



Athens-Chilesburg Elementary

Policy Name: **Wellness & Dress Code**

Related KRS and/or FCPS Board Policy:

KRS 160.345(11); 157.360; 158.852 702 KAR 3:190; 702 KAR 6:060; 702 KAR 6:090

FCPS 02.4241; 09.2

Healthy, Hunger Free Kids Act of 2010

Physical Activity Plan

All students will participate in moderate to vigorous physical activity each day, as follows:

1. All students shall engage in at least 20 minutes of planned moderate to vigorous physical activity each day, utilizing Sustained Physical Activity. Each student shall participate in physical education class at least one time per week. To ensure maximum physical education time per week, the school scheduling committee will review the master schedule on an annual basis.
2. Each student shall have at least 20 minutes a day of supervised physical activity period, preferably outdoors, during which the school staff shall encourage moderate to vigorous physical activity. The school shall provide space and equipment to make that activity possible and appealing to students.
3. Teachers shall make all reasonable efforts to avoid long periods when students are physically inactive. When possible, physical activity should be integrated into learning activities about every 30 minutes. When that is not possible, students should be given periodic breaks during which they are encouraged to stand and be moderately active.
4. Students missing recess must be permitted to release physical energy by walking, running, moving, skipping, etc. A variety of interventions must be tried before the loss of recess is utilized.
5. Behavior and academic incentive parties/positive reinforcements should be physical in nature. For instance, reward parties could be a game of kickball, Dance Party, Fitness

Five, Keep Movin' Program, Take Ten, Transition Locomotion, Parks & Recreation Exercise 90, etc.

6. All snacks/treats should be healthy whenever possible.
7. Appropriate accommodations will be made for students with special needs, as required by law and sound professional judgment.
8. Students will be assessed on healthy habits during physical education classes.
9. The school will encourage healthy choices among students by:
 - implementing the nutritional standards required by federal and state laws and regulations, which apply to our food service program and to other food and beverages available during the school day;
 - implementing a practical living curriculum which addresses the full KAS including health, consumerism, and physical education;
 - integrating all content areas by making connections to health and wellness and by incorporating movement-based activities when possible.

Some initiatives include: Nutrition Education, Health Screenings, Nutrition Environment, School Breakfast/Lunch Programs, Competitive Foods/Beverages regulations, Rewards, Fundraising, Celebrations, Class Parties, PE, and Staff Wellness.

Nutrition

1. ACE school's Practical Living curriculum shall address the Program of Studies, including health, consumerism, and physical education. The rest of our curriculum shall reflect an integrated concern for wellness, including connections to science, social studies, nutrition education and other subjects as necessary.
2. ACE shall continue to implement the nutritional standards required by federal and state laws and regulations. Those rules apply to the National School Lunch and Breakfast programs and to other food and beverages available during the school day. FCPS Food Service office will continue to do a nutrient analysis on all menus.
3. The cafeteria staff will use cooking methods and ingredients (egg whites, whole wheat flour, etc.) that will reduce the amount of fat, sugar, and salt in food. The cafeteria still will offer bottled water for sale. Juice (100%), along with a variety of low-fat milks (1% or lower) will be offered daily.
4. Restaurant food and soft drinks are **NOT ALLOWED TO BE brought into the cafeteria** or served to students during lunch periods. If parents pack said items in a lunch box (subs, nuggets, bagels, sushi) students will be allowed to eat said items, although the students will not be allowed to sit at the peanut free table.
5. Student performance shall be rewarded with praise, privileges, special activities, and small prizes. Food, candy, or drinks shall not be used on a daily basis as rewards unless approved by the principal or designee.

6. Teachers/Staff shall be encouraged to use bottled water or 100% fruit juice along with other healthy foods for special events (class parties).
7. Teachers will request written permission from parents/guardians at the beginning of the school year for students to eat store-bought food items. Students without permission will not be given these items.
8. In order to not interfere with students' appetites, morning snacks should be distributed at least 90 minutes prior to lunch. Families or outside entities will be encouraged to send food and drinks that are low in fat, sugar, and salt.
9. Special treats (e.g. birthday cupcakes, ice cream, fruit cups, donuts, etc.) sent in by families or outside entities, should be distributed during the LAST 7 MINUTES of the students' lunch period. All items brought in will be store bought, in the original container, and have the nutrition label attached (or be able to be printed off the establishment's website). Parents are encouraged to send special treats that are healthy.

Athens-Chilesburg Elementary School

Dress Code/Appearance Policy

POLICY STATEMENT:

Appropriate attire and acceptable appearance strongly correlate with school success. We expect Athens-Chilesburg Elementary students to be neatly dressed and well-groomed at all times. Other than on theme days, the following is a description of generally acceptable attire for students attending AthensChilesburg Elementary:

- Slacks or jeans
- Leggings with a mid-thigh top
- Shirt, blouse, top, or t-shirt
- Sweater or vest in appropriate weather
- Below the mid-thigh length shorts
- Below the mid-thigh length skirt or dress
- Sweatshirt, sweatpants
- Athletic suits
- Appropriate footwear (tennis shoes are required on physical education days)
- Backpacks that can be carried (unless otherwise stated in an IEP, 504, or other service plan)

The dress code prohibits the following:

- Muscle shirts, undergarments, cropped tops, tube tops, spaghetti straps, bare backs, bare midriffs, bare shoulders, bare chests, and shirts with straps less than 1 inch wide.
- Short shorts, cut-offs, bike shorts
- Leggings without a mid-thigh top
- Mini skirts and dresses above the mid-thigh
- Pants/jeans worn below the hip bones, exposed undergarments
- Wheeled shoes or shoes with the heel height exceeding 2 inches
- Coats worn during the day unless building conditions require them
- Dangling earrings and long chains (safety)
- Hats in the building except on Spirit/Hat Day
- Sunglasses in the building
- Any clothing representing illegal activities for minors including drugs alcohol, sex, gangs, or violence
- Rolling backpacks (safety)
- Other items considered inappropriate or unsafe by the teachers or Principal

CONSEQUENCES:

1 st Offense: Student will be asked to remove items. If clothing change is required, student will be sent to FRC to change clothes and a parent/guardian will be contacted.

2 nd Offense: A parent/guardian will be contacted to bring acceptable clothes. If parent cannot bring acceptable clothes, FRC will supply clothes. If parent cannot be contacted, the principal or designee shall determine consequences.

3 rd Offense: The item will be confiscated. A parent/guardian will be contacted to pick up the item at the school. If clothing change is required, student will be sent to FRC to change clothes.

This plan will be reviewed annually and will be implemented by all stakeholders.

POLICY EVALUATION

We, the SBDM Council, will evaluate the effectiveness of this policy through our School Improvement Planning Process on an annual, or as needed, basis.

Date Adopted: _____ SBDM Chair: _____

Date Reviewed or Revised: _____ SBDM Chair's Initials: _____

