

**Local Wellness Policy
Americas Southeast District
Fort Knox, Kentucky**

1.34 Wellness

- **Philosophy.** The Domestic Dependent Elementary and Secondary Schools (DDESS) at Fort Knox believe that children and youth who begin each day as healthy individuals can learn more and learn better and are more likely to complete their formal education. Fort Knox also believes that healthy staff can more effectively perform their assigned duties and model appropriate wellness behaviors for students. This policy encourages a holistic approach to staff and student wellness that is sensitive to individual and community needs.
- Fort Knox accepts the responsibility to create a healthy school environment through adopting sound nutrition and wellness policy. We believe the school child nutrition program is an important partner with physical activity and nutrition education in improving children's health, Fort Knox schools support activities to encourage wellness.

Including:

- Providing child nutrition programs that are accessible to all children and that comply with federal, state and local requirements.
 - Pleasant eating areas for students and staff with adequate time for unhurried eating
 - Integrating nutrition education across the curriculum
 - Providing opportunities for all students to participate in physical activities, such as physical education courses and athletics
 - Supporting professional development for staff and informational programs for students on nutrition and physical education
- **Nutrition.** Academic performance and quality of life issues are affected by the choice and availability of good foods in our schools. Healthy foods support student physical growth, brain development, resistance to disease, emotional stability and ability to learn. Fort Knox is committed to provide food and beverages that are available on the school campus during the school day (to include Cafeteria, school store, vending machines, classroom or fundraisers) that are consistent with Federal Nutrition Guidelines for all Foods and Beverages:

- **School Meal Nutrition Standards:**
 - a. **Program Requirements:** During each school day the Child Nutrition Program shall offer breakfast and lunch under the nutritional guidelines of the USDA's National School Lunch Programs. Each school shall encourage students to participate. In addition the schools shall make efforts to ensure that families are aware of need-based programs for free and reduced price meals. The program shall maintain the confidentiality of Students and families applying for or receiving meal benefits.
 - b. Child Nutrition Program shall operate in accordance with updated requirements as outlined in the Healthy, Hunger-Free Kids act of 2010(HHKA) to include:
 - More fruits and vegetables every day, to include a variety of vegetables served throughout the week, to include, red, orange and dark green vegetables.
 - More Whole Grain Foods
 - Only Low-Fat(1%) and Fat Free Milk are offered.
 - Less Saturated Fat
 - Less Sodium
 - More Water: Water available at all meals
 - New Portion Sizes: School meals to meet children's calorie needs based on their age.
 - c. **Smart Snacks in School Nutrition Standards.** Snacks sold during the school day, including lunchroom a la carte snacks, vending machines snack, break or recess snack sales, etc. must meet requirements of **Smart Snacks in School** nutrition standards: Any food sold in schools must:
 - Be a "whole grain-rich product, or
 - Have as the first ingredient a fruit, vegetable, dairy product, or protein food or
 - Be a combination food that contains at least X cup of fruit and/or vegetable, or **AND meet several nutrient requirements**
 - Calorie limit: 200 calories or less
 - Sodium limit: 230 mg or less
 - Fat limit: Total fat: 35% or less of total calories
 - Saturated Fat: Less than 10% of total calories
 - Trans fat: zero

Elementary schools may sell up to 8-oz portions, while middle schools and high schools may sell up to 12-oz portions of milk and juice. There is no portion size limit for plain water. Beyond this "no calorie" and "lower calorie" beverage options are allowed for High Schools:

- No more than 20-oz. portions of calorie-free, flavored water (with or without carbonation) and other flavored and/or carbonated beverages that contain <5 calories per 8 oz, or 10 calories per 20 oz.
- No more than 12-oz portions of beverages with:540 calories per 8 oz or 560 calories per 12 oz.

Fundraisers involving Food:

- Food items that meet nutrition requirements are not limited
- Federal law allows states to authorize a limited number of exemptions to these standards for food-based fundraisers that do not meet the Smart Snack Standards.
- Standards do not apply during non-school hours, on weekend and at off-campus fundraising events.
- Fundraiser foods not intended for consumption in schools exempt (i.e. cookie dough or frozen pizza sales). Distribution of order forms and foods not intended for consumption at school may continue.

For purposes of the nutritional requirements, USDA defines the school day as: Midnight until 30 minutes after the regular school day ends.

Eating Environment Standards:

- **Adequate Time:** Students will be provided a adequate time to eat breakfast and lunch, at least 10 minutes for breakfast and 20 minutes for lunch.
- **Dining Areas:** Dining areas are to be clean, attractive and safe. Teachers are encouraged to monitor student's behavior while in the lunchroom.
- **Drinking Water:** Drinking water is available for students at meals, either through water fountains or cups of water. Bottled water is available for purchase at the Middle school and High school, but will never be the sole source of water at meals.
- **Reward/Punishment:** Food will not be used as a reward or punishment for student behaviors.

Child Nutrition Program Operating Standards:

- The CNP will aim to be financially self –supporting. Profit generation will not take precedence over the nutritional needs of students.
- **Food Safety:** HACCP Policies and Principles are followed in each lunchroom setting.

Only those foods and beverages that meet the Smart Snack in School nutrition standards will be advertised or marketed within the schools.

Food Services Staff Training

- Qualified nutrition professionals will administer the school meal program. Staff development programs will include appropriate training programs for all staff according to their level of responsibility.

- **Health Education and Life Skills.** Healthy living skills shall be taught as part of the regular instructional program and provides the opportunity for all students to understand and practice concepts and skills related to health promotion and disease prevention.
 - a. Each school shall provide for an interdisciplinary, sequential skill-based health education program based upon federal standards and benchmarks.
 - b. Students shall have access to valid and useful health information and health promotion products and services.
 - c. Students shall have the opportunity to practice behaviors that enhance health and/or reduce health risks during the school day and as part of before or after school programs, if applicable.
 - d. Students shall be taught communication, goal setting and decision making skills that enhance personal, family and community health.
- **Physical Education and Activity.** Physical education shall be taught by a certified specialist. Physical activity shall be provided by a qualified staff member. Physical education and physical activity shall be an essential element of each school's instructional program. The program shall provide the opportunity for all students to develop the skills, knowledge and attitudes necessary to participate in a lifetime of healthful physical activity.
 - a. **Physical Education Program.** The physical education program shall be designed to stress physical fitness and encourage healthy, active lifestyles. The physical education program shall consist of physical activities of at least moderate intensity and for a duration that is sufficient to provide a significant health benefit to students, subject to the differing ability of students.
 - i. Participation in such physical activity shall be required for all students in kindergarten through grade five for a minimum of 30 minutes, 3 days a week, or the equivalent.
 - ii. Such instruction may be provided for grades 6-8 through formal physical education courses, integration into other courses, regularly scheduled intramural activities, or/or regularly scheduled school-wide activities.

- iii. High schools shall require one (1) credit for graduation, to include one semester of Personal Fitness (.5 credit) and one semester of an approved Physical Education course (.5 credit).
 - iv. Students electing of the three-year, 18 credit graduation options do not have to meet the high school requirement, and may use the physical education courses listed as elective credit.
 - b. Students shall be supported in setting and meeting personal fitness goals that result in the achievement and maintenance of a health enhancing level of physical fitness.
 - c. Students shall be provided varied opportunities for enjoyment, challenge, self-expression and social interaction that will lead to a physically active lifestyle.
- **Healthy and Safe Environment.** A healthy and safe environment for all, before, during and after school supports academic success. Safer communities promote healthier students. Healthier students do better in school and make greater contributions to their community.
 - a. School buildings and grounds, structures, buses and equipment shall meet all current health and safety standards, including environmental air quality, and be kept inviting, clean, safe and in good repair.
 - b. Schools and district offices shall maintain an environment that is free of tobacco, alcohol and other drugs.
 - c. Safety procedures and appropriate training for students and staff shall support personal safety and a violence and harassment free environment.
 - d. Each work site, school and classroom shall work to create an environment where students, parents/guardians and staff are respected, valued and accepted with high expectations for personal behavior and accomplishments.
- **Social and Emotional Well-Being.** Programs and services that support and value the social and emotional well being of students, families and staff build a healthy school environment.
 - a. Each school shall provide a supportive environment that includes guidance, counseling, and school social work services that encourages

students, families and staff to request assistance when needed and links them to school or community resources.

- b. Students shall be provided the skills to express thoughts and feelings in a responsible manner and give and receive support from others.
 - c. Students shall be taught to understand and respect the differences in others and how to build positive interpersonal relations.
 - d. Students and staff shall be encouraged to balance work and recreation and help to become aware of stressors which may interfere with health development.
- **Health Services.** An effective health care delivery system that promotes academic achievement by providing a broad scope of services from qualified health care providers will improve the mental and physical health of students and staff.
 - a. Primary coordination of health services shall be through a trained school health care practitioner with the support and direction of the local county school district and the local health department.
 - b. The local school district shall collaborate with community health liaisons and resources to promote health and wellness for students, families, staff and community.
 - c. A coordinated program of accessible health services shall be provided to students and staff and shall include violence prevention, school safety, communicable disease prevention, health screening, including Body Mass Index (BMI), community health referrals, and immunizations, parenting skills, first aid and other priority health education topics.
 - **Family, School, and Community Partnership.** Long term effective partnerships improve the planning and implementation of health promotion projects and events within each school and throughout the community.
 - a. Family, student and community partners shall be included on an ongoing basis in school and district wellness planning processes.
 - b. The equality and diversity of the school and district community shall be valued in planning and implementing wellness activities.

- c. Community partnerships shall be developed and maintained as a resource for school and district programs, projects, activities and events.
 - d. Schools and the district shall actively develop and support the engagement of students, families and staff in community health enhancing activities and events at the school or throughout the community.
- **Staff Wellness.** The district and each work site shall provide information about wellness resources and services and establish a staff committee to assist in identifying and supporting the health, safety and well being of site staff.
 - a. Each school and district site shall be in compliance with drug, alcohol and tobacco free policies.
 - b. Each school and district shall provide an accessible and productive work environment free from physical dangers or emotional threat that is as safe as possible and consistent with applicable occupation and health laws, policies and rules.
 - c. Employees shall be encouraged to engage in daily physical activity during the workday as part of work breaks and/or lunch periods, before or after work hours in site sponsored programs or as part of discounted membership in local fitness facilities.
- **Monitoring and Policy Review:** The Superintendent or designee will ensure compliance with established district-wide nutrition and physical activity wellness policies. In each school, the principal or designee will ensure compliance with those policies in his/her school. School food service staff, at the school or district level will ensure compliance with nutrition policies within school food service areas. The Fort Knox Wellness Policy will be updated as needed and appropriate by the Fort Knox Wellness Committee.