



Fleming County Schools

Coordinated School Health Wellness Policy

The coordinated school health program model consists of eight interactive components, organized in a set of procedures and activities designed to promote and sustain the health of student, staff, parents, and community members. The approach is coordinated to improve student's health and their capacity to learn through the support of families, schools and communities united efforts.

Key Strategies for building a strong foundation for nutrition and physical activity

Address physical activity and nutrition through a Coordinated School Health Program (CSHP)

Designate a District school health coordinator and maintain a Coordinated School Health Wellness Council and develop a plan for improvements.

Assess the school's health policies and procedures.

Strengthen the school's nutrition and physical activity policies.

Implement a high-quality health promotion program for school staff.

Implement a high-quality course of study in health education.

Implement a high-quality course of study in physical education.

Increase opportunities for students to engage in physical activity.

Implement a quality school meals program.

Ensure that students have appealing, healthy choices in foods and beverages offered outside of the school meals program.

Component 1: Health Services

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

These services are designed to ensure access to primary health care services and foster appropriate use of primary health care services. Focus on the prevention and control communicable diseases, and other health problems. Provide emergency care for illness or injury. Promote and provide optimum sanitary conditions for a safe school environment. Provide educational and counseling opportunities to promote and maintain individual, family, and community health.

1. The district will have a school health committee in place. This committee will meet at least 2-times/school year to assess school wellness.
2. 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.
3. 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 CPR/First Aid/AED every 2 years.
5. All employees will be trained in blood borne 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 health care provider 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.
14. All KHSAA athletic coaches will be trained in CPR/First Aid/AED every 2 years.
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 at the cost of the parent to ensure that the application process has been completed.
18. The Board will hold a public update annually to form a plan to improve nutrition and physical activity.

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. The curriculum is designed to motivate and assist students to maintain and improve their health, prevent disease, and reduce health-related risk behaviors. Students will develop and demonstrate increasingly sophisticated health-related knowledge, attitudes, skills, and practices. The curriculum will include a variety of topics such as personal health, family health, community health, consumer health, environmental health, sexuality education, mental and emotional health, injury prevention and safety, nutrition, prevention and control of disease, and substance use and abuse.

1. Health education will be provided by the classroom teacher at the elementary level and by the Health/PE teacher at the middle and high school 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. Additional health education will be provided by FRYSC and Coordinated School Health via assemblies, guest speakers, handouts, posters, displays, etc.
3. 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. These opportunities will encourage school staff to pursue a healthy lifestyle that contributes to their improved health status, improved morale, and a greater personal commitment to the school's overall coordinated health program. This personal commitment often transfers into greater commitment to the health of students and creates positive role modeling. Health promotion activities have improved productivity, decreased absenteeism, and reduced health insurance costs.

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.
4. The District Health Coordinator subject to availability and schedule may administer allergy injections with a physician's order to employees.
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. Quality physical education should promote, through a variety of planned physical activities, each student's optimum physical, mental, emotional, and social development, and should promote activities and sports that all students enjoy and can pursue throughout their lives. Physical activity reduces the risk of premature mortality in general and of coronary heart disease, hypertension, colon cancer, and diabetes mellitus in particular. Regular physical activity in childhood and adolescence improves strength and endurance, helps build healthy bones and muscle, helps control weight, reduces anxiety and stress, increases self-esteem, and may improve blood pressure and cholesterol levels.

1. Physical education is mandatory for all elementary, middle, and one semester during high school.
2. Physical Education teachers will assess fitness levels annually. The physical education curriculum will be consistent with KY standards.
3. 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.
4. Additional physical education classes will be offered for grades 7-12.
5. Instruction will be modified for special need students.
6. Physical activity facilities will meet state and federal safety standards.
7. Athletic safety requirements will meet KHSAA standards.
8. Community physical activities will be encouraged.
9. Physical education classes will be health-related physical fitness.
10. Extracurricular physical activity programs will be highly encouraged.
11. Students will be physically active in PE class at least 80% of class time.
12. Physical activity may be incorporated into classroom instruction.
13. Playgrounds will be assessed for potential hazards.

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. School nutrition programs will reflect the U.S. Dietary Guidelines for Americans and other criteria to achieve



nutrition integrity. The school nutrition services offer students a school environment that enhances learning and the development of lifelong wellness practices. The wellness policy is supported by the following goals:

1. Vending machines or any other products sold and accessed by students will include only items approved on the Federal and Kentucky guidelines for Smart Snacks or in accordance with 702 KAR 6:090, and only be available 30 minutes after the last lunch period.
2. All snacks and foods for rewards must be compliant with the Federal and Kentucky Smart Snack Guidelines KAR 6:090. In addition to this requirement, all foods sold must comply with the Competitive Food Regulation (CFR).
3. Foods used for fundraisers sold to students during the school day must be compliant with the Federal and Kentucky Smart Snack Guidelines in accordance with 702 KAR 6:090. Fundraisers sold after the school day will not be limited to this list.
4. Classroom parties will be limited to 3 per year, and parents and teachers are encouraged to use foods from the Smart Snack list or those foods in compliance with 702 KAR 6:090 for these 3 parties.
5. Birthday celebrations will be at the discretion of the building principal.
6. 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 food and beverage items will be available for sale until thirty minutes after the last lunch period.
7. All schools will participate in the federal breakfast/lunch program.
8. All cafeterias will be safe, clean, and pleasant.
9. The Food Service Director, Managers and staff will obtain and maintain required certifications in accordance with Kentucky Revised Statutes.
10. Food purchasing and preparation practices will be aimed at reducing fat and sodium content.
11. A' la carte items made available in the cafeteria and will comply with 702 KAR 6:090 and must comply with the smart snack regulations.
12. The Food Service Director and Cafeteria Managers will establish productivity standards.
13. A coordinated data collection system will be maintained in regards to menu development, meal pricing, and staffing levels.
14. The Food Service Program will maintain membership in the SNA and KSNA.
15. Menus will be analyzed for nutritional content. The carb counts will be available on the district website.
16. Professional development opportunities for classroom teachers will be provided regarding nutrition education.
17. Opportunities will be available to utilize the cafeteria and kitchen as a resource for introducing new content and reinforce classroom instruction content.
18. Students will have sufficient time (minimum of 20 minutes) for meals.
19. A Hazard Analysis Critical Control Point Plan will be implemented.
20. A marketing plan will be implemented by the cafeteria manager and food service director.



22. Communication regarding nutrition practices will occur via website.

Component 6: Counseling and Psychological Services

Goal: Services will be provided to improve students' mental, emotional, and social health. These services will include individual and group assessments, interventions, and referrals. Organizational assessment and consultation skills of counselors and psychologists contribute not only to the health of students but also to the health of the school environment. Professionals such as certified school counselors, psychologists, Mental Health Professionals and social workers provide these services.

1. All students and employees will have access to counseling services as needed.
2. Counseling services will promote the mental health and safety of students and families.
3. Comprehend Counselors will collaborate with school staff.
4. Counselors will establish strong community links for referral.
5. Suicide Prevention information for middle and high school students will be disseminated by September 1st each school year. (KRS 158.070)
6. All high school and middle school principals, guidance counselors and teachers will complete a minimum of two hours of self-study review of suicide prevention materials each school year. (KRS 161.011)

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. Factors that influence the physical environment include the school building and the area surrounding it, any biological or chemical agents that are detrimental to health, and physical conditions such as temperature, noise, and lighting. The psychological environment includes the physical, emotional, and social conditions that affect the well-being of students and staff.

1. The school facilities will be kept clean and free of obvious hazards at all times.
2. Employees shall report identified hazards to their immediate supervisor.
3. The use of any tobacco product is prohibited in any building owned or operated by the Board.
4. Enforce tobacco-use policies and prohibit tobacco advertising.
5. Written crisis plan will be in place.
6. Active supervision to promote safety will be provided.
7. Community will have limited access to physical activity facilities outside school hours.
8. Fundraising efforts are encouraged to be supportive of healthy eating.
9. Encourage employees to abstain from tobacco products during the school day and



in the presence of students at school sponsored events.

Component 8: Family/Community Involvement

Goal: An integrated school, parent, and community approach for enhancing the health and wellbeing of students. School health advisory councils, coalitions, and broadly based constituencies for school health can build support for school health program efforts. Schools actively solicit parent involvement and engage community resources and services to respond more effectively to the health-related needs 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 website.
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.