



Randall K. Cooper High School Wellness Policy

Randall K. Cooper High School is committed to providing a school environment that enhances learning and development of lifelong wellness practices. Our goal is to create a total school environment that encourages healthy eating and being physically active. By facilitating learning through the support and promotion of good nutrition and physical activity, schools contribute to the basic health status of children. This inclusive atmosphere features a shared responsibility that supports healthy children and families. Effective partnerships between families, schools, and communities support the development and the maintenance of this comprehensive learning environment.

Health Services:

Health care services prevent and control communicable disease and other health problems, provide emergency care for illness or injury, promote and provide optimum sanitary conditions for a safe school facility and school environment, and provide educational and counseling opportunities for promoting and maintaining individual, family, and community health.

- The district will have a school health committee in place. This committee will meet at least 2-times/school year to assess school wellness.
- All students with a medical condition requiring school accommodations will have 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
- A minimum of, but not limited to, 2 employees per building will be trained in first aid/CPR/AED, and blood borne pathogens annually.
- All employees will be trained in blood borne pathogens annually.
- Automated External Defibrillators (AEDs) will be accessible within the school at all times if needed in the event of a cardiac arrest.
- 911 is to be notified immediately for any life threatening events.
- Principal and Central Office will be communicated to on as needed basis regarding serious illnesses/injuries.
- 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.
- Medical equipment will be assessed annually and as needed for calibration.
- A safe physical environment will be maintained. Employees, students, and parents are encouraged to report unsafe conditions to the Principal.

School Meals:

Students will have access to a variety of nutritious and appealing meals that accommodate the health and nutrition needs of all students. School nutrition program will reflect the U.S. Dietary Guidelines for Americans.

- Cafeteria will be safe, clean, and pleasant.
- Food purchasing and preparation practices will be aimed at providing students a healthy meal.
- The Food Service Director and Cafeteria Managers will establish productivity standards.
- A coordinated data collection system will be maintained in regards to menu development, meal pricing, and staffing levels.
- Students will have sufficient time (minimum of 20 minutes) for meals.
- Communication regarding lunch menu will occur via school website.

Health Education:

A planned 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 health-related knowledge, attitudes, skills, and practices needed to maintain a healthy lifestyle.

- Health education is mandatory for one semester during high school. Additional health education classes will be offered for grades 9-12
- The health education curriculum will be consistent with KCAS (Kentucky Core Academic Standards) aligned with NHES (National Health Education Standards).
- Additional health education will be provided via assemblies, guest speakers, handouts, posters, displays, etc.
- Essential health education topics will include age appropriate- healthy eating, physical activity, preventing unintentional injuries, mental and emotional health, safety and injury prevention, growth/development, and preventing drug, alcohol, and tobacco abuse.

Physical Education:

A planned curriculum that provides cognitive and psychomotor content along with learning experiences in a variety of activity areas such as basic movement skills, physical fitness, rhythms and dance, team and individual sports. The curriculum is designed to promote activities and sports that all students enjoy and can pursue throughout their lives.

- Physical education is mandatory for one semester during high school. Additional physical education classes will be offered for grades 9-12

- Physical Education teachers will utilize FitnessGram to assess fitness levels during the semester.
- The physical education curriculum will be consistent with KCAS (Kentucky Core Academic Standards) aligned with NASPE standards (National Association for Sport and Physical Education).
- Instruction will be modified for special need students.
- Physical activity facilities will meet state and federal safety standards.
- Community physical activities will be encouraged.
- Physical activity may be incorporated into classroom instruction.
- All physical education courses will be taught by a certified physical education teacher.
- Student involvement in other activities involving physical activity (*e.g.*, interscholastic or intramural sports) will not be substituted for meeting the physical education requirement.
- Students will spend at least 50 percent of physical education class time participating in moderate to vigorous physical activity.

Social and Emotional Wellness:

An environment in which the value of psychological well-being of faculty, staff, and students is acknowledged enhances academic excellence and professional growth. In alignment with our Positive Behavior Interventions and Support system, we strive to create an opportunity for all members of Cooper High School to work and learn in an environment that supports positive well-being.

- All students will be encouraged to discover their character strengths and apply them to the career development process.
- Administration will create a working environment for faculty and staff that minimizes stress, is free from bullying or other coercive maladaptive behavior, and supports positive career development.
- Faculty will [strive to] create a learning environment that minimizes stress, is free from bullying or other coercive maladaptive behavior, and supports positive academic development for students.
- Social and emotional well-being topics will be communicated to students and faculty.
- A balanced approach to completing high school will be encouraged by the school community.
- Students will actively pursue emotional wellness by engaging in activities designed to strengthen resilience.
- To the greatest extent possible, perseverance will be reinforced in working toward academic goals.

Employee Wellness:

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 healthy positive role modeling.

- All employees will have the opportunity to participate in a variety of annual health screenings as available.
- All employees will have the opportunity to receive flu vaccine as available.
- All employees may use their lunch to participate in physical activity.
- 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.

POLICY EVALUATION

We will evaluate the effectiveness of this policy through our School Improvement Planning Process.

Date Adopted: _____

Date Reviewed or Revised: _____ Council Chairperson's Initials _____

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