

Wurtland Middle School
School-Based Decision Making Council

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| Policy Number | |
| 11 | |
| Type: | Required |

**Wurtland Middle School
Council Policy
School wide Wellness
KRS 160.345(11)**

Wurtland Middle School is committed to providing a school environment that enhances learning and development of lifelong wellness practices.

Nutrition:

- A. An effort will be made to make healthy food choices available when food is on Wurtland Middle School's campus.
- B. District regulates the sale or serving of foods and snacks high in fat, sodium, and added sugars.
- C. All school meals and snacks served by the school nutrition and food services operation comply with state and federal laws and regulations.
- D. The consumption of healthy beverage choices will be encouraged when beverages are made available on campus and on school field trips. The use of "energy" drinks is prohibited on campus as well as on school field trips. Energy drinks are referring to drinks containing high amounts of caffeine and other non-nutritive stimulants. Any drinks in question will be determined by school administration.

These standards (A, B and C) do not apply to school sponsored or school related fundraising activities. Nor do they apply to booster sales at school related events where parents and other adults are a significant part of an audience or are selling food as boosters either during intermission or immediately during evenings and weekends. Examples of these events include but are not limited to interscholastic sporting events, concerts, etc.

Physical Education:

A comprehensive physical education curriculum consistent with Kentucky requirements and aligned to national physical education standards shall be adopted. The curriculum will be developmentally appropriate, utilizing strategies that support needs of the diversity of the student population. Every effort is made that all middle school students will have physical education each year they attend Wurtland Middle School. Physical education classes shall be appropriately modified or adapted to promote the participation of all students, in particular, students with chronic health conditions and/or special needs.

Health Education and Nutrition Education:

Wurtland Middle School utilizes a comprehensive health education curriculum consistent with Kentucky requirements and aligned to national health education standards. Every effort is made that all middle school students will have Health Education and/or Life Skills at least once in the three years they attend Wurtland Middle School. The curriculum will provide opportunities for developmentally appropriate, skill-based instruction for grade 6-8. Because good health is integral to a successful and productive future, health education featuring information on healthy eating and physical activity will be integrated where possible into other subject areas.

Student and Staff Wellness:

The health, safety and attendance of Wurtland Middle School students and staff are critical for meeting the rigorous learning goals we have set. Wurtland Middle School wellness program will include, but is not limited to physical activity and nutrition information, access to a school nurse, health screenings, and other evidence-based approaches.

*Wurtland Middle
School
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Wurtland, Kentucky
41144*

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