Model Laboratory School’s Wellness Policies on Physical Activity and Nutrition

Model Laboratory School is committed to providing a school environment that promotes and protects children’s health, well-being, and ability to learn by supporting healthy eating and physical activity.

School Meals

- Meals served at Model Laboratory School will meet the nutritional requirements established by the state of Kentucky. ([http://www.lrc.state.ky.us/kar/702/006/090.htm](http://www.lrc.state.ky.us/kar/702/006/090.htm)) ([http://www.lrc.ky.gov/krs/158-00/854.PDF](http://www.lrc.ky.gov/krs/158-00/854.PDF))
- The food service provider will make available the Nutritional value and ingredients of all food and beverages sold.
- Students who wish not to eat a school meal may bring a packed lunch from home.
  - Packed lunches should not include soft drinks or nut products.
  - Foods packaged in wrappers and containers from outside restaurants are not permitted.
- Model’s cafeteria and grill will be “Peanut/Nut Safe” which means that no peanut or nut products will be served or used for cooking.

Meal Times and Scheduling

- Students will be given at least 20 minutes after sitting down for lunch.
- Lunch will be scheduled between 10:45 a.m. and 1 p.m.
- Students will have access to hand washing or hand sanitizing before they eat meals or snacks.
- Clubs, tutoring, organizational meetings, or other activities will not be scheduled during lunch time unless students may eat during activities.
- Students with special oral health needs will be allowed to brush teeth after a meal or snack.
• Faculty and staff should discourage students from sharing their foods or beverages with one another during meal or snack times due to concerns about allergies and other restrictions on some children’s diets. This will also help prevent the spreading of diseases such as colds and flu.

Snack Times

• Model Laboratory Elementary Faculty and Staff will encourage parents to provide a healthy snack for elementary students to be consumed at a designated snack time set by the classroom teacher.
• A healthy option list of snacks will be provided in each student’s beginning of the year packet.
• Peanuts or nut products are not permitted.

Celebrations

• Birthday parties will be limited to one a month in grades K-3.
• Each party should include no more than one food or beverage that does not meet Kentucky nutritional standards for foods and beverages sold individually. Healthy choices will be offered at each party.
• Peanut or nut products are not permitted.

Physical Activity and a Healthy School Environment

Model Laboratory School will:

• Provide and promote nutrition education and physical education to foster lifelong habits of healthy eating and physical activity and will establish linkages between health education, families, and community services.
• Provide an adequate amount of time for physical education classes. Physical education classes will be offered at least twice per week for students in grades (1-5) and to meet state standards for middle and high school students.

• Implement a sequential physical education course of study consistent with national standards for physical education with a focus on students’ development of motor skills, movement forms, and health-related fitness.

• Ensure that students are moderately to vigorously active at least 50% of the time while participating in physical education classes.

• Discourage the withholding of recess as punishment, or the use of recess to complete assignments from other classes.

• Ensure that children must be allowed to attend all physical education classes offered.

• Provide daily recess periods of 15-30 minutes for all elementary school students.

• Encourage physical activity as appropriate during the school day, including physical activity options for “indoor recess”.

• Model faculty and staff will ensure that food and/or physical activity is not used as a punishment.

• Model Laboratory School shall encourage non-food/drink reinforcement strategies for the discipline and reward of students.

• When using food as a part of class or student incentive program, staff and students are encouraged to utilize healthy, nutritious food choices.