

## **ERSIL P. WARD ELEMENTARY WELLNESS POLICY**

### **Component 1: Health Services**

**Goal:** Services provided are to appraise, protect, and promote health of students.

- 1.. All students in grades K-8 will participate in annual vision and height/weight screenings. Grades K, 2, and 5 will have annual hearing screenings.
2. All students with a medical condition requiring school accommodations will have access to a written 504 plan, which will be reviewed annually as long as accommodations are necessary. Examples are, but not limited to: asthma, severe food allergies, diabetes, seizures.
4. A minimum of, but not limited to, 2 employees per building will be trained in first CPR/First Aid/AED every 2 years.
5. All employees will be trained in bloodborne pathogens annually.
6. All students presenting to the front office ill/injured will be assessed by a trained staff member who has been trained in first aid. An injury/illness report will be completed. Parents will be notified for temperature above 100, more than 1 episode of vomiting, communicable disease, injuries requiring more than simple first aid, all head injuries, and anything else that the trained staff member feels the need to communicate to the parent/guardian
7. The School Health Coordinator will be informed of all injuries requiring more than simple first aid. Examples include: possible musculoskeletal injuries, need for skin sutures, fainting episodes, seizure activity, and any other situation that the front office staff deems necessary to communicate.
8. Automated External Defibrillators (AEDs) will be accessible within the 6 schools at all times if needed in the event of a cardiac arrest.
9. 911 is to be notified immediately for any life threatening events.
10. Principal and Central Office will be communicated to on as needed basis regarding serious illnesses/injuries.
11. All medication administered to students will be done so by a trained staff member only and district medication policy must be followed at all times.
12. Medical equipment will be assessed annually and as needed for calibration.
13. A safe physical environment will be maintained. Employees, students, and parents are encouraged to report unsafe conditions to the principal.
15. KY immunizations must be current on all students enrolled. Expiration notices will be sent out by school nurse or the district health coordinator. All students who fail to bring in updated certificates by written notice deadline will be sent home until updated records are received.
16. KY physicals must be on file for all students enrolled. All preschool and P1 certificates are due upon enrollment. Transferring students have 30 days from time of enrollment. Each school nurse will be notified of a new enrollee and will track 30-day deadlines and report status to district health coordinator
17. Certified birth certificates must be on file for all students upon enrollment. The

certified birth certificate must be presented by the parent. A copy will be made by the enrolling employee. The employee will mark that the certified birth certificate was presented. If the parent does not have the original birth certificate, the enrolling employee will assist the parent by applying for the birth certificate. The application will be sent in from the school to ensure that the application process has been completed.

## **Component 2: Health Education**

**Goal:** A planned, sequential, K-12 curriculum that addresses the physical, mental, emotional and social dimensions of health will be utilized.

1. Health education will be provided by the classroom teacher at the elementary level meeting the requirements of the KY Dept. of Education Practical Living. This curriculum includes instruction in individual well-being, consumer decision, personal wellness, mental wellness, consumer resources, psychomotor, and lifetime activity.
2. The KY Core Curriculum will be utilized in grades K-6.
3. Additional health education will be provided by FRYSC and Coordinated School Health via assemblies, guest speakers, handouts, posters, displays, etc.
4. Essential health education topics will include age appropriate- healthy eating, physical activity, preventing unintentional injuries, violence, suicide, abstinence, growth/development, and preventing tobacco abuse.

## **Component 3: Staff Wellness**

**Goal:** Employees will have the opportunity to improve their health status through activities such as health assessments, health education, and health-related fitness activities.

1. All employees will have the opportunity to participate in a variety of annual health screenings and local health fairs as available. Participants using Humana Vitality can access screenings through local health department.
2. All employees will have the opportunity to receive flu vaccine as available.
3. All employees may use their lunch to participate in physical activity.
5. All employees will be encouraged to model healthy behaviors to students, parents, and community members as evidenced by encouraging healthy food choices and physical activity.
6. All employees who are injured on the job will follow proper procedure for reporting incidents, completing required Worker's Compensation documents, and following procedures for returning to work.

## **Component 4: Physical Education**

**Goal:** A planned, sequential K-12 curriculum that provides cognitive content and learning experiences in a variety of activity areas such as basic movement skills

;physical fitness; rhythms and dance; games; team, dual, and individual sports; and tumbling and gymnastics will be utilized.

- Physical education is mandatory for all elementary, middle, and one semester during high school.
- Physical Education teachers will utilize the Kentucky Core Curriculum and Presidential Fitness Test or Fitnessgram to assess fitness levels annually. The physical education curriculum will be consistent with KY standards.
- Elementary physical activity will have the opportunity to include 1-Take 10! Lesson per day, vigorous physical activity in PE classes once/week, and recess each day, resulting in a total of up to 150 minutes of vigorous physical activity/week.  
Instruction will be modified for special need students.
- Physical education classes will be health-related physical fitness.
- Teachers will avoid practices that result in student inactivity.
- Students will be physically active in PE class at least 80% of class time.
- Physical activity may be incorporated into classroom instruction.

## **Component 5: Nutrition Services**

**Goal:** Students will have access to a variety of nutritious and appealing meals that accommodate the health and nutrition needs of all students

- 1..All snacks and foods for rewards must be from the KDE “Healthy Food” list or in accordance with 702 KAR 6:090. In addition to this requirement, all foods sold must comply with the Competitive Food Regulation (CFR).
- 2.. Foods used for fundraisers sold to students during the school day must be from the KDE “Healthy Food” list or in accordance with 702 KAR 6:090. Fundraisers sold after the school day will not be limited to this list. (Smart Snacks)
- 3.. Classroom parties will be limited to 3 per year, and parents and teachers are encouraged to use foods from the “Healthy Food” list or those foods in compliance with 702 KAR 6:090 for these 3 parties.
- 4.. Birthday celebrations will be at the discretion of the building principal.
- 5.. All beverages and food items accessible for purchase by students beginning thirty minutes after the last lunch period will be in compliance with 702 KAR 6:090. No items food and beverage items will be available for sale until thirty minutes
- 6.. The Food Service Director, Managers and staff will obtain and maintain required certifications in accordance with Kentucky Revised Statutes.
- 7.. Food purchasing and preparation practices will be aimed at reducing fat and sodium content.  
development, meal pricing, and staffing levels.
- 8.. The Food Service Program will maintain membership in the SNA and KSNA.
- 9.. Menus will be analyzed for nutritional content. This carb counts will be available on the district website.
10. Professional development opportunities for classroom teachers will be provided

regarding nutrition education.

11.. Opportunities will be available to utilize the cafeteria and kitchen as a resource for introducing new content and reinforce classroom instruction content.

12.. Students will have sufficient time (minimum of 20 minutes) for meals.

13. A Hazard Analysis Critical Control Point Plan will be implemented.

14.. A marketing plan will be implemented by the cafeteria manager and food service director.

15. Communication regarding nutrition practices will occur via newsletter and website.

### **Component 6: Counseling and Psychological Services**

**Goal:** Services will be provided to improve students' mental, emotional, and social health.

1. All students and employees will have access to counseling services.

2. Counseling services will promote the mental health and safety of students and families.

3. Counselors will collaborate with school staff.

4. Counselors will establish strong community links for referral.

5. Counselors will address the importance of good nutrition and physical activity in counseling classes.

### **Component 7: Healthy School Environment**

**Goals:** The physical and aesthetic surroundings and the psychosocial climate and culture of the school will be supportive of a healthy environment<sup>1</sup>. The school facilities will be kept clean and free of obvious hazards at all times.

1.. Employees shall report identified hazards to their immediate supervisor.

2.. All athletic facilities shall have signs posted requesting that no tobacco products be used in order to model healthy behaviors to athletes. (Ask Mr. Roth)

3. Written crisis plan will be in place.

4. Active supervision to promote safety will be provided.

5.. Community will have limited access to physical activity facilities outside school hours.

6.. Fundraising efforts are encouraged to be supportive of healthy eating.

7.. Encourage employees to abstain from tobacco products during the school day and in the presence of students at school sponsored events.

8. Written health and safety policies will be reviewed as needed.

9. Policies will be communicated to students, employees, and parents.

### **Component 8: Family/Community Involvement**

**Goal:** An integrated school, parent, and community approach for enhancing the health and wellbeing of students.

1. Allow families and community members to have limited access to school facilities.
2. Communicate health and wellness information to families and community members via newsletters & website. (Utilization of Extension office newsletter)
3. Promote community based wellness programs.
4. Support effective parenting strategies to promote nutrition and physical activity.
5. Collaborate with community agencies to enhance educational process regarding nutrition and physical activity.
6. Community resources will be invited into our schools to maximize services in the promotion of health and wellness.

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