**Spencer County High School**

**School Wellness Plan**

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The Spencer County Public School Board recognizes its responsibility to provide a healthy learning environment by supporting wellness, good nutrition and regular physical activity as outlined in SCPS Board Plan 09.2. This School Wellness Plan promotes life-long wellness behaviors, and links healthy nutrition and exercise to students' overall physical well-being. Healthy eating behaviors and regular physical activity are essential for students to achieve their full academic and life potential.

This School Wellness Plan also supports employee life-long wellness behaviors, linking healthy nutrition and exercise to overall health, job performance and a positive work environment. Specifically, the (School Name) shall strive to accomplish the following physical activity, nutrition education, nutrition goals, and wellness goals:

**1. Physical Education**

*The physical education curriculum shall teach students the importance of physical fitness and expose students to a wide variety of physical activities so students develop the concepts and skills necessary to be active for life. The physical education curriculum shall meet or exceed state standards, including emphasis on health-related physical fitness and lifetime activities. Student involvement in other activities involving physical activity shall not be a substitute for meeting the physical education requirement.*

Activities and Evidence

1. All students are required to take a physical education course during their high school years. Several courses are offered for advanced PE for the upper classmen. Health class is offered as well with an emphasis on healthy lifestyle living, substance abuse, and physical activity as a daily activity.

**2. Physical Activities**

*All elementary schools shall schedule daily recess for students and encourage students in active play. All district schools shall offer a range of activities for all students, including students with disabilities and students with special health care needs, as additional ways to be physically active.*

Activities and Evidence

1. Several physical activities are offered at the high school level especially in the extracurricular area. Spencer County High School offers the following sports to encourage students to continue a physical activity: Football, basketball (girls/boys), soccer (girls/boys), tennis (girls/boys), archery (co-ed), Cheerleading (co-ed), dance team (girls), softball, baseball, track/field (co-ed), volleyball (girls), wrestling, cross country (girls/boys), swim team, and golf team.

**3. Health Education**

*The health education curriculum shall teach students the concepts, attitudes, skills and behavior for life-long healthy eating habits and physical activity. The District supports curriculum standards and student outcomes for health education that include an emphasis on good nutrition, disease prevention and healthy lifestyles.*

Activities and Evidence

1. All freshman students are required to take a health through the lifespan class. SCHS now offers a health science career technical curriculum for those interested in entering the medical field which incorporates medical knowledge as well as healthy lifestyle. The family consumer science department also incorporates life- skills, food science/nutrition, and human development courses that includes health information within the curriculum.

**4. Nutrition Education**

*The nutrition education curriculum shall emphasize the knowledge and skills for a lifetime of healthy eating behaviors and be consistent with state and national standards and guidelines, such as the Dietary Guidelines for Americans.*

Activities and Evidence

1. Through the family consumer science department courses are offered in foods and food nutrition. SCHS offers seniors the opportunity to complete their Safe Serve certification in order to work within the food service industry. The Health Science courses also incorporate nutritional guidelines instruction for the health and wellness of patient care.

**5. School Nutrition Programs**

*The School Nutrition Department shall promote healthy meals and healthy meal alternatives as part of the educational learning environment to promote a healthy lifestyle and reduce the incidence of childhood obesity. Students shall receive the same quality school lunch and/or breakfast regardless of eligibility status, under all circumstances. All district schools shall participate in federal child nutrition programs (NSLP and NSBP). The district shall comply with federal program guidelines and applicable state and federal laws and regulations. Food safety will be a major part of the school nutrition program.*

Activities and Evidence

1. Planned rotating three week menu for the school year. Menu meets all federal and state nutritional regulations.
2. Menus are posted on the district website. Additionally, the menus include the carbohydrate counts for each set of menu items.
3. Nutritional information is posted on the website.

**6. Nutrition and Wellness Promotion in the School Environment**

*The entire school environment shall reflect the District's commitment to student and staff wellness. All food and beverage vending machines accessible to students on school campus shall be limited to products meeting USDA nutritional guidelines. Foods of minimal nutritional value shall not be sold/served/provided to students during school hours. The exception to this is celebration foods. Celebration foods that are less nutritious should be limited to occasionally and not served prior to lunch. Staff are encouraged to serve as nutrition role models for students. Parents are encouraged to provide nutritional foods for lunches and snacks*.

Activities and Evidence

1. Through our SBDM policy, no outside food or drink is allowed during the school operating hours by students. Also, no food should be consumed outside of the cafeteria with the exception of those students with medical issues.

**7. Employee Wellness**

*Health and wellness shall be promoted to and promoted by district employees. The district shall provide wellness programs, educational opportunities and a healthy work environment to encourage employee health and well-being.*

Activities and Evidence

1. Employees are encouraged to participate as team coaches at SCHS or at the SCMS. Employees participate in their personal fitness after school via walking or across the street at the local fitness club, Anytime Fitness. Wellness incentives are also encouraged through the employee’s insurance program.

**8. Wellness Committee**

The School Wellness Committee is advisory to the District Wellness Committee meets at least quarterly to review plan implementation, progress made on attainment of goals, nutrition and physical activity policies, evidence on student health impact, and effective programs and program elements. In addition, the district wellness plan will be reviewed annually, and recommendations for changes will be discussed.

SCHS has developed a wellness committee for the 2014-2015 school year consisting of the food service director, cafeteria manager, student representative, and health science instructor. This wellness plan has been compiled this year and will be reviewed annually.

**9. Wellness Plan Implementation and Enforcement**

All building administrators are responsible for implementing and enforcing the wellness plan at their building. All employees are responsible for implementing and complying with this plan while in the workplace in the presence of students.

The current wellness plan has been revised and will be approved by the SBDM council.