduced time for “Lifetime” as a punishment. Students may receive alternate physical activity options if needed.

● Staff will be provided physical activity opportunities to engage in throughout the school year.

***Nutrition Education and Classroom Instruction***

● Nutrition education (such as My Plate) that promotes healthy eating habits, will be provided to all students at Woodland as a part of practical living instruction and as identified in Kentucky’s Academic Expectations, Program of Studies, and Core Content for Assessment.

● Healthy eating habits shall be promoted by:

- Communicating the importance of good eating through newsletters, websites and family night events.

- Healthy food consumption shall be encouraged at all school activities as described in Area 2 of the policy.

● Teachers will have access to materials and training opportunities to nutrition education.

● Any lesson or class activity that incorporates food to be consumed shall be taught after lunch and 1:30, which is in compliance with the competitive food rule. If foods are used, they must be an integral and necessary part of the lesson and every effort should be made to use foods of high nutritional value when possible. All foods used in classes shall be sealed and from a reputable source.

- Anytime food is used as a part of instruction, it must be **approved** by the Principal.

### ***Parent and Community Involvement***

Woodland will provide parents and the community with nutritional education throughout the year at various family events. The School Nutrition Program should utilize a comprehensive communication and marketing strategy designed to provide information about and promote the benefits of the program to all members of the learning community.

● Partnerships shall be developed with a variety of community resources to promote health and wellness throughout the District. These may include, but not be limited to:

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|--|-------------------------------|
| ○ Hardin County Health Center              | ○ American Health Association |
| ○ Lincoln Trail District Health Department | ○ American Red Cross          |
| ○ Hardin Memorial Hospital                 | ○ Physicians                  |
| ○ UK Cooperative Extension Office          | ○ Health Care Providers       |
| ○ Parks and Recreation Departments         | ○ PTO/PTA                     |
| ○ American Cancer Society                  | ○ Parent Organizations        |

● Woodland will promote participation in enjoyable physical activity in the community by providing information on the school's social media sites regarding community health and wellness activities and programs.

● A process shall be implemented to engage students, parents, physical and/or health education teachers, school food service professionals, school health professionals, school board members, school administrators, and other interested community members in developing, implementing, monitoring, and reviewing this policy.

### ***\*EXCEPTIONS:***

The following activities are exempt from the competitive food rules:

1. Field Day (1) at each school annually.
2. State testing window.
3. Special incentives for sensory needs.

Any additional exceptions must be approved by the Associate Superintendent for Finance and Support Services. PROGRESS REPORT The District shall periodically measure and update the public on the content and progress of implementation of its school wellness efforts. The report shall include: 1. Extent to which the District is in compliance with this policy; 2. A comparison of how the District measures up

to model wellness policies provided by recognized state and national authorities; and 3. A description of the measurable progress made towards reaching goals of the District wellness policy and addressing any gaps identified in the wellness report for the previous year.