

## FAQ's about the Proposed School Wellness Action Plan (SWAP) Policies

○ **Have similar wellness policies been passed at a district-wide level in Kentucky?**

Yes. Eight districts in Kentucky have passed similar policies. They are: Boyd, Breathitt, Campbell, Davies, Hardin, Knox, Leslie and Letcher. Five of these districts have higher overall scores (in bold below) on the *Kentucky School Report Card*.

<http://applications.education.ky.gov/SRC/ProfileByDistrict.aspx>

	<i>Overall district score</i>	<i>Percentile in KY</i>	<i>Classification</i>
Fayette	67	65	Needs improvement
<b>Boyd</b>	<b>69.7</b>	83	Proficient / Progressing
Breathitt	61.3	30	Needs improvement
<b>Campbell</b>	<b>74.6</b>	96	Distinguished/Progressing
<b>Davies</b>	<b>73.4</b>	94	Distinguished
<b>Hardin</b>	<b>69.8</b>	83	Proficient/Progressing
Knox	60.5	26	Needs improvement
Leslie	58.9	21	Needs improvement/ progressing
<b>Letcher</b>	<b>69.1</b>	79	Proficient / Progressing

○ **What is the level of support for school wellness in Lexington?**

96% of residents of Greater Lexington favor requiring schools to provide 30 minutes of physical activity a day and 82% favor the new USDA school nutrition standards. (Foundation for a Healthy KY *Health Issues Poll* / 2013). [http://healthykytest.devcloud.acquia-sites.com/sites/default/files/2014\\_Lexington\\_KHIP\\_FINAL.pdf](http://healthykytest.devcloud.acquia-sites.com/sites/default/files/2014_Lexington_KHIP_FINAL.pdf)

○ **Don't the SWAP policies suggest a one-size-fits-all solution to schools?**

The SWAP policies set general common-sense guidelines that each school could implement in their individual way.

○ **How will these policies be monitored?**

Principals, teachers and parents can monitor these practices as they do many practices in schools. The Alliance for a Healthier Generation has created an easy-to-use monitoring tool to handle formal monitoring and reporting. The Tweens Nutrition and Fitness Coalition will educate parents about the policies.

- **What support is available for schools making these transitions?**
  - A **School Wellness Toolkit** is available at <http://tweenslex.org/school-wellness/school-wellness-action-plan-tookkit/> . A hard copy available for each school and PTA. Contact Michelle Castro at [tweens.schoolwellness@gmail.com](mailto:tweens.schoolwellness@gmail.com).
  - A **Physical Activity Leader Training** led by Jamie Sparks will be held on February 28, 2015.
  - An online **Alternatives to Food as Reward Training** will be available to all FCPS faculty and staff.
  - A **SWAP You Tube** channel will feature videos of school representatives that have successfully implemented the policies in Fayette County schools.
  
- **Does the proposed policy about school celebrations prohibit food at parties and celebrations?**  
 No. The policy simply requires that at least 50% of the food served at school events meet Smart Snack guidelines. Schools can still offer pizza and ice cream at these events if they offer an equal number of healthier items.  
<https://www.healthiergeneration.org/take-action/schools/snacks-and-beverages/smart-snacks/alliance-product-calculator/>
  
- **Can teachers use healthy food as rewards?**  
 Though rewarding students with healthy food doesn't have the downsides for physical health that rewarding them with candy does, it still has the same psychological and learning disadvantages.
  - Reward-based eating can override the signals telling our brains that we're full, leading children to overeat beyond their caloric need.
  - By using food as reward, children begin to associate foods with positive reinforcement and build an unhealthy dependence on it for comfort.
  - Children's internal motivation decreases when external rewards are used. Food becomes the focus instead of the activity.
  
- **What about students who have an individualized IEP or 504 that includes that use of food as a reward?**  
 Teachers can still use food as reward in this case. Over time, the district may want to consider alternatives to food rewards for these students as well.
  
- **Our student population comes to school very hungry. How can we deny them food?**  
 The School Lunch and Breakfast programs provide meals for children in need. Schools with a significant population of students eligible for free and reduced priced meals, provide all students two free meals a day. Giving children candy throughout the day reduces their appetite for the meals which contain the good nutrition that they need.
  
- **Won't requiring 50% healthy items at school celebrations place a financial burden on some schools and parents?**  
 The Tweens Nutrition and Fitness Coalition has developed a handout called *The Snack Table* that provides two pages of ideas of low cost and no and low preparation items. <http://tweenslex.org/wp-content/uploads/2014/09/SnackTable-REVISED.pdf>

- **Students from low income schools don't get many treats. It doesn't seem fair to deny them a cupcake.**

Studies show that children from families with limited financial resources on average consume more sugar than children from families with higher incomes. Sugar is cheap and filling so kids whose family have limited food budgets often get plenty of it. In addition, schools can still serve cupcaces at parties, they just need to balance the menu by adding a healthy item along with the cupcakes.

- **Twenty minutes of recess is already included on each elementary school's master schedule. Why is recess recommended in the SWAP policies?**

Though recess is included in each school's master schedule, it is sometimes taken away for punishment, remedial work and inclement weather. The proposed policy requires that children not be denied recess and that each school provides active indoor recess in inclement weather. We recognize that children may experience times of not feeling well or are unable to participate in moderate physical activities. Teachers will be encouraged to use case by case best judgment in these individual situations.

