

WELLNESS POLICIES FOR 2022

GENERAL

1. 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.
2. The dining area has seating to accommodate all students during each serving period. The area is clean, orderly, and has an inviting atmosphere that encourages food consumption.
3. The dining area has adequate adult supervisors who use positive communication with students and model healthy eating habits to encourage students to consume food provided and taste new and/or unfamiliar foods.
4. The students are allowed to converse with one another during the entire mealtime. Prohibiting conversation is not used as disciplinary action.
5. Meals or parts of meals are not withheld or denied as part of a disciplinary action. Students are not disciplined by being separated from other students during the lunch period.
6. Content of lunch is identified at the beginning of the serving line by food service personnel. Chartwell Dining Services prepares the meals according to state guidelines and uses Kansas products whenever possible.

LUNCH

1. All school lunches comply with USDA regulations and state policies and are prepared and delivered to our location by Chartwell Dining Services. Fruits and vegetables are offered at each meal by Chartwell Dining Services.
2. Students have at least 20 minutes seat time to eat lunch and are offered recess following the lunch period.

BREAKFAST- not applicable, not offered here.

FOOD SOLD IN SCHOOLS- not applicable, no food or beverages are sold at this location.

OTHER CHILD NUTRITION PROGRAMS- not applicable, not other meals or snacks are offered or sold at this location.

DURING THE SCHOOL DAY

1. Students have access to free drinking water throughout the school day, including during lunch meal service. Hygiene standards are maintained.
2. Students are allowed and encouraged to have water bottles at their desks in the classroom and are allowed to use water fountains with permission.
3. Healthy Snacks are offered twice a week to all students. Teachers take turns providing these snacks with funding from the Parent Teacher League. Healthy Snacks meet USDA guidelines for fruits and vegetables.
4. Classroom celebrations are not focused on food, rather on fellowship and activities.
5. Staff are encouraged to use non-food rewards for students.

NUTRITION PROMOTION

1. Students provide input on foods offered in the lunch area. Students learn about nutrition requirements but do not help plan menus as meals are provided by Chartwell Dining Services with no input from our location.
2. School participates in the National School Lunch Program and menus are posted on the USD 465 web site and also distributed to each classroom. An app (Nutrislice) is also available to access the current menu offerings for school lunch. This app is available to all parents, staff, and community members.
3. Only lunch and milk are allowed to be sold on the school campus during the lunch period. No other foods or beverages are sold on campus during the school day or during school activities.

NUTRITION EDUCATION

1. All students in grades K-8 have opportunity to participate in culturally relevant activities and a variety of learning experiences that support the development of healthful eating habits. Teachers and staff have opportunities to participate in professional development on nutrition when available.
2. Nutrition education is included as part of physical education/health classes for all grades. Active classroom learning experiences are provided at least once each semester.
3. School uses qualified personnel or organizations from the community to provide nutrition education to all students at least once a year.
4. Integrate age-appropriate nutrition education into other core subjects such as math, science, language arts, and social sciences, as well as into at least one non-core/elective subject.
5. Nutrition and/or health posters are displayed in the lunchroom dining area that are updated quarterly.
6. Offer information to families at least once per semester to encourage them to teach their children about health, nutrition and agriculture education and assist them in planning nutritious meals for their families. Simple Fix meals are available for school families to participate in which helps them to learn to prepare healthy and nutritious meals for their families.

PHYSICAL ACTIVITY

1. All students in grades K-8 have the opportunity to participate in moderate to vigorous physical activity every day that school is in session. Physical Education, taught by staff, is offered to all students at least twice each week.
2. School prohibits use of physical activity as a punishment. Extra physical activity time is used as a classroom reward.

THROUGHOUT THE DAY

1. All students grades K-8 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. Moderate to vigorous physical activity is encouraged.
2. School policy notes that each classroom teacher determines whether outdoor conditions are conducive to outdoor recess.
3. Structured physical activity opportunities, in addition to physical education and recess (where applicable) are encouraged for all students.

4. Professional development on integrating physical activity into core/non-core subjects are provided to all staff.
5. Structured physical activities are approved by a licensed teacher and integrated into health education and one or more core subjects, such as math, science, language arts, and social sciences, as well as in non-core and elective subjects.

PHYSICAL EDUCATION

1. Physical education is taught by teachers licensed by the Kansas State Department of Education.
2. The physical education curriculum is sequential and consistent with Kansas State Board of Education approved physical education teaching standards for grades K-8. Physical Education teaches basic motor skills, enhances knowledge of concepts related to movement needed to achieve and maintain health for lifetime physical activity.
3. Students grades K-8 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. Physical education curriculum encourages a multi-dimensional fitness assessment.

BEFORE AND AFTER SCHOOL

1. Extracurricular physical activity programs are offered through the community Recreation Center.
2. The school encourages students to walk and/or bike to school based on safety and feasibility. Parents decide whether it is safe for their student to do so.

FAMILY & COMMUNITY

1. Community members are provided access to school's outdoor physical activity facilities.
2. Offers 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.

GENERAL GUIDELINES

1. Annual staff wellness activities and/or professional development opportunities related to nutrition, physical activity, mental health, and abstaining from tobacco and e-cigarettes are provided to encourage school staff to serve as healthy role models.
2. Will not complete the School Health Index at this time.
3. Sponsor family wellness activities annually.
4. Annually partner with local health agencies and/or community organizations.
5. Discuss the development of a farm to school program.
6. Plan and implement a farm to school activity annually.
7. Provide health education information to families via handouts, postings on the web site, newsletters, each semester.
8. Implement a school wellness policy committee that meets twice each year.
9. The school wellness committee shall make appropriate updates or modification to the wellness policy as needed.

07/19/2022

This institution is an equal opportunity provider.