

Clark- Moores Middle School Wellness Policy

Clark-Moores Middle School realizes the link between nutrition, physical activity and learning. Good nutrition, physical activity, and health education are essential for students to reach their full academic potential, full physical and mental growth and lifelong health and well-being.

Clark-Moores Middle School is committed to provide a school environment that promotes and protects the adolescent child's health, well-being and ability to learn by providing and supporting healthy eating and physical activity.

Therefore; it is the goal of this wellness policy that all students at Clark-Moores Middle School are afforded the opportunities and knowledge and skills to make healthy choices involving nutritious foods, physical behaviors and risky behaviors. Furthermore, the faculty and staff are involved and encouraged to model healthy eating and physical activities as a valuable part of their daily life.

Commitment to Nutrition:

- School meals and snacks will meet the recommendations of the Federal and State laws and regulations and local requirements.
- Every effort will be made to provide affordable, healthy, and appealing foods to our students in a clean, pleasant setting that minimizes distractions.
- Our school nurse and cafeteria staff will work closely with the parent(s) and/or guardians to make reasonable accommodations for students with disability or other special dietary needs. Communication with the teachers will be made to ensure they are also aware of these dietary and special individual needs.
- School cafeteria managers shall annually receive at least two (2) hours of continuing education in applied nutrition and healthy meal planning preparation (KY Senate Bill 172).
- Snacks, bake sales, pizza sales, etc. will not be allowed until all lunch lines are completed for the day.
- Our school will notify parents of breakfast and lunch menus on the school websites.
- The school menus will be posted daily with carbs listed.
- Nutrition classes will be taught as part of the Core Content in the 6th, 7th, and 8th grade Life Skills classes. Classes will cover making healthy choices using My Plate and the

American Dietary Guidelines, eating in moderation, maintaining a healthy BMI, being safe and sanitary when preparing food and avoiding obesity through proper nutrition.

Commitment to Physical Activity:

- Clark-Moores will provide physical education/health classes called Wellness.
- Clark-Moores will provide a physical and social environment that encourages safe and enjoyable activity for all students, in particular students with chronic health conditions or special needs.
- Clark-Moores Wellness curriculum will be a comprehensive physical education and health curriculum that is sequential and aligned to the Kentucky Core Academic Standards for Practical Living.
- Students will be engaged in moderate to vigorous physical activity at least 50% of the time in Wellness class.
- Physical Education will not be taken away from a student as a punishment.

Commitment to Health Education:

- Clark-Moores will provide health/wellness education as required by Federal and State laws and Regulations and local requirements.
- Clark-Moores will provide a comprehensive health/wellness curriculum that is sequential and aligned to the Kentucky Core Academic Standards for Practical Living.
- Practical Living Curriculum taught in Wellness and Life Skills Related Arts classes will provide learning strategies and activities that ensure students receive instruction in all Health Education and Life Skills content areas (e.g. family life and human sexuality, alcohol and other drugs, tobacco, nutrition, mental and emotional health, injury and violence prevention, diseases and disorders, physical activity, person/consumer health, community/environmental health).
- Clark-Moores will host a Health Fair once a year using Eastern Kentucky University as our partner in education.

Commitment to Employee Wellness:

- A health and wellness assessment survey will be given to the staff during the Fall. Results from the survey will be used by the Coordinated School Health Committee to determine if any programs can be offered for the overall benefit of the staff's well-being.

Commitment to implementation:

- Clark-Moores will keep a Coordinated School Health Committee (CSHC) in place. It consists of a group of individuals that will meet 3-4 times a year to assess the school wellness efforts.
- The CHSC may consist of individuals representing the school and community, individuals from the community, including, but not limited to, parents, students, and representatives from the school food service, school administrators, teachers, health professionals and members of the public.
- The school's overall wellness goals will be included in the School Improvement Plan.
- The CHSC will provide feedback to the district regarding its progress annually.