



## SHEARER ELEMENTARY SCHOOL

The District shall inform and update the public annually on the content and progress of implementation of its school wellness efforts. The report shall include:

1. The District website, School websites and/or other information on how the public can access copies of the school and District Wellness Policies:

<http://clark.kyschools.us/district>

<http://teach.clarkschools.net/Elem/Shearer/>

The Shearer SBDM Policies are in the office, library, at Central Office, and on the school website.

2. A summary of Shearer Elementary's wellness events and/or activities:

Shearer Elementary School  
Site Based Decision Making Policy  
Policy Name: Wellness  
Related KRS and/or CCPS Board Policy:  
KRS 160.345(11)

1. All students shall engage in at least 15 minutes of planned moderate to vigorous physical activity each day, utilizing Sustained Physical Activity. Each student shall participate in physical education class at least one time per week. To ensure maximum physical education time per week, the school scheduling committee will review the master schedule on an annual basis.
2. Each student shall have at least 15 minutes a day of supervised physical activity period, preferably outdoors, during which the school staff shall encourage moderate to vigorous physical activity. The school shall provide space and equipment to make that activity possible and appealing to students.
3. Teachers shall make all reasonable efforts to avoid long periods 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 encouraged to stand and be moderately active.

4. Students missing recess must be permitted to release physical energy by walking, running, moving, skipping, etc. A variety of interventions must be tried before the loss of recess is utilized. Only missing one-half of recess is encouraged.
  5. Each day, all students will participate in a brain activity over the morning news.
  6. Behavior and academic incentive parties/positive reinforcements should be physical in nature. For instance, reward parties could be a game of kick ball, Dance Party, etc.
  7. All snacks/treats should be healthy whenever possible.
  8. Appropriate accommodations will be made for students with special needs, as required by law and sound professional judgment.
  9. Students will be assessed on healthy habits during physically education classes.
  10. The school will encourage healthy choices among students by: implementing the nutritional standards required by federal and state laws and regulations, which apply to our food service program and to other food and beverages available during the school day; implementing a practical living curriculum which addresses the full KCAS including health, consumerism, and physical education; integrating all content areas by making connections to health and wellness and by incorporating movement-based activities when possible.
3. A description of each school's progress in meeting the school wellness goals:
    - standards based curriculum
    - state/district aligned teacher/student ratio
    - master schedule indicating PE classes and SPA (Sustained Physical Activity) time
    - certified PE teacher
    - wellness goals discussed in PLCs
    - fulltime school nurse
    - balanced, nutritious meals provided by school nutrition department
    - safe playground/weekly inspections
    - movement breaks encouraged in the classroom
    - Wellness Wednesdays during the winter months
    - Healthy Snacks encouraged at all parties/events
    - Community Education as a partner
    - Clark County Health Department (Smoke Free Campus)
    - Dental Varnish Program
    - Jump Rope for Heart
  4. Contact information for the leader(s) of Shearer's Wellness Committee:

Shearer School – 859-744-4978

JP Kennedy – PE Teacher

john.kennedy@clark.kyschools.us

Cathi Harman – Assistant Principal

cathi.harman@clark.kyschools.us

Mark Rose – Principal

mark.rose@clark.kyschools.us

5. Information on how individual can get involved:  
Contact the school, district, or visit the websites
  
6. TOOL link to complete the assessment  
[http://www.wellsat.org/score\\_calculations.aspx](http://www.wellsat.org/score_calculations.aspx)



## 2<sup>nd</sup> year ANNUAL PROGRESS REPORT WELLNESS POLICY PER SCHOOL

### **STRODE STATION ELEMENTARY**

*The District shall inform and update the public annually on the content and progress of implementation of its school wellness efforts. The report shall include:*

**I. The District website, School websites and/or other information on how the public can access copies of the school and District Wellness Policies:**

<http://clark.kyschools.us/District>

<http://teach.clarkschools.net/Elem/StrodeStation>

Strode Station's Wellness Policy has been uploaded to our school website. A notebook with all Strode SBDM policies is kept in the office for public access.

**II. A summary of Strode's wellness events and/or activities:**

An overview of some of Strode's wellness events/activities:

- Guidance activities include lifelong habits of healthy eating and physical activity, along with grade-level specific activities that occur with the counselor during guidance class. Mental and emotional health issues are also discussed.
- Guidance sponsors a Health Fair for 3<sup>rd</sup> and 4<sup>th</sup> grade students and a Teddy Bear clinic for K-2 students utilizing the high school's HOSA club.
- Mental and emotional health is incorporated in Life Skills class for 3-4<sup>th</sup> grade.
- Physical Education class sponsors Jump Rope for Heart as a school-wide activity in February and the Guinness Book of World Records Cup Stacking, fitness stacking activity. Third and fourth grade students participate in the Mileage Club during enrichment. PE class also incorporates health units such as nutrition, wellness, and mental and emotional health throughout the year.
- A dental clinic is available for check-ups and varnish.
- Wellness biometric screening is offered to staff twice a year. Staff can also participate in Strode's Biggest Loser weight loss challenge.
- Strode Station Family Youth Resource Center offers a 'Birds & Bee's' class for parents of 3<sup>rd</sup>/4<sup>th</sup> graders. They, along with other FYRCs, sponsor the back to school Ready Fest, which includes a Health Dept. booth promoting student wellness. The resource center promotes health and fitness to the staff by providing information to the staff about the community-wide Wellness Challenge.
- 4-H visits various classrooms weekly to discuss nutrition, health, and safety.
- Additional information is found in the school's SBDM Wellness Policy (follows)

**Strode Station Elementary**  
**Site Base Decision Making Policy**  
**Policy Name: Wellness**  
**Related KRS and/or CCPS Board Policy:**  
**KRS 160.345(11)**

**STRODE STATION ELEMENTARY**  
**WELLNESS POLICY**

**PHYSICAL ACTIVITY PLAN**

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All Strode Station Elementary students will participate in moderate to vigorous physical activity each day, as follows:

1. Each student will engage in at least 15 minutes of planned moderate to vigorous physical activity each day. With input from the staff, the principal (or principal designee) will work out how this will be implemented. The arrangements must fit within the limits of our building and staffing and be compatible with our School Improvement Plan.
2. Each student will participate in physical education class once a week.
3. Each student will have at least 20 minutes a day of supervised recess. Weather permitting, recess 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.
4. Teachers will make all reasonable efforts to avoid periods of more than 60 minutes when students are physically inactive. When possible, physical activity will be integrated into learning activities. When that is not possible, students will be given periodic breaks during which they are encouraged to be moderately or vigorously physical active.
5. Students will not be deprived of recess or other physical activity as a consequence for behavior or academic performance.
6. Students shall not be deprived from physical education class as a consequence of classroom behavior or academic performance.
7. Appropriate accommodations will be made for students with special needs, as required by law and sound professional judgment.

**HEALTHY CHOICE PLAN**

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**Due to student health needs (i.e. allergies, diabetes) it is encouraged that all food items brought into the building that will be shared with other students be store bought and contain a food nutritional guide/label.**

We will encourage healthy choices among students using the following methods:

1. Implementing 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. Strode Station Elementary School prohibits restaurant food or soft drinks (carbonated beverages) to be brought into the cafeteria or served to students during lunch periods.
3. Student performance shall be rewarded with praise, privileges, special activities, and objects. Only in rare instances, should food or drink be used as a reward.

4. Staff shall be encouraged to use bottled water or 100% fruit juices along with other healthy foods for special events. Only on rare occasions, should foods and drinks high in fat, sugar, or salt be made available to students.
5. Special treats sent in by parents or outside entities, should be distributed at the end of students' lunch period. Parents should be encouraged to send foods and drinks that are nutritional.
6. Remaining curriculum shall reflect an integrated concern for wellness, including connections to other content areas.
7. Integrating all content areas by making connections to health and wellness and by incorporating movement-based activities when possible. (A Coordinated School Health committee will provide assistance on the integration of health education and physical education instruction throughout the school environment.

**III. A description of Strode's progress in meeting the school wellness goals:**

- Standards based curriculum
- Adequate teacher/student ratio
- Master schedule reflects Physical Education for each teacher's class
- Weekly PLCs allow for discussion of the school's wellness goals when needed
- School nurse assists with nutritional and wellness questions or concerns by teachers and/or parents
- Cafeteria assists with nutritional information
- Licensed physical education teacher
- Playground and activity facilities meets safety standards
- Teachers allow for periodic breaks during which students are encouraged to be moderately or vigorously physical active

**IV. Contact information for the leader(s) of the Strode's Wellness Committee:**

Strode Station Elementary School – 859-745-3915

Susan Hutchins, Counselor – [susan.hutchins@clark.kyschools.us](mailto:susan.hutchins@clark.kyschools.us) 859-745-3915

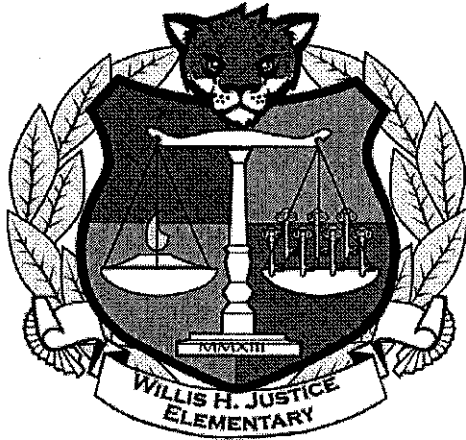
Janet Brown, Principal – [janet.brown@clark.kyschools.us](mailto:janet.brown@clark.kyschools.us) 859-745-3915

**V. Information on how individual can get involved:** Contact the Wellness Committee leader, call the school at 859-745-3915, or see school website -

<http://teach.clarkschools.net/Elem/StrodeStation>

**VI. TOOL link to complete the assessment: Complete**

[http://www.wellsat.org/score\\_calculations.aspx](http://www.wellsat.org/score_calculations.aspx)



2<sup>nd</sup> year ANNUAL PROGRESS REPORT  
WELLNESS POLICY PER SCHOOL

The District shall inform and update the public annually on the content and progress of implementation of its school wellness efforts. The report shall include:

**1. The District website, School websites and/or other information on how the public can access copies of the school and District Wellness Policies, upload the information to the ICON on your websites**

<http://www2.clark.kyschools.us/Home/>

<http://teach.clarkschools.net/Elem/Justice/>

**2. A summary of each school's wellness events and/or activities**

\*Annual Jump Rope for Heart

\*Jaguar Olympics were held in August where our gym teacher put together various competitive games for each grade level

\*Life Skills lessons on Internet Safety/Stranger Danger

\*Enrichment Friday activities that center around outdoor games that children can play at home

\*Annual Justice Derby-Run for the Roses

\*Specific guidance lessons delivered by our School Guidance Counselor that center around friendships, bullying, life skills, mental health, and emotional health

\*Twice yearly staff Humana Vitality checks held at the school

\*Annual flu shots for staff members

\*4-H visits to classrooms that center around a healthy lifestyle including movement and dietary lessons

- \*Daily movement breaks given in all classrooms
- \*Justice Wellness Policy that mandates students do not lose their entire recess time for disciplinary issues-movement must be provided during this time

## **Willis H. Justice Elementary**

### **Council Policy Form**

#### **Policy Type:**

By-laws

Policy

#### **Policy Name: Wellness Policy**

Policy Description: Policy complies with wellness requirements created by Senate Bill 72

#### **Purpose:**

The purpose of the Willis H. Justice Wellness Policy is to ensure that all students at Justice Elementary are provided with a safe and healthy environment that promotes wellness through high quality health 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.

#### **School Nutrition:**

- Our school will serve healthy meals to children with plenty of fruits, vegetables, whole grains, and low-fat milk at no charge to our students.
- Meals will be moderate in sodium, low in saturated fat, and have zero grams of trans fat.
- Parents may block the purchase of "extras" from their child's cafeteria account.



- In compliance with Healthy Hunger Free Kids Act, any food item offered for sale to students through a vending machine or school store shall meet the state requirements.
- Menus will be created/reviewed by a Registered Dietician or other certified nutrition professional.

### **Nutrition Education and Promotion:**

- To promote hydration, free, safe unflavored drinking water will be available to all students throughout the school day. Students also will be allowed to bring and carry water bottles filled with water and carry with them throughout the day.
- Justice ensures content of the Health Education Curriculum is frequently integrated into Classroom lessons and Enrichment Fridays to meet the health and safety needs of all students.

### **Celebration and Rewards:**

- Justice will use limited foods, beverages, especially unhealthy foods or beverages, as rewards for academic performance or good behavior. The school will provide teachers a list of alternative ways to reward children.
- Justice will limit classroom parties for holiday celebrations that involve food during the school day to no more than two per year.
- Teachers will encourage parents to send in healthy, nutritious foods/drinks for these celebrations.

### **Communication with Parents:**

Justice will offer healthy eating ideas for parents, send home nutrition information, and notify parents of lunch menu locations on the district website. Justice will encourage parents to pack healthy lunches and snacks that meet the nutritional standards.

### **Physical Activity:**

Physical activity can take place in the school through physical education, recess, and classroom based physical activity. Our school will ensure that these varied opportunities are in addition to, and not a substitute for physical education class. All students will receive 50 minutes of physical education class each week and 20 minutes of physical activity outside of physical education class daily. During inclement weather, every student shall engage in at least 10-15 minutes of planned activity each day to allow for a physical/mental break. When possible, physical activities should be integrated into learning

activities, as documented in lesson plans. Students shall not be deprived of more than 15 minutes of recess as a consequence for behavior or academic performance. Students may be walking instead of playing. This excludes extremely dangerous behavior. Appropriate recommendations shall be made for students with special needs, as required by law and sound professional judgement.

### **Physical Education:**

- A certified physical education teacher will provide instruction that is consistent with national and state standards for physical education.
- Students will receive the equivalent of 50 minutes of physical education instruction per week.
- The physical education program will promote student physical fitness through the individualized fitness and activity assessments.
- Justice Elementary will assess the 4<sup>th</sup> grade students' level of physical activity once a year, using the guidelines from the Presidential Fitness Program.

### **Measurement and Evaluation:**

In compliance with 702 KAR 6:090, Justice Elementary 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 district as required by KRS 160.345(11) and release this report at least 60 days prior to the public forum. Results will be reported to parents and community stakeholders via the school's website.

The provisions of this policy shall be to comply with provisions required by federal, state law, and local board policy. If any specific requirement above does not fit with these rules, the principal shall notify the council so the policy can be amended to fit.

### **3. A description of each school's progress in meeting the school wellness goals**

\*Student/teacher ratios that meets state requirement

\*Master Schedule reflects Physical Education time for every class in the building, including FMD

\*Standards based curriculum

\*School nurse assists with educating our diabetic students, hygiene lessons, hand washing, and general health. Also assists with specific needs as requested by our staff and parents

\*Cafeteria manager and staff also provide nutritional information for students and parents

\*Our school employs a full-time mental healthcare therapist who works closely with identified children, per staff and parent request

\*Our teachers provide daily movement breaks between subjects

\*Our School Guidance Counselor also provides lessons to all grade levels on bullying, building friendships, hygiene, mental and emotional health

\*We have two playgrounds that meet safety standards for both younger and older elementary aged students

\*Staff competition of "Biggest Loser"

### **Contact information for the leader(s) of the Wellness Committee**

Justice Elementary School-859-745-8800

Mickey Little, School Guidance Counselor-[mickey.little@clark.kyschools.us](mailto:mickey.little@clark.kyschools.us)

Jennifer Jones, PE Teacher-[jennifer.jones@clark.kyschools.us](mailto:jennifer.jones@clark.kyschools.us)

Susan Hillman, Principal [susan.hillman@clark.kyschools.us](mailto:susan.hillman@clark.kyschools.us)

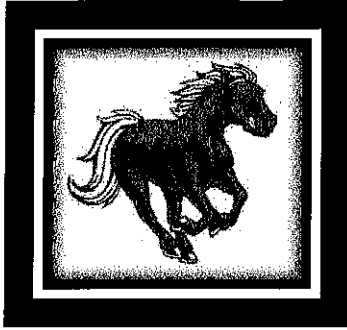
#### **4. Information on how individual can get involved**

**Call the School Wellness Committee Leader at 859-745-8800, or see the school website:**

<http://teach.clarkschools.net/Elem/Justice/>

#### **5. TOOL link to complete the assessment**

[http://www.wellsat.org/score\\_calculations.aspx](http://www.wellsat.org/score_calculations.aspx)



# William G. Conkwright Elementary

2<sup>nd</sup> Year Annual Progress Report  
WELLNESS POLICY PER SCHOOL

*The District shall inform and update the public annually on the content and progress of implementation of its school wellness efforts. The report shall include:*

**1. The District website, School websites and/or other information on how the public can access copies of the school and District Wellness Policies:**

<http://clark.kyschools.us/District>

<http://teach.clarkschools.net/Elem/Conkwright/index.php/sbdm/>

William G. Conkwright's Wellness Policy has been uploaded to our school website. A notebook of all school policies is kept in the office for public access.

**2. A summary of each school's wellness events and/or activities:**

- Ongoing and routine support during related arts block provided by guidance counselor that focus on and develop lifelong habits of healthy eating and physical activity and also mental and emotional well-being.
- Guidance counselor sponsors a Health Fair for our 3<sup>rd</sup> and 4<sup>th</sup> grade students and a Teddy Bear Clinic for grades Kindergarten through 2<sup>nd</sup> grade utilizing the high school's HOSA club.
- Physical Education class sponsors Jump Rope for Heart as a school-wide activity in February. PE and enrichment classes also incorporates health units such as nutrition, wellness, and mental and emotional health throughout the year.
- A dental clinic is available for check-ups and varnish.
- Wellness biometric screening is offered to staff twice a year.
- FRYSCs sponsor the back to school Readifest, which includes a Health Department booth promoting student wellness.
- 4-H visits various classrooms weekly to discuss nutrition, health, and safety.
- Additional information is found in the school's SBDM Wellness Policy.

# Conkwright Elementary School Wellness Policy

Conkwright Elementary School  
Policy Statement

Policy #14

## Physical Activity

Conkwright Elementary School students shall participate in physical activity as follows:

- Each teacher shall allow time for each student to have 20 minutes supervised daily recess. Unless there is inclement weather, recess shall be conducted outdoors. School staff shall verbally encourage moderate to vigorous physical activity. The school shall provide space and equipment to make physical activity possible and appealing to students. Teachers shall not take away recess as a consequence for behavior or academic performance unless requested by a parent/guardian. However, teachers may require walking the perimeter of the playground or other appropriate physical activities in place of a timeout per the school behavior plan.
- In addition each teacher shall allow time for each student to engage in planned moderate to vigorous physical activity during instructional tasks each day.
- Teachers shall make all reasonable efforts to avoid periods of more than 60 minutes in which 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 encouraged to be moderately or vigorously active.
- Physical education shall be taught by a state certified health and physical education instructor.
- Appropriate accommodations shall be made for students with special needs, as required by law and sound professional judgment.

Conkwright Elementary School shall assess students' level of physical fitness twice a year. The assessment tool shall be the American Alliance of Health, Physical Education, Recreation, and Dance's Physical Best Fitness Report.

## Nutrition

Conkwright Elementary School shall encourage healthy choices among students using the following methods:

Conkwright Elementary School's Practical Living curriculum shall address the full Core Content, including health, consumerism, and physical education. The rest of our curriculum shall reflect an integrated concern for wellness, including connections to Science, Social Studies, and other subjects.

- Conkwright Elementary 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.
- The cafeteria staff will not deep fry foods on site. Pre-fried foods will be served no more than twice a week and only 1 item per day. The cafeteria staff will use cooking methods and ingredients (egg whites, whole wheat flour, etc.) that will reduce the amount of fat, sugar, and salt in the food. The cafeteria staff will offer water, 100% fruit juices, 1% milk and skim milk.
- The cafeteria staff will request that the Clark County Public Schools Division of Food Service design menus that are low in fat, sugar, and salt.
- Conkwright Elementary School will not allow restaurant food and soft drinks brought into the cafeteria or served to students during lunch periods.
- Teachers shall encourage students to drink water first along with other healthy foods for special events. Only on rare occasions, should foods and drinks high in fat, sugar, or salt be made available to students.
- Food treats will only be permitted one hour prior to lunch and one hour after the last lunch is served. Any food brought in by students must be sealed in a store-bought container properly labelled with ingredients in order to protect students with food allergies.
- Parents of children that bring their lunch from home should be encouraged to prepare meals that are low in fat, sugar, and salt.

The provisions of this policy shall be implemented to comply with provisions required by federal law, state law, or local board policy. If a specific requirement does not correspond with those rules, the principal shall notify the council so that the policy can be amended.

- Yearly hearing, dental, and vision screenings will be conducted for students in alignment with district best practices upon availability. Parents and staff may also request additional screenings if a need is identified.

**3. A description of each school's progress in meeting the school wellness goals:**

- Standards Based Curriculum
- Adequate teacher/student ratio
- Master schedule reflects Physical Education for each teacher's class
- School-wide Field Day
- All students participate in a pacer test during physical education classes.
- Weekly PLC's allow for discussion of the school's wellness goals when needed
- School nurse assists with nutritional and wellness questions or concerns by teachers and/or parents
- Cafeteria assists with nutritional information
- Licensed Physical Education Teacher
- Playground and activity facilities meets safety standards
- Teachers allow for periodic breaks during the day in which students are encouraged to be active

**4. Contact information for the leader(s) of the Wellness Committee**

William G. Conkwright Elementary – 859-745-8900

Regina Spencer, Counselor – [regina.spencer@clark.kyschools.us](mailto:regina.spencer@clark.kyschools.us)

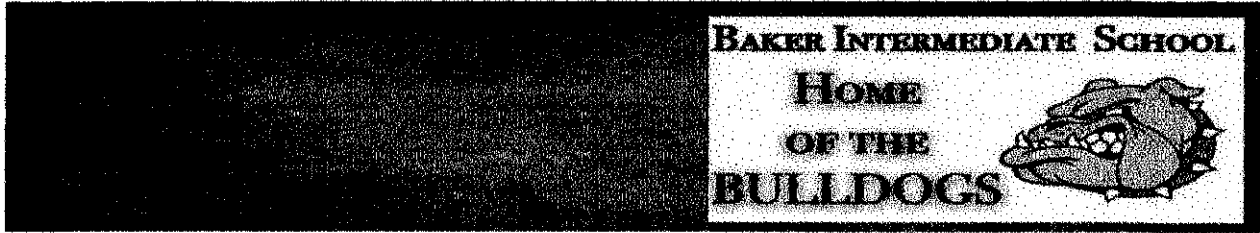
Julie Bonfield, Principal – [julie.bonfield@clark.kyschools.us](mailto:julie.bonfield@clark.kyschools.us)

**5. Information on how individual can get involved:** Contact the Wellness Committee leader, call the school at 859-745-8900, or see the school website -

<http://teach.clarkschools.net/Elem/Conkwright/>

**6. TOOL link to complete the assessment**

[http://www.wellsat.org/score\\_calculations.aspx](http://www.wellsat.org/score_calculations.aspx)



2<sup>nd</sup> year ANNUAL PROGRESS REPORT

WELLNESS POLICY PER SCHOOL

The District shall inform and update the public annually on the content and progress of implementation of its school wellness efforts. The report shall include:

**I. The District website, School websites and/or other information on how the public can access copies of the school and District Wellness Policies:**

<http://www2.clark.kyschools.us/Home/>

<http://teach.clarkschools.net/middle/Baker/>

A copy of Baker Intermediate's Wellness Policy is available in the front office for public access.

**II. A summary of Baker Intermediate's wellness events and/or activities**

- *Baker Intermediate encourages wellness and physical activity throughout the school day.*
- *All teachers are encouraged to take movement breaks throughout their instruction.*
- *Every student is provided 25 minutes of "walk and talk" time, daily.*
- *Every student has a nutrition enrichment course.*
- *Every student has the opportunity to take physical education and health.*
- *In addition to these in-school opportunities, Baker Intermediate provides an intramural sports program once a week after school.*
- *Baker's Wellness Committee sponsors a health and fitness fair annually.*



- *Baker Intermediate also encourages staff wellness by organizing after-school physical activity, including staff basketball games, running, and other fitness activities.*
- *Baker Intermediate's Guidance Counselors provide mental and emotional support daily, in addition to teaching character, life skills, and ATOD lessons regularly.*
- *Wellness screenings are offered to staff yearly.*
- *Baker Intermediate Health and PE department sponsors the American Heart Association's "The Great Replay" which combines movement games with heart-healthy information, tips, and facts.*

**III. A description of Baker's progress in meeting the school wellness goals:**

- Master schedule reflects student opportunity to receive Health/PE instruction, as well as daily walk and talk.
- Weekly PLC's allow for discussion of Baker Intermediate's wellness goals, when appropriate.
- As well as being a part of the Wellness Committee, Baker Intermediate's school nurse assists with nutritional and wellness questions and concerns from parents and teachers.
- All of Baker Intermediate's facilities meet safety standards.
- Baker Intermediate employs a certified Health and Physical Education teacher.
- The Health/PE curriculum is standards based and includes at least 60% of class time on movement-based activities.

**IV. Contact information for the leader(s) of the Wellness Committee:**

*Zach Ernst, Health and Physical Education teacher [zach.ernst@clark.kyschools.us](mailto:zach.ernst@clark.kyschools.us)*

*Susan Jacobs, Assistant Principal [susan.jacobs@clark.kyschools.us](mailto:susan.jacobs@clark.kyschools.us)*

**V. Information on how an individual can get involved:**

*Contact Zach Ernst if you would like to be a part of the School Wellness Committee, intramural sports, or any other school sponsored wellness activity.*

**VI. TOOL link to complete the assessment:**

[http://www.wellsat.org/score\\_calculations.aspx](http://www.wellsat.org/score_calculations.aspx)

## ANNUAL PROGRESS REPORT

2017

### Campbell Junior High School

*The District shall inform and update the public annually on the content and progress of implementation of its school wellness efforts. The report shall include:*

**The District website, School websites and/or other information on how the public can access copies of the school and District Wellness Policies:**

<http://clark.kyschools.us/District>

<http://teach.clarkschools.net/middle/Campbell/>

Campbell's Wellness Policy is available on the school website. A notebook with all of Campbell's SBDM policies is kept in the office for public access.

Robert D. Campbell Jr. High School is committed to providing a school environment that promotes and protects the student's health, well-being, and ability to learn by encouraging healthy eating and physical activity. We support efforts to implement the appropriate measures that are needed to ensure our students health and well-being.

- All students in grades 7th & 8th will have the opportunity, support, and encouragement to be physically active on a regular basis. Physical Education will not be withheld as a punishment for behavior or unacceptable academic performance.
- Foods and beverages sold or served at school will meet the necessary nutrition guidelines recommended. Fundraising snacks sold on school grounds must be approved by the principal.
- Robert D. Campbell Jr. High prohibits restaurant food or drinks to be brought in during a student's meal time.
- Students will be provided with access to affordable and nutritious foods that meet the health and nutrition needs of the child. We will accommodate religious, ethnic, and cultural diversity of the student body in meal planning.
- Appropriate accommodations will be made for students with special needs, food allergies, and disabilities as required by law.
- We promote an alcohol, drug and tobacco free campus.
- Continue to promote mental health awareness and wellness.

## **A summary of Campbell's wellness events and/or activities:**

- In conjunction with the Clark County Health Dept., the students are eligible to receive free dental screenings, varnishing and referrals.
- The Youth Service Coordinator organizes a health fair for our students along with community involvement.
- Vision/hearing screenings offered by the nurse.
- Annual Blood drives
- Comprehensive approach to mental health screenings and referrals as needed for our students.
- In an effort to fight hunger for our students, RDC has a new Food Pantry.
- We offer vitality clinics, flu clinics, and weight loss programs for our staff.
- We now offer a fitness room for staff.
- Access to a full time Registered Nurse.
- Group counseling for at risk students.
- Full-time mental health therapist in the building.
- Advising and mentoring program for our students.
- Supply of hygiene products, as well as school supplies.
- Access to a clothing bank on campus.
- Physical Education curriculum for each student comprising of health education, physical fitness, drugs and alcohol education, nutrition etc....

## **Status of Goals:**

- Licensed PE teacher
- Individualized physical activity/fitness plans
- School nurse to promote healthy living
- Promoting community involvement and physical activities
- Safety practices
- Intramurals and nutritious eating.

The Robert D. Campbell Junior High Coordinated School Health Committee will continue to promote health to our students and staff. We will continue to implement a safe and healthy school environment, encouraging healthy lifestyle choices, a greater commitment to personal health, and positive role modeling for our students. We will continue to search for opportunities of improvement that will empower our students and staff with the tools necessary to make safer and healthier lifestyle decisions; addressing topics such as physical health, emotional health, family health, sex education, injury prevention, nutrition, prevention and disease control, and environmental health.

**Contact information for the leader(s) of Campbell's Wellness Committee and how to get involved:**

**Dustin Howard** *principal* *Dustin.Howard@clark.kyschools.us*

**Tara Cruse, RN** *school nurse* *Tara.Cruse@clark.kyschools.us*

Robert D. Campbell Jr. High School 859-745-5200

**TOOL link to complete the assessment:**

[http://www.wellsat.org/score\\_calculations.aspx](http://www.wellsat.org/score_calculations.aspx)

## 2<sup>nd</sup> year ANNUAL PROGRESS REPORT

### WELLNESS POLICY PER SCHOOL

The District shall inform and update the public annually on the content and progress of implementation of its school wellness efforts. The report shall include:

(please download this and save to your computer before you start typing in the spaces below, then save when completed and send back)

1. The District website, School websites and/or other information on how the public can access copies of the school and District Wellness Policies, *A copy of George Rogers Clark School Wellness policy is available upon request through Jane Greeman, SBDM secretary.*
  
2. A summary of each school's wellness events and/or activities
  - *HOSA - sponsors a Blood Drive January 13, 2017 and March 23<sup>rd</sup>, 2017.*
  - *HOSA- Teddy Bear Clinic at Strode Station and Justice Elementary Schools. K-2<sup>nd</sup> graders received information about treatment and professions while 3<sup>rd</sup> and 4<sup>th</sup> graders were taught basic first aid.*
  - *HOSA also prepared an easy reference guide for preparedness for the classrooms in the ATC.*
  - *HOSA and Instructor Abner held a CPR and First Aid recertification class for staff members.*
  - *FRC- Heath information in a monthly parent newsletter*

- *FRC- Books/ pamphlets/ DVD's for teachers and parents on wellness.*
- *FRC- hygiene supplies for students (toothbrushes, tooth paste, female hygiene items, soap, shampoo, deodorant).*
- *FRC- Service projects/ hi-ropes course*
- *FRC-MOM classes – New Beginnings for new mothers or expecting mothers.*
- *FRC- Food bags for needy students*
- *FRC- Emergency Assistances for GRC families in emergency situations.*
- *FRC- Child Abuse Memorial Service*
- *FRC- Truth or Consequences project with local agencies*
- *FRC- Bullying and Drug Community event in the fall students and parents*
- *Readifest*
- *Beta Club- Rally4Recovery Walk/Run*
- *Beta Club Blood Drive*
- *Turkey Trot*
- *Beta club- Heart Chase Games/ Pas the collection Bucket at Basketball game/ EMT's at lunch to model CPR and Clark co. Health Dept. with Heart Smart displays in cafeteria.*
- *Beta Club- Kick Butts Day clean school grounds of cigarette butts.*
- *In late February, the school followed up with the installation of the "Tobacco Free Campus" signs around campus and have it publicized in the Winchester Sun. Three signs are being held to be installed outside of the new athletic facility planned to be completed in 2018.*
- *The school's health unit sponsored a Dental Hygiene Clinic offered through the Clark County Health Department to all students that wanted to participate.*

- *Dance Blue sponsored by the Dance Team an activity in January to raise money for the UK Children's Hospital where students participated in a 24-hour dance activity.*
- *ROTC has PT on every Monday and also open it up to staff members to come and get healthy afterschool on Monday's.*
- *Biometric screening offered for all staff members, Fall and Spring.*

3. A description of each school's progress in meeting the school wellness goals

- *GRC High School participates in the National School Lunch and School Breakfast Programs to meet expanded local school wellness policy requirements consistent with the requirements set forth in section 204 of the Healthy, Hunger-Free Kids Act of 2010.*
- *GRC High School's guidance department prepares a handbook/ course offerings guide to assist students in preparing schedules to meet their individual needs.*
- *All students are required to take .5 health and .5 physical education courses.*
- *Weight lifting/ gym is accessible to all staff members*

4. Contact information for the leader(s) of the Wellness Committee

- Ellen Hoffman- Assistant Principal
- Shonnie Jones- School Nurse
- Tina Banks- Cafeteria Manger
- Josh Cook- Physical Education teacher
- Jamie Keene- Athletic Director
- Shannon Cooper- Teacher

5. Information on how individual can get involved

Contact a member of the School Wellness Committee to see how you can get involved.

6. TOOL link to complete the assessment