

USD #214 Wellness Policy

USD #214 is committed to providing school environments that promote and protect children's health, well-being, and ability to learn by supporting healthy eating, nutrition education, physical activity, and integrated school based wellness. Therefore, it is the policy of USD #214 that:

I. Nutrition

A. General Guidelines

1. All school food service personnel receive food safety training annually.
2. The food service area is clean, orderly, and has an inviting atmosphere that encourages meal consumption.
3. The dining area has adults model healthy eating in the dining areas and encourages students to taste new and/or unfamiliar foods.
4. The students are allowed to converse during the entirety of the meal time.
5. Reimbursable meals and/or parts of a reimbursable meal are not withheld or denied as a disciplinary action.
6. Three “Smarter Lunchroom” or Behavioral Economics techniques are used on the serving line to encourage healthy choices by students.
7. A Kansas product is served in the school meals program at least one time per week.

B. Breakfast

1. At least five different fruits are offered each week. At least two fruits per week are served fresh.
2. The district offers at least 15 minutes “seat time” to eat breakfast not including time spent walking to and from class or waiting in line.

C. Lunch

1. At least five different fruits are offered each week. Four fruits per week are served fresh.
2. An additional 1 cup vegetable offering is made weekly from any of these three vegetable subgroups (dark-green, red/orange, dry beans and peas).
3. Students have at least 20 minutes “seat time” to eat lunch not including time spent walking to/from class or waiting in line.

D. All Food Sold in Schools

1. All foods and beverages sold in schools are in compliance with USDA’s Smart Snacks in School “All Foods Sold in Schools” Standards from the midnight before to 30 minutes after the end of the official school day.
2. USDA’s Smart Snacks in School Beverage Standards for middle schools apply to high school (only 100% juice, water, milk).

E. Other Child Nutrition Programs

1. Elementary – Participate in two of the four programs. (At-Risk Afterschool Meals, Afterschool Care Snack Program, Fresh Fruit & Vegetable Program, or Summer Food Service Program). USD #214 participates in the two programs that are underlined.

2. Middle School and High School – Participate in one of the four programs. (At-Risk Afterschool Meals, Afterschool Care Snack Program, Fresh Fruit & Vegetable Program, or Summer Food Service Program). USD #214 participates in the program that is underlined.

F. During the School Day

1. Students have clear/translucent individual water bottles in the classroom where appropriate.

II. Nutrition Education

A. Nutrition Promotion

1. A student advisory council is formed and meets with a food service representative and school administration twice a year to provide input.

2. The district implements marketing and advertising of nutritious foods and beverages consistently through a comprehensive and multi-channel approach to the community.

3. The district allows marketing (oral, written, or graphics) of only those foods and beverages that meet the requirements set forth in the Smart Snacks Rule on the school campus at all times.

B. Nutrition Education

1. All students in grades K - 12, including those with disabilities, special health care needs, and in alternative education settings, will have the opportunity to participate in culturally relevant participatory activities, as appropriate, and a variety of learning experiences that support development of healthful eating habits that are based on the most recent Dietary Guidelines for Americans and evidence-based information.

2. The district uses qualified personnel or organizations from the community to provide nutrition education to students under the direct supervision of a teacher at least once/year.

3. Information will be offered to families at least once per month that encourages them to teach their children about health and nutrition, and assists them in planning nutritious meals for their families.

III. Physical Activity

A. General Guidelines

1. All students in grades K – 12, including those with disabilities, special health care needs, and in alternative education settings, have the opportunity to participate in moderate to vigorous physical activity every day during the entire school year.

B. Throughout the Day - Elementary

1. Elementary school students have two supervised recess periods per day, totaling at least 30 minutes (not including time spent getting to and from the playground), with one being offered in the morning. Supervisory staff encourage moderate to vigorous physical activity.

2. School policy outlines guidance on conditions regulating indoor and outdoor recess during extreme weather conditions.

3. Professional development on integrating physical activity into core/non-core subjects is provided to licensed physical education teachers, school nurses, and building administrators.

C. Physical Education

1. Physical education teachers are licensed and have advanced certification and/or education.

2. The district offers lifetime sports and fitness classes/opportunities.

3. Elementary students receive 90-119 minutes of physical education per week, which includes at least 50% of the minutes engaged in moderate to vigorous physical activity.

4. Additional opportunities for physical education as an elective are offered at the High School.

5. Physical education curriculum encourages a multi-dimensional fitness assessment.

D. Family & Community

1. Community members are encouraged to access the district's indoor and outdoor physical activity facilities at specified hours.

IV. Integrated School Based Wellness

A. General Guidelines

1. Annual staff wellness activities and/or professional development opportunities related to nutrition, physical activity, and abstaining from tobacco are provided to encourage school staff to serve as healthy role models. Staff wellness activities and training may also include additional components of the Whole School, Whole Community, Whole Child Model.
2. Quarterly, the district will partner with local health agencies and community organizations.
3. The district will facilitate the integration of a farm to school program and curricular activities including hands-on activities as appropriate to facilitate the nutritional and educational goals in 50% of the schools.
4. Farm to school activities are conducted annually in some schools.
5. The local wellness policy committee or subcommittee (s) meets at least once per quarter.

The following Wellness Policies are in the process of being developed:

Developing Policies

I. Nutrition

A. All Food Sold in Schools

1. Fundraising within the school day meets USDA's Smart Snacks in School "All Foods Sold in Schools" Standards (sans the exempted fundraisers).

B. During the School Day

1. The district will develop nutritional standards for non-sold food and beverages made available on school campus during the school day.
2. Schools will provide staff information on non-food rewards.
3. Meals purchased at a fast food outlet to be consumed at school must not be brought to school in their original containers. Caffeinated beverages are not allowed in sack lunches to be consumed in the cafeteria (Elementary/Middle School).

II. Nutrition Education

A. Nutrition Promotion

1. Students learn about the nutrition requirements for school meals and some students are involved in helping plan menus.

B. Nutrition Education

1. Include nutrition and health posters, signage, or displays in the cafeteria food service and dining areas, classrooms, hallways, gymnasium, and/or bulletin boards that are rotated, updated, or changed quarterly.

III. Physical Activity

A. Before & After School

1. An assessment on walking and/or biking to school has been completed to determine safety and feasibility.

B. Family & Community

1. Offer information via multiple channels at least once per semester to all families that encourages them to teach their children about physical activity, and assists them in planning physical activity for their families.

IV. Integrated School Based Wellness

A. General Guidelines

1. The wellness policy assessment and progress toward meeting the State Model Wellness Policy are presented to and approved by the local school board.
2. Each semester, culturally relevant health education information is provided to families via handouts, postings on the school website, newsletters, presentations and workshops.

The following students, parents, classroom teachers, food service professionals, physical education teachers, health professionals, administrators, school board members and other interested community members are engaged in developing, implementing, monitoring, reviewing and making the district wide wellness policies available to the public:

Katrina Benyshek, Chairperson

Shan Meile

Stacey Gee

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Approved by USD #214 Board of Education 1/14/2019.