

KENTUCKY SCHOOL DISTRICT LOCAL WELLNESS POLICY

School Year 2010/2011

MISSION STATEMENT

The Kentucky School District is committed to providing school environments that promote and protect the health and well-being of all students, faculty and staff and the ability to learn by supporting healthy eating and physical activity.

Superintendent

| | | |
|--------------------|---------------------------|--|
| Name | Frank Calvano | |
| Telephone # | (502) 624-2345, EXT. 4113 | |

District Wellness Team Members and Roles

| Member Name | Role | Member Name | Role |
|---------------------|---|-------------------|---|
| Frank Calvano | Superintendent | Todd Curkendall | Committee Designee |
| Youlanda Washington | Elementary Administrator | Hugh McKinnon | Secondary Administrator |
| Donna Haag | Elementary Teacher | Jane Loggins | Certified Association Representative/FCEA |
| Laurel Dawson | Certified Association Representative/FKEA | Gabby Weatherford | School Food Authority |
| Carla Jackson | FK School Board Member/ Parent | Trisha Severs | FC School Board Member |
| Betts Price | Health Professional | Kiara Austin | Student/FKHS |
| Paul Colonna | Committee Designee | Mark Ray | Secondary Teacher |

Kentucky School District's Wellness Policies on Physical Activity and Nutrition

The Kentucky School District is committed to providing school environments that promote and protect children's health, well-being, and ability to learn by supporting healthy eating and physical activity. Therefore, it is the policy of the Kentucky School District Wellness Council that the following goals be met:

GOAL 1: School Health Councils

- The school district will engage students, parents, teachers, food service professionals, health professionals, and other interested community members in developing, implementing, monitoring, reviewing, and reporting effectiveness of district-wide nutrition and physical activity policies.

GOAL 2: Nutritional Quality of Foods and Beverages Sold and Served on Campus

- Foods and beverages sold or served at school will meet the nutrition recommendations of the *U.S. Dietary Guidelines for Americans*.
- Qualified child nutrition professionals will provide students with access to a variety of affordable, nutritious, and appealing foods that meet the health and nutrition needs of students, and accommodate the religious, ethnic, and cultural diversity of the student body in meal planning. Schools shall provide clean, safe, and pleasant settings and adequate time for students to eat.
- To the maximum extent practicable, all schools in the district will participate in available DoD Student Meal Programs (including the School Breakfast Program, National School Lunch Program [including after-school snacks], Summer Food Service Program, and Fresh Fruit and Vegetable Program where applicable).
- All foods made available on campus adhere to food safety and security guidelines.

GOAL 3: Nutrition and Physical Activity Promotion and Food Marketing

- Schools will provide nutrition education and physical education and other physical activity opportunities to foster lifelong habits of healthy eating and physical activity, and will establish linkages between health education and the Student Meal Program, and with related community services.

- Kentucky School District aims to teach, encourage, and support healthy eating by students. Schools should include nutrition education and engage in nutrition promotion across the curriculum.
- Kentucky School District highly values the health and well-being of every staff member and will plan and implement activities and policies that support personal efforts by staff to maintain a healthy lifestyle.
- Parties, celebrations and meetings and other school sponsored activities should maximize the use of healthy food choices.

GOAL 4: Physical Activity Opportunities and Physical Education

- All students in grades K -12 and school staff will have opportunities, support, and encouragement to be physically active on a regular basis.
- Schools will have physical education programs and activities that are consistent with the DoDEA Physical Education Content Standards and will, to the maximum extent possible, schedule 60 minutes of physical education and physical related activities daily for students.
- Districts/Schools will work closely with Commands, Morale Welfare and Recreation, Army Community Services, etc., to provide available community recreation and sport spaces and facilities for physical activity use by students and staff during the school day.

Monitoring. The District Superintendent or designee will ensure compliance with established district-wide Local Wellness Policies. In each school, the principal or designee will ensure compliance with those policies in his/her school and will report annually on the school's compliance to the school District Superintendent or designee.

School food service staff, at the school or district level, will ensure compliance with nutrition policies within school food service areas and will report annually on this matter to the District Superintendent (or if done at the school level, to the school principal).

The District Superintendent or designee will develop an annual summary report on district-wide compliance with the district's established Local Wellness Policy, based on input from schools within the district. That report will be provided to the Area Director and the Headquarters Chief, Logistics Division within two weeks after the end of each school year.

Policy Review. To help with the initial development of the district's wellness policies, each school in the district will conduct a baseline assessment of the school's existing nutrition and physical activity environments and policies. The results of those school-by-school assessments will be compiled at the district level to identify and prioritize needs.

Assessments will be repeated every year to help review policy compliance, assess progress, and determine areas in need of improvement. As part of that review, the school district will review the Local Wellness Policy provision of an environment that supports healthy eating and physical activity, and nutrition and physical education program elements. The district, and individual schools within the district, will, as necessary and at a minimum annually, revise the Local Wellness Policy and develop work plans to facilitate their implementation.

DISTRICT LOCAL WELLNESS POLICY SCHOOL YEAR 2010-2011

DISTRICT GOAL

The school district will engage students, parents, teachers, food service professionals, health professionals, and other interested community members in developing, implementing, monitoring, reviewing, and reporting effectiveness of district-wide nutrition and physical activity policies.

LOCAL SCHOOL POLICY

The school health council consists of a group of individuals representing the school and community, and includes parents, students, representatives of the school food authority, school administrator, teacher, and health professional. The council shall meet annually to set goals and assess local policy. There shall be subsequent meetings to address monitoring, reviews, and any specific issues that may have arisen.

| | Strategies/Interventions/Programs | Monitoring Tool | Lead Responsibility First and Last Name |
|---|-----------------------------------|-----------------|--|
| 1 | | | |
| 2 | | | |

ACTION PLANNER

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Goal

| Tasks | Resources Time, People, Materials, Cost | Dates Start/End | Lead Responsibility First and Last Name |
|-------|---|--------------------|--|
| 1 | | | |
| 2 | | | |
| 3 | | | |
| 4 | | | |

Department of Defense Education Activity
 Local Wellness Policy
 Compliance Checklist

DoDEA Regulation 4200.1, "Local Wellness Policy Requirement for DoDEA Schools Participating in the Student Meal Program," August 22, 2007, states that each District participating in the Student Meal Program shall have an established Local Wellness Policy. The Local Wellness Policy can be reviewed for compliance using the following checklist.

District Name: KY District Date: 1/24/2011

| Yes | No | Established Requirements |
|-----|----|---|
| X | | 1. Did the development of the Local Wellness Policy involve various participants? List the names and positions of those participants. (Examples: parent, student, school food authority [AAFES, NEX, kitchen staff], school administrator, teacher association, school board, school nurse, physical education, health education, physician, other health professionals.) |
| X | | 2. Does the policy indicate goals for nutrition education ? |
| X | | 3. Does the policy indicate goals for physical education ? |
| X | | 4. Does the policy indicate goals for other school-based physical activity for students and staff ? |
| X | | 5. Does the policy outline nutrition guidelines for all foods served or sold on each school campus during the school day? |
| X | | 6. Does the policy provide an assurance that guidelines for reimbursable school meals shall not be less restrictive than regulations and guidance issued by USDA? |
| X | | 7. Does the policy designate 1 or more persons within the District or at each school charged with operational responsibility for ensuring that the school is meeting the Local Wellness Policy? |
| X | | 8. Does the policy outline the District plan for measuring and evaluating the implementation of the Local Wellness Policy? |
| X | | 9. Does the policy outline a plan for reporting the effectiveness of the wellness policy and recommended revisions, if necessary, to the District Superintendent? |

Reviewed by: _____ Date Reviewed: _____
 Area Director (Designee)

Approved:

Disapproved:

Action to be taken: _____

Suspense: Response to District Superintendent within 20 days of receipt. If disapproved, response will include actions to be taken.