

**Health Education***Planned learning experiences that provide information and skills students need to make quality health decisions.*

* Curriculum: KY Core Content Standards, KidsHealth.org, SPARK Health & Physical Education, Second Steps, Student Success Skills
* Healthy Lifestyle Choices, Classroom Presentations, Guest Speakers
* LifeSkills Curriculum 3rd – 9th grades
* Red Ribbon Week, Tobacco Education

**Physical Education & Physical Activity***Instruction designed to develop motor skills, knowledge, and behaviors for health active living, physical fitness, sportsmanship, self-efficacy, and emotional intelligence.*

* Recess, Dance Classes, Archery
* Brain Breaks, Take 7/10, GoNoodle, Get Fit, Walk Time
* County-wide Elementary Basketball Program
* Curriculum: KY Core Content Standards, SPARK Health & Physical Education, National Physical Education Standards
* Physical Education Elective Classes – 10th-12th
* Competitive Athletic Teams (6th-12th grades), Special Olympics
* Sports and Youth Camps, Jump Rope and Hoops for the Heart
* JROTC – Physical Training (high schools)
* Promotion of Community Youth Sports and Camps

**Nutrition Environment & Services***Opportunities to learn about and practice health eating through available foods and nutrition education.*

* National School Lunch & Breakfast Programs – Community Eligibility Option
* Summer Feeding Program, Backpack Programs, MyPlate Program
* Smart Snack Guidelines
* SPARK Health Curriculum K-5
* Healthy Lifestyle Choices, Counseling Curriculum, School Outreach
* Practical Living Curriculum & KidsHealth.org Curriculum
* LifeSkills Curriculum 3rd-9th grades
* County Extension Office Programs

**Health Services***Connections to providers to promote the health care of students and a healthy and safe school environment.*

* Staff trained in CPR/First Aid
* Big/Great Smiles, Project Smile
* District School Nurse
* On-site KDMC Well-Care Centers at each school
* Vision/Hearing Screenings
* Physical/Occupational Therapists, Speech & Language Therapists
* Random Drug Testing Programs for Students and Staff
* Community Baby Showers
* Free Sports Physicals
* Quality Care for Kids (glasses)

**Social & Emotional Climate***Providing a safe and supportive learning environment that promotes health, growth, and development.*

* SBDM Policies (Discipline, Wellness, School Space Usage, etc.)
* Emergency Operation Plans/Policies
* District Police Force / School Resource Officers
* Counseling Curriculum, Violence Prevention Programs
* Vision Statements
* Anti-Bullying Programs
* Ripple Effects Program
* SEL Curriculum
* Summer Learning Programs

**Counseling, Psychological & Social Services***Prevention and intervention services that support the mental, behavioral, and social-emotional health of students*

* Certified School Counselors
* Pathways, Inc., Mountain Comprehensive Care, NECCO, and ReGroup Student Services
* Family Resource & Youth Service Centers
* Individual and Group Counseling: Grief and Loss, Anger and Stress Management, Study Skills, Social Skills, Conflict Resolution
* Behavior Disorder Unit, PBIS Behavioral Training
* Teen Court
* Multi-Tiered System of Support
* Positive Restraint, Child Abuse and Suicide Prevention Training for Educators

**Physical Environment***Providing a school environment which promotes learning by ensuring the health and safety of students and staff.*

* Monthly Facility Inspections
* Work Order Process for Maintenance Department
* Emergency Operation Plans, Drill Schedules
* Visitor’s Policies
* Automated External Defibrillators at all schools
* OSHA Program – Hazard Communication, Bloodborne Pathogens, Personal Protective Equipment

**Employee Wellness***Fostering the mental & physical health of staff*

* Wellness Checks and Health Screenings
* Flu/Pneumonia Shots
* Employee Wellness Program through KEHP
* On-site KDMC Well-Care Centers at each school
* Staff Celebrations
* Code of Ethics

**Family Engagement***Opportunities for families and school staff to work together to support and improve learning, development, and health of students.*

* Family/Parent Nights, Holiday Celebrations/Performances
* Open Houses, Book Fairs, Resource Fair
* Back to School Kickoff, Back to School Blitz
* Communication – Emails, texts, phone, Facebook, radio, surveys, announcements
* Student Performances
* Special Programs, Award Ceremonies
* Volunteer Programs
* Parent Involvement Policy, Parent/Teacher Conferences
* SBDM Meetings, PTA/PTO

**Community Involvement***Community partners who support student learning, development and health-related activities.*

* Career Fairs
* 4-H and Extension Office Programming
* KDMC Partnership & Business Sponsorships for Family Events
* Post-Secondary Partnerships (Tutoring, Internships, Volunteers )
* Community Business Partners and Programming – Fire Departments, Guest Speakers, Food/Clothing Drives, Churches, Business Donations