

(Policy #) STUDENT WELLNESS POLICY: OVERVIEW

USD 353 Wellington 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 to assist in maintaining over student wellness it is the policy of DO353 - Wellington that this and the corresponding policies will be in place and reviewed for effectiveness.

ADMINISTRATIVE PROCEDURES

1. The board of education will establish a Wellness Committee. The committees goal is to facilitate a healthy environment that models the State Wellness Policy recommendations. The committee shall be comprised of USD 353 Board Member(s), school administrators, food service representative, interested district staff, parents, and students.
2. The Wellness Committee will evaluate wellness policies at least twice per year. Changes to the wellness policies will be submitted to the board for approval.
3. Each building principal will be responsible that their school is in compliance with the Districts Wellness Policy and will review the wellness policies when approved changes are made and at the beginning of each school year.
4. Related Policies are (Policy #) - Student Wellness Policy: Food Service Procedures, (Policy #) - Student Wellness Policy: Health Education, (Policy #) - Physical Activity, (Policy #) - Student Nutritional Guidelines)

Policy Revised: July 2016

Policy Reviewed:

(Policy #) STUDENT WELLNESS POLICY: FOOD SERVICE PROCEDURES

USD 353 Wellington staff will follow lunch room procedures that encourage healthy eating habits and promote the National School Breakfast and Lunch Programs.

LUNCH ROOM ATMOSPHERE

1. Food service employees will maintain the food service area. All food service areas will be kept clean and orderly and have an overall inviting atmosphere that is conducive to meal consumption.
2. Each USD 353 dining area will have seating to accommodate all students during each individual lunch period. If the number of students exceeds available seating at any lunch period USD 353 will make required purchases to accommodate seating immediately.
3. All dining areas will have adult supervision at all times during lunch periods. Food service personnel and supervising staff will use positive communication cues with students to promote consumption of foods served as part of the Child Nutrition Program (CNP).
4. Students will be allowed to converse during lunch periods for at least part of the lunch time. Supervisory staff will not prohibit mealtime conversation for the entire meal period due to disciplinary action. USD 353 prohibits withholding all or parts of meals due to disciplinary actions.
5. USD 353 Wellington High School students must remain on school property during the lunch period. Exclusions are made by an administrator or other school personnel due to students listed in activities. i.e volunteerism.
6. Meals purchased at fast food outlets and consumed at school must not be brought to school in their original containers. Caffeinated beverages are not allowed in sack lunches and may not be consumed in cafeterias. (posted)
7. Economics techniques will be used on the serving lines to encourage healthy choices by students.
8. In the high school two "smarter lunchroom" or behavioral economics techniques are used on the serving line to encourage healthy choices by students.

MEAL PERIODS

1. Students are provided with at least 15 minutes "seat time" to eat breakfast. Seat time is defined as time not spent walking to and from class or waiting in line.
2. Students have at least 20 minutes "seat time" to eat lunch not including the time spent walking to/from class or the waiting time in line.

COMMITTEE

1. Students will provide input on foods that are offered through the cafeteria.
2. The local school wellness policy team meets at least twice per year.
3. The committees goal is to facilitate a healthy environment that models the State Model Wellness Policy. Progress towards those goals are presented to the local school board and school staff. Those efforts are made available to the public, including parents, students and the community through the school board an via the USD 353 website.

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(Policy #) STUDENT WELLNESS POLICY:WELLNESS EDUCATION

USD 353 Wellington students and staff will be provided with health education. Wellington schools will promote participation in the National School Lunch Program (NSLP) and encourage choosing nutritious foods and beverages throughout the day.

GENERAL GUIDELINES

1. Menus will be posted on the school website and/or distributed to families via other means.
2. Nutrition and health posters, signage and displays are rotated and updated or changed quarterly and are located in the cafeterias food service and dining areas, classrooms, hallways, gymnasiums, and/or bulletin boards. School personnel discuss with students the nutritional education materials that are on display.
3. USD 353 will partner annually with community health agencies/organizations and/or allow the community to use the school facilities for wellness activities.
4. Administrators will notify school staff of team nutrition information and the HealthierUS School Challenge Award Opportunity.

STAFF TRAINING

1. All returning school food service personnel will be required to receive food safety training annually prior to the beginning the school year. All new food service personnel will receive the required training prior to beginning work and then will again receive the required training prior to the beginning of the school year.
2. All continuing education training for food service personnel will meet the federal and state requirements.
3. Teachers are provided with information on healthy options for classroom rewards, parties and celebrations that meet Smart Snacks in School "All Foods Sold in Schools" Standards
4. 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 health role models.
5. School administrators will inform teachers and other interested school personnel via email or other desired communication when there are opportunities to attend training on nutrition and encourage them to attend training and teach nutrition.

STUDENT INFORMATION

1. All lunch rooms will identify content of the reimbursable lunch and breakfast at or near the beginning of the serving line(s).
2. 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.
3. All schools will include nutritional education classes and/or stand-alone courses for all grade levels, including curricula that promotes skill development.
4. Active learning experiences are provided such as involving students in the food preparation or other hands-on activities.
5. Schools use qualified personnel or organizations from the community (KSDE, K-State Research and Extension, health and agriculture organizations, universities and consulting registered dietitians or other qualified individuals or organizations) to provide nutrition education to students. USD 353 requires education be provided under the direct supervision of a teacher.

PARENT/FAMILY INFORMATION

1. Parents are provided with information on healthy options for parties and celebrations that meet Smart Snacks in School "All Foods Sold in Schools" Standards.
2. USD 353 offers information to families at least once per month and through at least two different channels that encourages them to teach their children about health and nutrition, and assists them in planning nutritious meals for their families. Information is also distributed encouraging families to teach their children about physical activity and assists them in planning physical activity for their families.

HEALTHY MODELING

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 midnight before to 30 minutes after the end of the official school day or 24 hours a day) **SEE POLICY**
2. The dining area at the high school has adults modeling healthy eating in the dining areas and encourages students to taste new and/or unfamiliar foods. USD 353 fosters an atmosphere in which adults are encouraged to eat with students.
3. Food is not used as a reward.

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(Policy #) STUDENT WELLNESS POLICY: PHYSICAL ACTIVITY

USD 353 Wellington promotes an atmosphere that is conducive to physical activity throughout the day and also encourages the participation in physical activities outside of school hours.

GENERAL GUIDELINES

1. Extracurricular physical activity programs are offered.
2. USD 353 Wellington makes efforts to provide the community access to the schools physical activities facilities. Playgrounds and outdoor physical activity areas are kept unlocked during non-school use hours except in the case of () where monetary damages could be incurred. Community members are allowed access to the schools indoor facilities (when and how do we notify the public)

ATMOSPHERE

1. 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 at the oversight of building principals.
2. USD 353 schools prohibit the use of physical activity as a punishment. Schools prohibit withholding physical activity, including recess and physical education, as punishments.
* I suggest something like if peer interaction is withheld an alternate physical activity is available but not required.
3. USD 353 School policy outlines guidance on conditions regulating indoor and outdoor recess during extreme weather conditions: At the discretion of administrator or building supervisor below/above temp, raining, lightening, frozen grounds, etc.
4. All schools have developed a walk and/or bike to school plan and encourages students to walk and/or bike to school.

PHYSICAL EDUCATION

1. Physical education is taught by teachers licensed by the KSDE. PE teachers must participate in PE and/or physical activity specific professional development every 2 years.
2. 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. High school physical education teachers will have an advanced certification and/or education.

3. Pre-Kindergarten through Grade 12 physical education curriculum is sequential and consistent with Kansas State Board of Education approved physical education teaching standards.
4. High School students are provided structured physical education in at least 1 course required for graduation.
5. PE curriculum includes multi-dimensional fitness assessment. Fitness assessment is completed on at least 50% of all students enrolled in physical education. Student fitness reports are available to parents.
6. Elementary students receive at least 100 minutes of physical education per week, which includes at least 70 minutes of moderate to vigorous physical activity
7. Middle School students are offered PE at all grade levels and receive 90-119 minutes of physical education per week, which includes at least 60 minutes of moderate to vigorous intensity activity.

PHYSICAL ACTIVITY

1. Structured physical activity opportunities, in addition to physical education and recess (where applicable), are encouraged for all students and are offered to all students at least 2 times daily.
2. Elementary school students have at least 15 minutes a day or two supervised recess periods per day totaling 20 minutes of supervised recess (not including time spent getting to and from the playground). Reasonable effort is made for recess to be provided outdoors if the conditions are safe. Staff supervising recess activity encourage student to use moderate to vigorous physical activity.
3. If students are required to have an indoor recess period due to hazardous weather conditions all efforts will be made to provide students with moderate to vigorous physical opportunities indoors during that period of time.
4. Teachers and supervisory staff are encouraged to provide structured physical activity opportunities to students in addition to physical education classes and recess.
5. Structured physical activities are planned by a licensed physical education teacher and integrated into health education and one or more or all core subjects, such as math, science, language arts, and social sciences, as well as in non-core and elective subjects. ?????

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(Policy #) STUDENT WELLNESS POLICY: STUDENT NUTRITIONAL GUIDELINES

USD 353 Wellington students will be provided with nutritionally balanced, medically adequate meals. All school breakfasts and school lunches will comply with USDA regulations and state policies. The school environment will promote nutritious and safe foods and beverages.

HEALTH PROCEDURES

1. Students with medical disabilities identified and documented by a licensed physician will be provided with an appropriate substitution. Substitutions will also be provided for students with allergies or intolerances identified by a recognized health authority that do not rise to the level of a disability.
2. Food allergies that require meal modifications will require a signed medical statement to request meal modification form.

MENU/FOOD GUIDELINES

1. As part of menu planning with the food service management company USD 353 will require that 5 different fruits are offered weekly. A fresh fruit will be served 5 days per week.
2. Menu planning will also assure that students are offered at least one additional 1/2 cup* of vegetable serving weekly from any of three vegetable subgroups (dark-green, red/orange, dry beans and peas). At the high school level 1 cup of vegetables extra are offered weekly.
3. All foods and beverages sold in USD 353 schools will be 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. USD 353 Elementary Schools will be in compliance with "All Foods Sold in Schools" 24 hours a day. See Nutrition Standards for All Foods Sold in Schools
4. USD 353 prohibits the sale of energy drinks on school property from the midnight before to 30 minutes after the end of the school day.
5. USD 353 staff members of contracted food service management companies are not allowed to withhold or deny meals as a disciplinary action.

WATER ACCESS

1. Students will 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 at the cost of the school district.
2. All students are allowed and encouraged to have clear/translucent individual water bottles in the classroom. Due to the nature of some classrooms or educational areas, for example,

computer labs consumption of food or drink may be prohibited. If fluids are prohibited a clear sign must be posted and students shall have available time to access water.

HEALTHY MODELING

1. Administrators provide information on healthy options for classroom rewards, parties and celebrations. USD 353 staff encourage staff that food not be used as a reward that an alternative means for rewarding positive behavior is utilized.
2. USD 353 supports the development of a farm to school program. The district (or individual schools when applicable) will apply for farm to school grant opportunities to support farm to school activities. Farm to school activities are integrated into core subjects.

FUNDRAISING ACTIVITIES

1. All fundraising activities will be approved by a school administrator prior to fundraising sales beginning.
2. All approved fundraising within the school day will meet "All Foods Sold in Schools" Standards unless the fundraiser is exempted.
3. Fundraising activities involving the sale of food or beverages will not take place until after the end of the last lunch period.