

Board Policy

CUSD#101 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 CUSD#101 that:

- Wellness guidelines 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 nutritional 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 maximum extent possible, 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.

Introduction and Overview

The CUSD#101 School District Wellness Policy addresses guidelines with particular attention given to providing healthful foods and beverages, physical activities. Research shows that children learn better if they fuel the start of their day with breakfast participation and continue with healthful lunch participation. Health problems are preventable with proper diet and adequate physical activity.

Parents, students, members of the school board, school administrators, teachers, health professionals, and members of the public were included on the Wellness Committee.

CUSD#101 Model Local School Wellness Policies and Recommendations for Administrative Rules include:

School Nutrition

School Meals:

- All school meals comply with USDA regulations and state policies.
- The use of grease laden equipment and or the preparation of grease laden products is prohibited in all school kitchen. Effective 2/6/12.

General Atmosphere:

- The dining area is clean and orderly.
- The dining area has a reasonable noise level and an inviting atmosphere.
- The dining area has adequate seating to accommodate all students during each serving period.
- The dining area has adequate adult supervision
- Students are allowed to converse with one another while they eat their meals.
- Lunch hour is closed. Students must have permission to leave the school campus.

Breakfast:

- Students have at least 10 minutes to eat breakfast not including time spent walking to and from class or waiting in line.
- At least 50% of pre-packaged cereals offered contain 35% or less of weight from total sugar (or less than 9 g. per 100 calories) and 1 gram or more of fiber per serving.
- Foods containing whole grains are offered at least 3 days a week.
- 100% juices are offered daily.
- Low fat and/or skim milk are offered daily.

Lunch:

- Students have at least 20 minutes to eat lunch not including time spent walking to/from class or waiting in line.
- An entrée choice with total fat of 16 g. or less per serving is offered daily.
- At least 3 fresh fruit and/or vegetable choices are offered daily with 5 different fruits and 5 different vegetables offered weekly.
- A food item containing whole grain is offered at least 3 days a week.
- Low fat or skim milk is offered daily.
- All salad dressings contain 6g or less of fat per ounce.
- Desserts with more than 5 g. of fat per serving are offered no more than 2 times per week.

Vending Machines:

- All food and beverages are 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.
- Less than 50% of food items sold in vending machines meet all of the following guidelines:
 - Fat: except for nuts, seeds, and nut butters, 35% or less of total calories from fat.
 - Sugar: except for fruit without added sugar, 35% or less of weight from total sugar
 - Calories: 100 calories or less per selling unit.
- Water (non-caloric) is sold in vending machines.
- All school employees serve as positive role models by adhering to vending guidelines adopted

During the School Day

- All food and beverages are 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.
- Refreshments provided for students participating in school events adhere to the basic guidelines for vended foods and beverages.
- Students are encouraged to have individual water bottles in the classroom.

Nutrition Education

General Guidelines

- 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 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.
- Nutrition education standards provided by the Kansas State Department of Education will be taught by a teacher licensed the Kansas State Department of Education or under the direct supervision of such a teacher.
- The licensed teacher will approve the instructional materials and method and have ongoing, open communications with the individual providing instruction.
- Nutrition education will be based on the most recent Dietary Guidelines for Americans.
- Annually, an updated list of nutrition resources will be provided to each school principal by KSDE and this list will be given to teachers.
- At least 25% of nutrition education will be comprised of hands-on activities that engage students in enjoyable developmentally-appropriate, culturally relevant, participatory learning. Whenever feasible, the active learning will involve the students in food preparation.
- School administrators will inform teachers about opportunities to attend trainings on nutrition and the importance of role modeling healthful habits for students.

Cafeteria

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

Events during the School Day

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

Family and Community

- Parents will be invited to join students for 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 family.
- Community members will be encouraged to become actively involved in school programs that provide nutrition education.

Physical Activity

General Guidelines

- 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 moderate to vigorous physical activity on a regularly scheduled basis each school week during the entire school year.
- Elementary students will receive at least 150 minutes of physical education per week including recess.
- During physical education classes, students will engage in moderate to vigorous physical activity at least 15 minutes per day and/or 75 minutes per week.
- The school provides a physical and social environment that encourages safe and enjoyable physical activity for all students, including those who are not athletically gifted. 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 are 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 are 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, such as watching television.
- 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 will be encouraged to stand and be moderately active.
- Classroom teachers will provide short physical activity breaks between lessons or classes, as appropriate.
- Physical activity will not be used or withheld as a punishment. (e.g. Running laps, pushups, withholding recess, or P E classes). This guideline does not apply to extracurricular sports teams.

Recess

- Elementary school students will have at least 20 minutes a day of supervised recess, preferably outdoors.
- Moderate to rigorous physical activity will be encouraged verbally and through the provision of adequate space and age appropriate equipment.

Before and After School

- The school(s) will comply with Quality Performance Accreditation Regulation 9-31-34: Local Board of Education Requirement (g) Athletic Practice
(1) Any elementary or middle school that includes any of the grades six through nine may conduct athletic practice during the school day only at times when one or more elective academic courses or a study period is offered to students. (2) A high school shall not conduct athletic practice during the school day.
- All students will be provided the opportunity to be moderately to vigorously physically active each day.

Family and Community

- Community members will be provided access to the school's physical activity facilities outside the normal school day. School policies concerning safety will apply at all times.

Goal Statement

Nutrition

Breakfast

- Offer fresh fruits, more whole grain items, and items containing protein
- All pre-packaged cereals offered contain 35% or less of weight from total sugar (or less than 9 g. per 100 calories) and 1 gram or more of fiber per serving.

Lunch

- Whole grain food items are offered daily.

Vending

- Addition of a healthy foods choice vending machine

During the School Day

- Foods and beverages for classroom rewards, parties and celebrations will not be provided until at least one hour after the end of the lunch period.
- Foods and beverages for classroom rewards, parties and celebrations will meet the basic level guidelines for a la carte foods and beverages.
- Fundraising activities involving the sale of food and beverages
Will not take place until after the end of the last lunch period.
- Parents, teachers, and organizations are informed about the guidelines and are encouraged to follow them.

Before and After School

- Daily periods of moderate to vigorous physical activity for all students will be encouraged by providing adequate space, equipment and opportunities.
- Extracurricular physical activity programs will be offered 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.

Staff Wellness

- The school will encourage each member of the staff both certified and non-certified to serve as a healthy role model for all students.

Family and Community

- Information will be provided to help families incorporate healthy food choices and physical activity into the lives of all household members.