**SCHOOL-BASED DECISION MAKING**

**School Name: Sample Middle/High School Name**

**Subject of the Policy: Wellness**

***Policy Statement***

At Sample Secondary School, we believe in educating the whole child. The purpose of the wellness policy is to ensure that all students are provided a healthy environment that promotes wellness to aid student learning and success. Student health has an impact on academic performance through increased student attention span and attendance and improved behavior/conduct. It is positively correlated with increased achievement test scores.

At Sample Secondary School, students will receive instruction to promote making healthy choices to be implemented through the following:

* Goals for Nutrition Education
* The physical education (PE)~~practical living~~/health education Kentucky Academic Standards (KAS) will be taught across disciplines and throughout the school environment.
* Foods and practices in the school environment will be consistent with nutrition education.
* Goals for PE/Physical Activity
* All students shall participate in a KAS-based PE class.
* The school uses a Comprehensive School Physical Activity Program (CSPAP) to increase physical activity opportunities through the school environment.
* Teachers shall make a reasonable effort to avoid long periods when students are physically inactive by providing physical activity in the classroom.
* Physical activity will be positively promoted. Students will not be denied participation in physical activity as a punishment for deficient behavior or academic performance (delineate during the school day).
* Goals for Nutrition Promotion
* The school will regularly provide opportunities for all students to become health-literate by practicing nutrition education skills that establish, promote, and support health-enhancing choices.
* The school will provide an environment of scientifically based nutrition messages throughout the school, within classrooms, and in school marketing that will be consistent with nutrition education and promotion.
* All food sold and served to students during the school day (from 12 midnight until 30 minutes after the last bell) will be Smart-Snack-appropriate to enhance the health of our students and comply with the federal Smart Snacks in School requirements.
* Goals for Other School-Based Activities to Promote Student Wellness
* Food/Beverages used as a reward or for celebrations should be discouraged. However, if food/beverages are used, only healthy snacks and beverages will be provided that meet Smart Snacks in School Standards (7CFR210.11).
* When food/beverage items are used as rewards/celebrations, they shall not be served until 30 minutes after the close of the last lunch period (Jefferson County Board of Education [JCBE] policy 07.111: Competitive Foods) and should comply with Smart Snacks in School Standards until 30 minutes after the last bell.
* Sample School will maintain the Alliance for a Healthier Generation Smart Snack calculations for all food and beverages sold or served to students.
* A Plan for Measuring Implementation
  + Sample School is implementing the district-level wellness policy. Strategies for school wellness are included in the School Improvement Plan (SIP).
  + Sample School will complete the required annual school wellness assessment as per district policy “Student Welfare and Wellness” 09.2. The results of this assessment will be presented to the SBDM Council for review.

**Date of First Reading:**

**Date of Second Reading:**

**Date Adopted:**

**Date Reviewed:**

**Signature: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**

**(SBDM Council Chairperson)**