

Southern Elementary

Updated: SBDM 11/2018

Wellness Policy – Southern Elementary is committed to providing its students a school environment that promotes and protects children’s health, well-being, and ability to learn by supporting healthy eating, physical activity, and overall health and wellness. In addition to the school policy, Southern is committed to the implementation of the Pendleton County Schools Student Welfare and Wellness Policy.

Policy Statement

Nutrition

1. Southern Elementary will implement the 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. Nutrition topics will be included within the health education curriculum that is taught at every grade level (K-5).
3. Health education standards shall address areas such as health, consumerism, and physical education.
4. Southern Elementary will provide information about the nutritional content of meals with students and parents on the school breakfast and lunch menus and on the Pendleton County district webpage.
5. Students will be provided a pleasant environment in which to eat meals with appropriate supervision.
6. Students will have access to free, safe and fresh drinking water throughout the school day.

Health Screenings

1. Southern Elementary will conduct vision and hearing screenings for 2nd and 4th grade students or on referral. In addition, height and weight measurements on all students in grades K-5 will be completed through the physical education class.

Physical Activity

1. The Physical Education component will follow a K-5 curriculum/program. All students in grades K-5 will be scheduled for physical education instruction in accordance with state law.
2. Physical education classes will be taught by a licensed physical education teacher and classes will have the same student/teacher ratios used in other classes, per state law (KRS 157.360 and 702 KAR 3:190).
3. Southern Elementary will ensure that P.E staff receives adequate training and receives professional development on a yearly basis.
4. The physical education program will be provided adequate space and equipment and follow all applicable safety standards.
5. Each student will have the opportunity for supervised physical activity. The physical activity will occur outdoors as often as possible and teachers will encourage the students verbally to engage in moderate to vigorous physical activity. The school will provide space and equipment to make that activity possible and appealing to students.
6. Appropriate accommodations will be made for students with special needs, as required by law and sound professional judgement.