

USD 381 Spearville Schools Wellness Policies 2017-18

Part 1. Preamble

Whereas, children need access to healthful foods and opportunities to be physically active in order to grow, learn, and thrive;

Whereas, good health fosters student attendance and education;

Whereas, obesity rates have doubled in children and tripled in adolescents over the last two decades, and physical inactivity and excessive calorie intake are the predominant causes of obesity;

Whereas, heart disease, cancer, stroke, and diabetes are responsible for two-thirds of deaths in the United States, and major risk factors for those diseases, including unhealthy eating habits, physical inactivity, and obesity, often are established in childhood;

Whereas, 33% of high school students do not participate in sufficient vigorous physical activity and 72% of high school students do not attend daily physical education classes;

Whereas, only 2% of children (2 to 19 years) eat a healthy diet consistent with the five main recommendations from the Food Guide Pyramid;

Whereas, nationally, the items most commonly sold from school vending machines, school stores, and snack bars include low-nutrition foods and beverages, such as soda, sports drinks, imitation fruit juices, chips, candy, cookies, and snack cakes;

Whereas, school districts around the country are facing significant fiscal and scheduling constraints; and

Whereas, community participation is essential to the development and implementation of successful school wellness policies;

Part 2: Board Policy

USD 381 Spearville is committed to providing school environments that promote and protect children's health, well-being and ability to learn by supporting healthy eating and physical activity. Therefore, it is the policy of USD 381 Spearville that:

- Wellness guidelines will be implemented as specified in the Kansas State Department of Education's Wellness Policy Report for each school level.
- Students, parents, teachers, food service professionals, health professionals and other interested community members will be engaged in developing, implementing, monitoring and reviewing district-wide nutrition and physical activity policies.

- All students in grades K-12 will have opportunities, support and encouragement to be physically active on a regular basis.
- Foods and beverages sold or served at school will meet the nutrition recommendations of the *U.S. Dietary Guidelines for Americans*.
- Qualified child nutrition professionals will provide students with access to a variety of affordable, nutritious, and appealing foods that meet the health and nutrition needs of students;
- Students will be provided with adequate time to eat in settings that are clean, safe, and pleasant.
- To the maximum extent practicable, all schools in our district will participate in available federal school nutrition programs.
- Schools will provide nutrition education and physical education to foster lifelong habits of healthy eating and physical activity, and will establish linkages between health education, school nutrition programs and related community services.

Spearville USD 381 Wellness Policies

Spearville 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 Spearville USD 381 that:

Policies in Place:

Nutrition Education

- Active learning experiences are provided such as involving students in food preparation or other hands-on activities.
- Integrate nutrition education into other core subjects such as math, science, language arts, and social sciences, as well as in non-core and elective subjects.
- 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.
- 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 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.

- Include nutrition education as part of health education classes and/or stand-alone courses for all grade levels, including curricula that promote skill development.

Nutrition Promotion

- School promotes participation in the National School Lunch Program (NSLP) and School Breakfast Program (SBP) if applicable and to choose nutritious foods and beverages throughout the day. Menus are posted on school website and/or distributed to families via another method.
- Students provide input on foods offered in the cafeteria.
- Students learn about the nutrition requirements for school meals and some students are involved in helping plan menus.

Physical Activity

General Guidelines

- 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 at least 2 times per week during the entire school year.
- 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 3 or more times per week during the entire school year.
- Physical activity facilities in and on school property are safe with sufficient age-appropriate equipment for all students, including those with disabilities. Adequate adult supervision is provided.
- School prohibits the use of physical activity as a punishment. Schools prohibit withholding physical activity, including recess and physical education, as punishment.
- School offers lifetime physical activity that teaches basic motor skills, enhances knowledge of concepts related to movement needed to achieve and maintain health. Students learn the benefits of and an appreciation for regular physical activity.

Throughout the Day

- Structured physical activity opportunities, in addition to physical education and recess (where applicable), are encouraged for all students.

Physical Education

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

- High school students are provided structured physical education in at least 1 course required for graduation.
- Physical education curriculum encourages a multi-dimensional fitness assessment.
- Physical education is taught by teachers licensed by the Kansas State Department of Education.

Family & Community

- Community members are provided access to the school's outdoor physical activity facilities.
- Community members are provided access to the school's indoor and outdoor physical activity facilities at specified hours.

Integrated School Based Wellness

General Guidelines

- Annually partner with community health agencies/organizations and/or allow community use of school facilities for wellness activities.
- Each semester, partner with community health agencies/organizations and/or allow community use of school facilities for wellness activities.
- Quarterly, partner with community health agencies/organizations and/or allow community use of school facilities for wellness activities.

Nutrition

General Guidelines

- Substitutions are provided for students with medical disabilities identified by a licensed physician that require meal modifications per the signed Meal Modification Form.
- The food service area is clean, orderly, and has an inviting atmosphere.
- All school food service personnel receive required food safety training at a minimum of every 5 years. Continuing education training for all food service personnel meets federal and state requirements.
- The dining area has seating to accommodate all students during each serving period.
- High School: Closed campus. Students must remain at school during lunch periods.
- The dining area has adult supervision.
- The dining area has food service personnel and supervisory staff use positive communication cues with students to promote consumption of foods served as part of Child Nutrition Programs.

- The dining area had adults model healthy eating in the dining areas and encourage students to taste new and/or unfamiliar foods.
- The students are allowed to converse with one another at least part of the meal time.
- Mealtime conversation is not prohibited for the entire meal time as disciplinary action.
- Reimbursable meals and/or parts of a reimbursable meal are not withheld or denied as a disciplinary action.
- One "Smarter Lunchroom" or a Behavioral Economics technique is used on the serving line to encourage healthy choices by students.
- Identify content of reimbursable lunch and breakfast near or at the beginning of the serving line(s).

Breakfast

- All school breakfasts comply with USDA regulations and state policies.
- At least three different fruits are offered each week on three different days. At least one fruit per week is served fresh.
- Students have at least 10 minutes "seat time" to eat breakfast (not including time spent walking to and from class or waiting in line).

Lunch

- All school lunches comply with USDA regulations and state policies.
- At least five different fruits are offered each week. Four fruits per week are served fresh.
- Offer an additional 1 cup* vegetable offering weekly from any of three vegetable subgroups (dark-green, red/orange, dry beans and peas).
- Students have at least 20 minutes "seat time" to eat lunch not including time spent walking to/from class or waiting in line.

All Food Sold in Schools

- 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.
- No energy drinks are sold on school property from midnight before to 30 minutes after the end of the official school day.

During the School Day

- Students have access to free drinking water throughout the school day, including during meal service. Hygiene standards for all methods delivering drinking water will be maintained.

- Students are allowed to have clear/translucent individual water bottles in the classroom.

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

Developing Policies

Nutrition Education

- Offer information to families at least once per semester that encourages them to teach their children about health and nutrition, and assists them in planning nutritious meals for their families.

The committee will review and update the USD 381 District Wellness Plan each school year. The committee will select new members each year as needed to replace current members on the committee. The following, 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:

Christopher Korbe, Chairperson
Myron Ricke
Daryl Stegman
David Friess
Matt Fowler
Shawn Rich
Sandy Hines
Trisha Sohm