



## Henry County Public Schools Wellness Policy

### **PURPOSE**

The purpose of the HCPS District Wellness Policy is to ensure that all students at every school are provided with a safe and healthy environment that promotes wellness through high quality health education and physical education to enrich student learning and ensure success. We believe student health is closely associated with academic achievement, attendance rate, and behavior supports, thus our students need to be striving for healthy lifestyles in order to truly be prepared for "college and career readiness / transition readiness".

### **DISTRICT COMMITTEE**

HCPS maintains a Coordinated district Health Committee as evidence of PLCS Program Review expectations. Our CDH Committee serves as a resource to create, strengthen, and support school policy on the promotion of student health and wellness. This committee will report to the board annually to provide updates on school progress of implementation of this policy and other CDH programs.

### **DISTRICT / SCHOOL ACTIVITY AND PHYSICAL EDUCATION**

#### **Comprehensive District Physical Activity Program [CSDAP]**

Our district recognizes that a CSDAP is an approach our district will utilize all opportunities for school-based physical activity to develop physically education students who participate in the nationally recommended 60+ minutes of physical activity each day and develop the knowledge, skills, and confidence to be physically active for a lifetime. With a CSPAP, quality physical activity is the cornerstone of the program while also including school-based physical education opportunities; school employee wellness and involvement; and family and community involvement.

#### **PHYSICAL EDUCATION**

- ✓ A certified physical education teacher will provide instruction.
- ✓ Physical education teachers are allocated annually 24 hours to participate in professional learning to address issue related to instructional practices, data analysis, and improve instructions.
- ✓ Our elementary schools will use the Fitnessgram Assessment tool to assess muscular strength and endurance, cardiovascular endurance, flexibility, and Body Mass Index annually to determine each student's performance in relation to grade level benchmarks of the Kentucky Core Academic Standards (KCAS) as well as National Association for Sport and Physical Education (NASPE) Standards. The middle and high school will use a similar student assessment tool"
- ✓ Students will receive the equivalent of 150 minutes of physical education per week through Physical Education as a related art as well as teacher-led extra PE (recess).
- ✓ The Alliance for a Healthier Generation will assess our efforts regarding a coordinated school health program, which includes PE.

- ✓ The elementary physical education teacher also uses a standards and researched based curriculum that meets NASPE standards.
- ✓ All students will be assessed on the KCAS and receive a written grade based on the school grading schedule.
- ✓ Physical education class sizes follow the district policy for pupil-teacher ratio in non-PE classrooms.

### **PHYSICAL ACTIVITY DURING THE SCHOOL DAY**

- ✓ All students will receive at least 30 minutes of physical activity outside of physical education class. This can occur in several ways:
  - Lesson plans include planned student movement and are integrated into academic lessons.
    - Teachers shall make all reasonable efforts to avoid periods of more than 40 minutes when students are physically inactive. When possible, physical activity should be integrated into learning activities. When that is not possible, students should be given periodic breaks during which they are encourage to stand and be moderately active.
  - Recess: At least 20 minutes of recess time is allocated and supervised the school day during the school day.
- ✓ Incentives may be used during the school year to encourage each class to engage in physical activity.
- ✓ The district prohibits the use of physical activity as punishment (e.g. running laps, doing pushups etc.), and the withholding of physical activity/physical education time for behavior management. Our school also prohibits withholding physical activity/physical education time for make-up work. However, if "fun" physical activities are included in recess, a teacher may choose to allow students to walk instead of participate.

### **PHYSICAL ACTIVITY BEFORE AND AFTER SCHOOL**

Indoor school facilities are available for intramural activities & school sponsored sports based on availability and staffing. (Source: Wellsat)

### **STAFF INVOLVEMENT**

- ✓ **Staff Wellness:** The district highly values the health and well-being of every staff member and will plan and implement activities and policies that support personal efforts by staff to maintain a healthy lifestyle. The District Health Committee will work in conjunction with our district Health Coordinator. The committee should develop, promote, and oversee, a plan to promote staff health and wellness. The plan should be based on input solicited from school and should outline ways to encourage healthy eating, physical activity, and other elements of a healthy lifestyle among school staff. The Staff Wellness Committee may be asked to work the district Health Coordinator to plan district-wide activities.

### **SCHOOL NUTRITION**

- ✓ Our school will adhere to all guidelines of the USDA National School Lunch Program.
- ✓ Our school shall encourage healthy choices among students using the following methods:
  - Increase breakfast participation via second chance as well as "grab-n-go" programs.

- Schedule adequate time for all meals (702 KAR 6:060).
- Our school shall implement the nutritional standards required by federal and state laws and regulations. Those rules apply to our food program and to other food and beverages available during the school day.
- Parents may block the purchase of "extras" for their child's cafeteria account.
- School Nutrition Personnel will work closely with the parents(s) and/or guardian(s) to make reasonable accommodations for students with disability or special dietary needs.
- School cafeteria managers shall annually receive a minimum of two (2) hours of continuing education in applied nutrition and healthy meal planning and preparation [KAR 158.852].
- In compliance with the federal Healthy Hunger Free Kids Act and 702 KAR 006:090, any food item offered for sale through a vending machine, school store, canteen, or fundraiser on school property shall meet the established state requirements.
- User Smarter Lunchroom strategies for increasing healthy food selection (i.e. place fruits and vegetables near cafeteria or at easy access, etc.).
- Provide information to students or families on the nutrition, caloric, and sodium content of foods available.

### **NUTRITION EDUCATION AND PROMOTION**

- Our Practical Living curriculum shall address the full Kentucky Core Academic Standards, including health, consumerism, and physical education.
- Schools ensures content of the Health Education Curriculum is frequently integrated into all content areas to meet the health and safety needs of all students.
- Drinking water is encouraged and available to students free of charge at all times during the school day.
- Sports drinks are not available in the school setting except when provided by the school for student athletes participating in a sports program involving vigorous activity of more than one hour.
- Price nutritious foods and beverages at a lower cost while increasing the price of less nutritious foods and beverages.
- **Fundraising Activities:** To support children's health and school nutrition-education efforts, school fundraising activities will not involve food or will use only foods that meet the above nutrition and portion size standards for foods and beverages sold individually. Schools will encourage fundraising activities that promote physical activity
- **Snacks:** Schools will comply with USDA Smart Snack Standards. For more information, see: <https://www.fns.usda.gov/healthierschoolday/tools-schools-focusing-smart-snacks>
  - If eligible, schools that provide snacks through the after-school programs will pursue receiving reimbursement through the National School Lunch Program.
- **Rewards:** Schools will not use foods or beverages, especially those that do not meet the nutrition standards for food and beverages sold individually (above), as rewards for academic performance or good behavior, and will not withhold food or beverages (including food served through school meals) as punishment.
- **Celebrations:** Schools should limit celebrations that involve food during the school day to no more than one party per class per month. Each party should include no more than one food or beverage that does not meet nutrition standards for foods

and beverages sold individually (above). Foods brought in for class parties / celebrations, during the school day should be packaged and labelled. ***Due to food allergies no home-made foods will be allowed. See Appendix A***

- **Food Marketing in Schools** -The Wellsat survey addresses food marketing and will be used as the assessment in our school.

**<http://wellsat.org/> Log in information:  
[Melissa.jeffries@henry.kyschools.us](mailto:Melissa.jeffries@henry.kyschools.us)  
Password: HCPSDistrict**

- **Communication with Parents:** Schools will support parents' efforts to provide a healthy diet. Our schools will offer healthy eating programs for parents, send home nutrition information, post nutrition tips on school websites, and provide nutrient analyses of school menus. Schools should encourage parents to pack healthy lunches and snacks and to refrain from including beverages and foods that do not meet the above nutrition standards for individual foods and beverages. The district and each school will provide parents a list of foods that meeting the district's snack standards and ideas for healthy celebrations/parties, rewards, and fundraising activities. Any food item brought in by parents during the regular lunch schedule must meet the same food guidelines as food served in the school cafeteria.

*The provisions of this policy shall be implemented to comply with provisions required by federal law, state law, or local board policy. If any specific requirements above do not fit with those rules, the principal shall notify the council/committee so that the policy can be amended to fit.*

### **MEASUREMENT AND EVALUATION**

In compliance with 702 KAR 6:090 Henry County Public Schools will utilize the Alliance for a Healthier Generation's Healthy Schools Program to evaluate the school environment. This report will be shared annually with the as required by KRS 160.345 (11) and release the report at least 60 days to the public forum required by KRS 158.856 (5). Results will be reported to parents and the community stakeholders via the district's website.

The CDH committee will oversee the implementation and evaluation of this policy. The CDH committee shall periodically report to the board on the content and progress of implementation of the district's wellness efforts. The timeline for reporting is at the discretion of the superintendent and shall be noted in the board minutes of record. The report shall include:

1. Extent to which the district is in compliance with this policy;
2. School assessment results
3. A designated school representative of the CDHC will communicate on the description of the measurable progress make towards reaching goals of the school wellness policy and address any gaps identified in the wellness report of the previous year.

**Policy 1<sup>st</sup> Reading:** \_\_\_\_\_

**Policy 2<sup>nd</sup> Reading:** \_\_\_\_\_

**Date Approved:** \_\_\_\_\_ **Chair Signature:** \_\_\_\_\_

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**Appendix A: District Wellness Policy**

**EXAMPLES OF ACCEPTABLE SCHOOL SNACKS**

- |                       |                                      |
|-----------------------|--------------------------------------|
| <i>Bananas</i>        | <i>Apples</i>                        |
| <i>Cheese</i>         | <i>Pretzels</i>                      |
| <i>Celery</i>         | <i>Broccoli</i>                      |
| <i>Cauliflower</i>    | <i>Low fat dips or dressings</i>     |
| <i>Strawberries</i>   | <i>Carrots</i>                       |
| <i>Fruit Cups</i>     | <i>Goldfish Crackers</i>             |
| <i>Yogurt</i>         | <i>Bagels</i>                        |
| <i>Gatorade</i>       | <i>Water</i>                         |
| <i>Sherbert</i>       | <i>Sugar free/fat free ice cream</i> |
| <i>Popcorn</i>        | <i>Jello</i>                         |
| <i>Fruit Snacks</i>   | <i>Sugar/fat free pudding</i>        |
| <i>Fruit Pico</i>     | <i>Beef Jerky</i>                    |
| <i>Baked Chips</i>    | <i>Vanilla Wafers</i>                |
| <i>Cheezits</i>       | <i>Animal Cookies</i>                |
| <i>Fruit Juices</i>   | <i>Fruit Smoothies</i>               |
| <i>Milk</i>           | <i>Graham Crackers</i>               |
| <i>Wheat Crackers</i> | <i>English Muffins</i>               |
| <i>Rice Cakes</i>     | <i>Rice Cakes</i>                    |
| <i>Dry Cereal</i>     | <i>Fig Bars</i>                      |
| <i>Fresh Fruit</i>    | <i>Frozen Fruit Bars</i>             |
| <i>String Cheese</i>  |                                      |
| <i>Etc.....</i>       |                                      |

# FITNESSGRAM® Healthy Fitness Zone Performance Standards



## FEMALES

For each test area, the FITNESSGRAM uses the Healthy Fitness Zone (HFZ) to evaluate fitness performance. The performance goal for all test areas is the HFZ.

### Aerobic Capacity

One-Mile Run / 20m PACER / Walk Test  
VO<sub>2</sub>Max

Age	NI-Health Risk	NI	HFZ
10	≤ 37.3	37.4 – 40.1	≥ 40.2
11	≤ 37.3	37.4 – 40.1	≥ 40.2
12	≤ 37.0	37.1 – 40.0	≥ 40.1
13	≤ 36.6	36.7 – 39.6	≥ 39.7
14	≤ 36.3	36.4 – 39.3	≥ 39.4
15	≤ 36.0	36.1 – 39.0	≥ 39.1
16	≤ 35.8	35.9 – 38.8	≥ 38.9
17	≤ 35.7	35.8 – 38.7	≥ 38.8
17+	≤ 35.3	35.4 – 38.5	≥ 38.6

The Needs Improvement (NI)-Health Risk zone is for students who score below NI.

VO<sub>2</sub>Max standards are not available for students ages 5 through 9.

For the Walk Test only, standards are not available for students ages 10, 11, and 12.

VO<sub>2</sub>Max calculations are in the Reference Guide on the California Physical Fitness Test Resources Web page at <http://www.pftdata.org/resources.aspx>.

Grade five students age 9 with time or laps reported have a VO<sub>2</sub>Max calculated and are compared to the HFZ for students age 10. VO<sub>2</sub>Max will not be calculated for students less than age 9, but the student will be reported in the HFZ.

### Body Composition

Skinfold Measurements / Bioelectric Impedance Analyzer  
percent body fat

Age	NI-Health Risk	NI	HFZ	Very Lean
5	≥ 28.4	≥ 20.9	20.8 – 9.8	≤ 9.7
6	≥ 28.4	≥ 20.9	20.8 – 9.9	≤ 9.8
7	≥ 28.4	≥ 20.9	20.8 – 10.1	≤ 10.0
8	≥ 28.4	≥ 20.9	20.8 – 10.5	≤ 10.4
9	≥ 30.8	≥ 22.7	22.6 – 11.0	≤ 10.9
10	≥ 33.0	≥ 24.4	24.3 – 11.6	≤ 11.5
11	≥ 34.5	≥ 25.8	25.7 – 12.2	≤ 12.1
12	≥ 3.5	≥ 26.8	26.7 – 12.7	≤ 12.6
13	≥ 36.3	≥ 27.8	27.7 – 13.4	≤ 13.3
14	≥ 36.8	≥ 28.6	28.5 – 14.0	≤ 13.9
15	≥ 37.1	≥ 29.2	29.1 – 14.6	≤ 14.5
16	≥ 37.4	≥ 29.8	29.7 – 15.3	≤ 15.2
17	≥ 37.9	≥ 30.5	30.4 – 15.9	≤ 15.8
17+	≥ 38.6	≥ 31.4	31.3 – 16.5	≤ 16.4

Body Mass Index

Age	NI-Health Risk	NI	HFZ	Very Lean
5	≥ 18.5	≥ 16.9	16.8 – 16.3	≤ 13.5
6	≥ 19.2	≥ 17.3	17.2 – 13.5	≤ 13.4
7	≥ 20.2	≥ 18.0	17.9 – 16.6	≤ 13.5
8	≥ 21.2	≥ 18.7	18.6 – 13.7	≤ 13.6
9	≥ 22.4	≥ 19.5	19.4 – 14.0	≤ 13.9
10	≥ 23.6	≥ 20.4	20.3 – 14.3	≤ 14.2
11	≥ 24.7	≥ 21.3	21.2 – 14.7	≤ 14.6
12	≥ 25.8	≥ 22.2	22.1 – 15.5	≤ 15.1
13	≥ 26.8	≥ 23.0	22.9 – 15.7	≤ 15.6
14	≥ 27.7	≥ 23.7	23.6 – 16.2	≤ 16.1
15	≥ 28.5	≥ 24.4	24.3 – 16.7	≤ 16.6
16	≥ 29.3	≥ 24.9	24.8 – 17.1	≤ 17.0
17	≥ 30.0	≥ 25.0	24.9 – 17.5	≤ 17.4
17+	≥ 30.0	≥ 25.0	24.9 – 17.8	≤ 17.4

The NI-Health Risk zone is for students above NI, and the Very Lean zone is for students below the HFZ. Students who fall in the Very Lean zone will be reported in the HFZ.

# FITNESSGRAM® Healthy Fitness Zone Performance Standards



## FEMALES

For each test area, the FITNESSGRAM uses the Healthy Fitness Zone (HFZ) to evaluate fitness performance. The performance goal for all test areas is the HFZ.

Age	Abdominal Strength and Endurance	Trunk Extensor Strength and Flexibility	Upper Body Strength and Endurance			Flexibility	
	Curl-Up # completed	Trunk Lift # of inches	Push-Up # completed	Modified Pull-Up # completed	Flexed-Arm Hang # of seconds	Back Saver Sit & Reach # of inches	Shoulder Stretch
	HFZ	HFZ	HFZ	HFZ	HFZ	HFZ	HFZ
5	≥ 2	6 – 12	≥ 3	≥ 2	≥ 2	9	Y*
6	≥ 2	6 – 12	≥ 3	≥ 2	≥ 2	9	Y*
7	≥ 4	6 – 12	≥ 4	≥ 3	≥ 3	9	Y*
8	≥ 6	6 – 12	≥ 5	≥ 4	≥ 3	9	Y*
9	≥ 9	6 – 12	≥ 6	≥ 4	≥ 4	9	Y*
10	≥ 12	9 – 12	≥ 7	≥ 4	≥ 4	9	Y*
11	≥ 15	9 – 12	≥ 7	≥ 4	≥ 6	10	Y*
12	≥ 18	9 – 12	≥ 7	≥ 4	≥ 7	10	Y*
13	≥ 18	9 – 12	≥ 7	≥ 4	≥ 8	10	Y*
14	≥ 18	9 – 12	≥ 7	≥ 4	≥ 8	10	Y*
15	≥ 18	9 – 12	≥ 7	≥ 4	≥ 8	12	Y*
16	≥ 18	9 – 12	≥ 7	≥ 4	≥ 8	12	Y*
17	≥ 18	9 – 12	≥ 7	≥ 4	≥ 8	12	Y*
17+	≥ 18	9 – 12	≥ 7	≥ 4	≥ 8	12	Y*

\* Touching fingertips together behind the back on both the right and left sides.

# FITNESSGRAM® Healthy Fitness Zone Performance Standards



## MALES

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### Aerobic Capacity

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*VO<sub>2</sub>Max*

Age	NI-Health Risk	NI	HFZ
10	≤ 37.3	37.4 – 40.1	≥ 40.2
11	≤ 37.3	37.4 – 40.1	≥ 40.2
12	≤ 37.6	37.7 – 40.2	≥ 40.3
13	≤ 38.6	38.7 – 41.0	≥ 41.1
14	≤ 39.6	39.7 – 42.4	≥ 42.5
15	≤ 40.6	40.7 – 43.5	≥ 43.6
16	≤ 41.0	41.1 – 44.0	≥ 44.1
17	≤ 41.2	41.3 – 44.1	≥ 44.2
17+	≤ 41.2	41.3 – 44.2	≥ 44.3

The Needs Improvement (NI)-Health Risk zone is for students who score below NI.

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### Body Composition

Skinfold Measurements / Bioelectric Impedance Analyzer  
*percent body fat*

Body Mass Index

Age	NI-Health Risk	NI	HFZ	Very Lean
5	≥ 27.0	≥ 18.9	18.8 – 8.9	≤ 8.8
6	≥ 27.0	≥ 18.9	18.8 – 8.5	≤ 8.4
7	≥ 27.0	≥ 18.9	18.8 – 8.3	≤ 8.2
8	≥ 27.0	≥ 18.9	18.8 – 8.4	≤ 8.3
9	≥ 30.1	≥ 20.7	20.6 – 8.7	≤ 8.6
10	≥ 33.2	≥ 22.5	22.4 – 8.9	≤ 8.8
11	≥ 35.4	≥ 23.7	23.6 – 8.8	≤ 8.7
12	≥ 35.9	≥ 23.7	23.6 – 8.4	≤ 8.3
13	≥ 35.0	≥ 22.9	22.8 – 7.8	≤ 7.7
14	≥ 33.2	≥ 21.4	21.3 – 7.1	≤ 7.0
15	≥ 31.5	≥ 20.2	20.1 – 6.6	≤ 6.5
16	≥ 31.6	≥ 20.2	20.4 – 6.5	≤ 6.4
17	≥ 33.0	≥ 21.0	20.9 – 6.7	≤ 6.6
17+	≥ 35.1	≥ 22.3	22.2 – 7.0	≤ 6.9

Age	NI-Health Risk	NI	HFZ	Very Lean
5	≥ 18.1	≥ 16.9	16.8 – 13.9	≤ 13.8
6	≥ 18.8	≥ 17.2	17.1 – 13.8	≤ 13.7
7	≥ 19.6	≥ 17.7	17.6 – 13.8	≤ 13.7
8	≥ 20.6	≥ 18.3	18.2 – 14.0	≤ 13.9
9	≥ 21.6	≥ 19.0	18.9 – 14.2	≤ 14.1
10	≥ 22.7	≥ 19.8	19.7 – 14.5	≤ 14.4
11	≥ 23.7	≥ 20.6	20.5 – 14.9	≤ 14.8
12	≥ 24.7	≥ 21.4	21.3 – 15.3	≤ 15.2
13	≥ 25.6	≥ 22.3	22.2 – 15.8	≤ 15.7
14	≥ 26.5	≥ 23.1	23.0 – 16.4	≤ 16.3
15	≥ 27.2	≥ 23.8	23.7 – 16.9	≤ 16.8
16	≥ 27.9	≥ 24.6	24.5 – 17.5	≤ 17.4
17	≥ 28.6	≥ 25.0	24.9 – 18.1	≤ 18.0
17+	≥ 29.3	≥ 25.0	24.9 – 18.6	≤ 18.5

The NI-Health Risk zone is for students above NI, and the Very Lean zone is for students below the HFZ. Students who fall in the Very Lean zone will be reported in the HFZ.



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## MALES

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Age	Abdominal Strength and Endurance	Trunk Extensor Strength and Flexibility	Upper Body Strength and Endurance			Flexibility	
	Curl-Up # completed	Trunk Lift # of inches	Push-Up # completed	Modified Pull-Up # completed	Flexed-Arm Hang # of seconds	Back Saver Sit & Reach # of inches	Shoulder Stretch
	HFZ	HFZ	HFZ	HFZ	HFZ	HFZ	HFZ
5	≥ 2	6 – 12	≥ 3	≥ 2	≥ 2	8	Y*
6	≥ 2	6 – 12	≥ 3	≥ 2	≥ 2	8	Y*
7	≥ 4	6 – 12	≥ 4	≥ 3	≥ 3	8	Y*
8	≥ 6	6 – 12	≥ 5	≥ 4	≥ 3	8	Y*
9	≥ 9	6 – 12	≥ 6	≥ 5	≥ 4	8	Y*
10	≥ 12	9 – 12	≥ 7	≥ 5	≥ 4	8	Y*
11	≥ 15	9 – 12	≥ 8	≥ 6	≥ 6	8	Y*
12	≥ 18	9 – 12	≥ 10	≥ 7	≥ 10	8	Y*
13	≥ 21	9 – 12	≥ 12	≥ 8	≥ 12	8	Y*
14	≥ 24	9 – 12	≥ 14	≥ 9	≥ 15	8	Y*
15	≥ 24	9 – 12	≥ 16	≥ 10	≥ 15	8	Y*
16	≥ 24	9 – 12	≥ 18	≥ 12	≥ 15	8	Y*
17	≥ 24	9 – 12	≥ 18	≥ 14	≥ 15	8	Y*
17+	≥ 24	9 – 12	≥ 18	≥ 14	≥ 15	8	Y*

\* Touching fingertips together behind the back on both the right and left sides.