

## **Policy 13.00**

### **Wellness**

#### **Applicable Laws and or Policies**

---

703 KAR 5:230 - Next Generation Instructional Programs and Support

KRS 158.6453 (1)(i) – Definitions – “Program Review”

KRS 160.345 (2)(i)(1) – Definitions – Responsibilities – Required Policies – Determination of Curriculum

#### **POLICY**

---

At Bryan Station Middle School, we believe in educating the whole child. This includes the growth of a child not only socially and cognitively, but emotionally and physically as well. Engaging students in physical activities promotes health and fitness while teaching valuable lessons in teamwork, discipline, citizenship, following rules, listening, and problem solving.

Students will receive instruction to promote making healthy choices. This instruction will focus on the benefits of good nutritional choices, healthy habits, physical education as reflected in the Kentucky Program of Studies and Program Review. Students at Bryan Station Middle School will participate in physical activity each day. This will become a part of the instructional day to ensure that our school promotes student wellness.

#### **Curriculum and Instruction**

Students shall participate in moderate to vigorous physical activity as follows:

- Student shall participate in a PE class weekly.
- The school will employ a certified PE teacher.
- Student shall have supervised moderate to vigorous physical activity daily. 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.

## **Guidelines for School Meals**

Nutrition Services will provide students with access to a variety of affordable, nutritious, and appealing foods that meet the health and nutrition needs of students; will accommodate the religious, ethnic and cultural diversity of the student body in meal planning; will accommodate the special dietary needs of students and will provide clean, safe, and pleasant settings and adequate times for students to eat regarding federal nutrition policies.

Bryan Station Middle School shall encourage healthy choices among students using the following methods:

- Implement the nutritional standards required by federal and state laws and regulations.
- Avoid using food as a reward.
- 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.

## **Nutrition Guidelines for All Foods Available on Campus**

### **Fundraising**

Healthy food and beverage choices will be encouraged for vending, ala carte, student stores, parties, and fundraising.

### **Concession Stand**

Bryan Station Middle School will work with vendors and athletic personnel to provide choices and selections for healthy food and beverages at the school concession stand.

## **Monitoring and Evaluation**

An assessment of the school's existing nutrition and physical activity environment and policy will be completed annually to help preview policy compliance, assess progress, and determine areas in need of improvement. As part of the that review, the Program Review Committee will review nutrition and physical activity; and nutrition and physical education policies and program elements.

Annually, staff will administer a physical activity assessment to each student. The results of this assessment will be presented to the SBDM Council for review.