

# Wellness Policy

## George Rogers Clark High School

### Purpose

The purpose of the George Rogers Clark High School (GRCHS) wellness policy is to ensure that all students at GRCHS are provided with a safe and healthy environment that promotes wellness through high quality health education and physical education to enrich student learning and ensure success. We believe student health is closely associated with academic achievement, attendance rate and behavior supports, thus our students need to be striving for healthy lifestyles in order to truly be prepared for “college and career readiness.”

### School Committee

GRCHS maintains a Coordinated School Health (CSH) committee. Our CSH committee serves as a resource to create, strengthen and support school policy on the promotion of student health and wellness. This committee will report to the SBDM at a minimum of every two months to provide updates on school progress of implementation of this policy and other CSH programs.

### Physical Activity Plan

1. Each student will earn a Physical Education credit.
2. Each student enrolled in P.E. will be physically active for a minimum of 40 minutes per class period.
3. Each student will have the opportunity to participate in after-school or before-school activities, including but not limited to soccer, 3-on-3 basketball, corn hole, flag football, disc golf, ultimate Frisbee, or running club.
4. Each teacher will make a reasonable effort to incorporate physical activity into his/her lessons as feasible.
5. Appropriate accommodations will be made for students with special needs, as required by law and sound professional judgment.

## Healthy Choice Plan

1. Implementation of nutritional standards required by federal and state laws and regulations, which apply to our food program and to other food and beverages available during the school day.
2. Implementation of a practical living curriculum, which addresses the standards for health education, physical education, and consumerism.
3. Integration through all content areas by making connections to health and wellness, by incorporating movement-based activities when feasible.
4. Collaboration with the health department to place tobacco free signs on the high school campus and ensure that the signs are well maintained (visible and undamaged).
5. Assurance that all students have access to mental health services and disability services as required by law.

## Assessment Tool

We will assess the progress of physical fitness at the end of each semester using the following:

1. The instructor should assess the fitness level of each student based on his/her ability.
2. The instructor will develop a schedule of testing at the end of each semester for the students.
3. The instructor will take the assessment results and grade the students accordingly on the class.

## Snacks In The Classroom

Classroom teachers will develop procedures to ensure that classroom snacks do not present a disruption to learning within the following guidelines:

1. Snacks must be individual servings, require no preparation, and be able to be eaten with fingers, at the student's desk, while they continue to take part in class activities.
2. Snacks must be listed on the attached Health Snacks list or adhere to the following guidelines:
  - Fat - No more than 35% of total calories from fat and 7 grams maximum per serving (with the exception of nuts, seeds, peanut and other nut butters and cheeses).
  - Saturated Fat and Trans Fat – No more than 10% of calories from saturated fat and/or trans-fat and 2 grams maximum per serving.
  - Added Sugar – No more than 35% by weight and 15 grams maximum per serving (excludes sugars naturally occurring in fruits, vegetables and dairy).
  - Students are not required to bring a snack to school.
  - Snacks that are disruptive to the learning process, i.e. do not meet the healthy guidelines listed above, and/or require too much space, time, or effort to consume will not be allowed. The Principal will make the final determination as to whether or not a snack will be allowed and will notify parents.

### Measurement and Evaluation

In compliance with 702 KAR 6:090, GRCHS will evaluate the student physical activity environment, including the amount of time and types of physical activity provided in the elementary schools, as required by KRS 160.345 (11) and release the report at least 60 days prior to the public forum required by KRS 158.856 (5). Results will be reported to parents and community stakeholders via the school's website.

### Policy Implementation

This policy will comply with Federal and State Law as well as Clark County Board requirements for physical fitness and wellness. If any requirement does not comply, it will be amended. The GRCHS CSH committee will oversee the implementation and evaluation of this

policy. The CSH committee shall periodically report to the school principal and SBDM on the content and progress of implementation of the school's wellness efforts. The report shall include:

1. Extent to which the school is in compliance with this policy;
2. A timeline for an annual review and comparison of how the school measures up to model wellness policies provided by recognized state and national authorities; and
3. A designated school representative of the CSH committee will communicate on the description of the measurable progress made towards reaching goals of the school wellness policy and address any gaps identified in the wellness report for the previous year.

This policy will be shared upon request.