

## USD 273 Pre-K-12 Wellness Policy

### **School Meals**

All school meals shall comply with USDA regulations and state policies. Barriers to student participation in the Child Nutrition Programs will be eliminated. Students will have at least 15 minutes to eat breakfast and 20 minutes to eat lunch. This does not include time spent walking to and from class or waiting in line. The dining area will be clean, orderly, and inviting. Adequate seating will be available to accommodate all students served during each meal period. Adequate supervision will be provided in the dining area. Students will be allowed to converse with one another while they eat their meals. Whenever feasible, the secondary school will operate “closed” lunch periods to encourage students to eat a nutritious lunch.

#### **Breakfast:**

All pre-packaged cereals offered will contain 35% or less of weight from total sugar (or less than 9g. per 100 calories), and 1 g. or more of fiber per serving. Foods containing whole grains will be offered daily. Fresh, canned, dried or frozen fruit or vegetables will be offered daily. Only low fat (1% or ½%) and/or skim (nonfat) milk will be offered.

#### **Lunch:**

An entrée with total fat of 16 g. or less per serving will be offered daily. A fruit and vegetable will be offered daily at the elementary school. At least 3 choices of fruits and/or vegetables will be offered daily at the secondary school. Fresh fruit or vegetables will be offered daily at the secondary school on the salad bar. At least 5 different fruits and 5 different vegetables will be offered weekly. At least one food item containing whole grain will be offered daily. Only low fat (1% or ½%) and/or skim (nonfat) milk will be offered. Salad dressings containing 12 g. or less of fat per ounce will be offered. Desserts with more than 5 g. of fat or more will be offered no more than twice a week and desserts with 5 g. of fat or less can be offered several times a week

#### **A La Carte:**

A la Carte items will comply with USDA regulations prohibiting the sale of “foods of minimal nutritional value” where school meals are served or eaten during the meal period. Foods of minimal value include soda water, water ices, chewing gum, candies, hard candy, jellies, marshmallow candies, fondant, licorice, spun candy and candy-coated popcorn. A la Carte food items will be limited to the same portion size of any food item served that day in the school lunch program. Fruits or vegetables and low-fat and/or nonfat yogurt may be on the A la Carte. All items offered must meet the following criteria:

Fat- Except for nuts, seeds and nut butters, not more than 35% of total calories from fat (or less than 4 g. per 100 calories)

Sugar-Except for fruit without added sugar, no more than 35% of weight from total sugar (or less than 9 g. per 100 calories)

Calories- Not more than 200 calories per selling unit

A la Carte beverages will be limited to water, non-caloric flavored water, low fat (1% or ½%) and/or skim (nonfat) milk, soy or rice beverages with not more than 35% of weight from total sugar (or less than 9g. per 100 calories), and 100% juice.

**Vending:**

All vended foods and beverages will be sold in compliance with USDA regulations prohibiting the sale of “Foods of Minimal Nutritional Value” where school meals are served or eaten during the meal period. The sale of Foods of Minimal Nutritional Value is not allowed on school property in areas accessible to students: in elementary and middle schools and in secondary schools until after the end of the school day. All school employees are encouraged to serve as positive role models by adhering to the vending guidelines adopted for students. All items offered must meet all of the following criteria per selling unit:

Fat-Except for nuts, seeds and nut butters, not more than 35% of weight from total fat (or less than 4g. per 100 calories)

Sugar-Except for fruit without added sugar, not more than 35% of weight from total sugar (or less than 9g. per 100 calories)

Calories-Not more than 200 calories per selling unit

Vended beverages will be limited to water, non-caloric flavored water, low fat (1% or ½%) and/or skim (nonfat) milk, soy or rice beverages with not more than 35% of weight from total sugar (or less than 9g. per 100 calories), and 100% fruit juice. Electrolyte replacement beverages that contain not more than 48 g. of sweetener per 20-ounce selling unit may be offered in drink machines located near high school athletic training centers.

**During the school day: Classroom Parties & Celebrations, Classroom Rewards, Fundraisers, and Intramural Events**

All foods and beverages will be offered in compliance with USDA regulations prohibiting the sale of “foods of minimal nutritional value” where school meals are served or eaten during the meal period. Students are allowed to have individual water bottles in the classroom. Foods and beverages for classroom rewards, parties and celebrations will be normal portion size. At least 50% of items will meet all of the following criteria per serving:

Fat-Except for nuts, seeds and nut butters, not more than 35% of total calories from fat (or less than 4 g. per 100 calories)

Sugar-Except for fruit without added sugar, not more than 35% of weight from total sugar (or less than 9g. per 100 calories)

Calories-Not more than 200 calories per unit

Beverages are limited to water, non-caloric flavored water, low fat (1% or ½%) or skim (nonfat) milk, soy or rice beverages with not more than 35% of weight from total sugar (or less than 9 g. per 100 calories), and 50-100% juice.

At least 50% of fundraising activities will not involve the sale of food and/or beverages that do not meet the above guidelines. Fundraising activities involving the sale of food or beverages will not take place until after the end of the last lunch period.

Refreshments provided for students participating in school events will adhere to the above guidelines.

Parents, teachers and organizations will be informed about the guidelines and will be encouraged to follow them.

### **Nutrition Education**

All students in grades K-12 including students with disabilities, special health-care needs and in alternative education settings, will have the opportunity to participate in a variety of learning experiences that support development of healthful eating habits.

The nutrition education curriculum will be sequential and consistent with the current Kansas State Board of Education approved health education teaching standards for pre-kindergarten through grade 12.

Nutrition education will be taught by a teacher licensed by the Kansas State Department of Education or under the direct supervision of such a teacher. The licensed teacher must approve the instructional materials and method and have ongoing, open communication with the individual providing instruction. Schools are encouraged to use qualified personnel to provide nutrition education from organizations such as the Kansas State Department of Education, K-State Research and Extension, health and agriculture organizations, universities and consulting registered dietitians.

Nutrition education should be based on the most recent Dietary Guidelines for Americans. Active learning experiences should be provided for students. Whenever feasible, the active learning will involve the students in food preparation.

Annually, an updated list of nutrition resources is provided to each school principal by KSDE and this list will be given to the teachers. Teachers will be able to secure recommended nutrition education resources in adequate quantities for their students from KSDE.

School administrators will inform teachers about opportunities to attend training on nutrition and the importance of role modeling healthful habits for students. School administrators will encourage teachers to attend nutrition related training.

At least 5 hours of classroom nutrition education will be provided for grade school students each year and at least 15 hours of nutrition education will be provided for middle-high school students:

- . As part of a comprehensive health education curriculum that focuses on understanding the relationship between personal behavior and health AND/OR
- . As learning experiences integrated throughout the curriculum in subject areas such as math, science, language arts and social studies.

Nutrition education instruction will involve hands-on activities that engage students in enjoyable, developmentally appropriate, culturally relevant, participatory activities. At least 25 percent of elementary and 50 percent of middle-high school nutrition education will be hands-on activities.

The following is recommended nutrition education content:

### **Pre-Kindergarten**

- . Proper hand washing
- . Importance of drinking adequate water
- . Food groups
- . Trying new foods
- . Feeling full and chewing thoroughly

### **Elementary**

The topics below may be addressed at more than one grade level, and are to be covered with increasing depth in higher grades and at the Advanced and Exemplary levels.

- . Proper hand washing
- . Importance of drinking adequate water
- . Food groups
- . Importance of eating a variety of foods
- . Serving sizes
- . Relationship of food intake (energy input) and physical activity (energy output)
- . Nutrition Facts Label reading
- . Choosing healthful foods using cafeteria meals, vended items and a la carte items
- . Foods that help keep the body healthy and foods that may contribute to poor health, including oral health
- . Healthy body image
- . Agricultural origins of common foods
- . Basic food preparation skills
- . Basic food safety (e.g. storing, cleaning)

### **Middle-High School**

The topics below may be addressed at more than one grade level, and are to be covered with increasing depth in higher grades and at the Advanced and Exemplary levels.

- . Proper hand washing
- . Importance of drinking adequate water
- . Basic nutrient requirements
- . Relationship of nutrients in food to good health and long-term risks of unhealthful food selections
- . Dietary guidelines and personal eating plans
- . Importance of meals and how mealtime contributes to family life
- . Eating patterns in various cultures
- . Balanced and unbalanced meals in the student's own eating pattern
- . Healthy body image
- . Relationship of food intake (energy input) and physical activity (energy output)
- . Evaluating fad diets and healthful ways to lose/gain weight
- . Eating disorders
- . Basic food preparation skills
- . Basic food safety (e.g., storing, cleaning, preparing, cooking, cooling, reheating)
- . Evaluating health claims on food labels

### **Cafeteria**

Attractive, current nutrition education materials will be prominently displayed in dining areas and will be changed at least every 9 weeks. Students will be encouraged to start each day with a healthful breakfast and to choose nutritious foods throughout the day. Students will learn about the nutrition requirements for school meals and some students will be involved in helping plan menus.

### **Events During The School Day**

Each year, some individual classrooms will participate in one or more of the following events that are either centered on nutrition or include nutrition as a main component:

- . Traveling health exhibit
- . Health professional as guest speaker
- . Health fair
- . Farm/food production field trips
- . School gardens

Every 3 years, at least one school wide interactive event will be conducted that is either centered on nutrition or contains nutrition as a main component. After the event, related lessons will be used to reinforce learning of the information presented at the event.

### **After School Programs**

The grade school will attempt to have a voluntary walking program for students after school. Nutrition education activities, such as healthy after school snacks, will be presented during the walking program. The junior-senior high school will have a weight lifting program after school.

### **Family & Community**

Parents will be invited to join students for school meals. Families will be provided with information that encourages them to teach their children about health and nutrition, and to provide nutritious meals for their families.

Community members will be encouraged to become actively involved in school programs that provide nutrition education. Nutrition information will be provided to the broader community.

### **Staff Wellness**

The School will encourage each member of the staff (both certified and non-certified) to serve as a healthy role model for students. The school will have a wellness committee. The staff wellness committee will plan and implement ongoing activities for school staff that promote health and wellness.

### **Physical Activity**

All students in grades K-12, including students with disabilities, special health-care needs and in alternative education settings will have the opportunity to participate in moderate to vigorous physical activity on a regularly scheduled basis each school week during the entire school year.

### **Physical Education Classes**

Grade school students will receive 100 minutes of physical education per week. During grade school physical education classes, students will engage in moderate to vigorous physical activity at least 15 minutes per day and/or 75 minutes per week.

Junior high students and 9<sup>th</sup> grade will receive more than 200 minutes of physical education per week. During the junior high and 9<sup>th</sup> grade classes, students will engage in moderate to vigorous physical activity at least 30 minutes per day and/or 150 minutes per week.

In the high school students will have the opportunity to take Individual Development and Lifelong Activity one class period daily. Ninth graders are required to take ninth grade physical education one class period daily.

The school will provide a physical and social environment that encourages safe and enjoyable physical activity for all students. Students will have the opportunity to participate in lifetime physical activities.

The physical education curriculum will be sequential and consistent with Kansas State Board of Education approved physical education teaching standards for pre-kindergarten through grade 12.

Physical education teachers will be licensed by the Kansas State Department of Education.

Physical education classes will have a student/teacher ratio that is the same as other classes in the school.

Adequate age-appropriate equipment will be available for all students to participate in physical activity. Physical activity facilities on school grounds will be safe.

### **Throughout The Day**

Classroom health education will reinforce the knowledge and self-management skills needed to maintain a physically active lifestyle and to reduce time spent on sedentary activities.

When circumstances make it necessary for students to remain indoors and inactive for two or more hours, the students will be given periodic breaks during which they are encouraged to stand and be moderately active.

Classroom teachers will provide short physical activity breaks between lessons or classes, as appropriate.

### **Punishment**

Physical activity will not be used (e.g. running laps, pushups) or withheld (e.g. recess, physical education) as punishment. This guideline does not apply to extracurricular sports teams.

### **Recess**

K-3 elementary school students will have two 15 minute supervised recess periods daily. 4-6 elementary school students will have at least 20 minutes a day of supervised recess, preferably outdoors. Moderate to vigorous physical activity will be encouraged verbally and through the provision of adequate space and age appropriate equipment.

### **Before and After School**

All elementary, middle, and high schools will offer in partnership with the community, extracurricular physical activity programs, such as physical activity clubs or intramural programs. A range of physical activities will be offered that meet the needs, interests, and abilities of all students, including boys, girls, students with disabilities and students with special health care needs. The school district will assess and, if necessary and to the extent possible, make needed improvements to make it safer and easier for students to walk and bike to school. When appropriate,

the district will work with local public works, public safety and/or police departments in those efforts.

### **Family & Community**

Information will be provided to help families incorporate physical activity into the lives of all household members. Families and community members are encouraged to institute programs that support physical activity, such as a walk to school program.

Access will be provided to community members to use the school's physical facilities outside the normal school day. School policies concerning safety will apply at all times.