

## USD 244 Burlington Wellness Policy Guidelines – Nutrition

	<b>Implementing</b>	<b>Transitioning</b>	<b>Modeling</b>
<b>General Guidelines</b>	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.	All school food service personnel receive required food safety training at a minimum of every 3 years.	All school food service personnel receive food safety training annually.
<b>Level District is at – GREEN</b>	The dining area has seating to accommodate all students during each serving period.	The food service area is clean, orderly, and has an inviting atmosphere that encourages meal consumption.	High School: Closed campus. Students must remain at school during lunch periods.
<b>Goals 2018-19 – ORANGE</b>	The dining area has adequate adult supervision.	Food service personnel and supervisory staff use positive communication cues with students to promote consumption of foods served as part of Child Nutrition Programs.	Adults model healthy eating in the dining areas and encourage students to taste new and/or unfamiliar foods.
<b>Future Goals - BLUE</b>	The students are allowed to converse with one another at least part of the mealtime.	Mealtime conversation is not prohibited for the entire mealtime as disciplinary action.	The students are allowed to converse during the entirety of the mealtime.
	<b>Reimbursable meals and/or parts of a reimbursable meal are not withheld or denied as a disciplinary action.</b>	Students being disciplined are NOT seated at tables separated from other students in the dining area.	Students being disciplined are NOT sated in a separate location.
	One " <a href="#">Smarter Lunchroom</a> " or Behavioral Economics technique is used on the serving line to encourage healthy choices by students.	Two " <a href="#">Smarter Lunchroom</a> " or Behavioral Economics techniques are used on the serving line to encourage healthy choices by students.	Three " <a href="#">Smarter Lunchroom</a> " or Behavioral Economics techniques are used on the serving line to encourage healthy choices by students.
	<b>Content of reimbursable lunch and breakfast is identified near or at the beginning of the serving line(s).</b>	Kansas food products that are served as part of the school meals program are identified at the beginning or on the serving line.	A Kansas product is served in the school meals program at least one time per week.
<b>Other Child Nutrition Programs</b>	Meals and snacks served under the <a href="#">USDA At-Risk Afterschool Meals, Afterschool Snack Program, Fresh Fruit &amp; Vegetable Program, and/or Summer Food Service Program</a> comply with all federal regulations and state policies.	Participate in one of four programs. (At-Risk Afterschool Meals, Afterschool Snack Program, Fresh Fruit & Vegetable Program or Summer Food Service Program)	Participate in two or more of the four programs. (At-Risk Afterschool Meals, Afterschool Snack Program, Fresh Fruit & Vegetable Program, or Summer Food Service Program)
<b>During the School Day</b>	<b>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.</b>	Students are allowed to have clear/translucent individual water bottles in the classroom where appropriate.	Students have clear/translucent individual water bottles in the classroom where appropriate.
	<b>District develops nutritional standards for non-sold food and beverages made available on school campus during the school day.</b>	District adopts <a href="#">Smart Snacks in School "All Foods Sold in Schools" Standards</a> for non-sold food and beverages made available on school campus during the school day.	Non-sold foods and beverages meet <a href="#">Smart Snacks in School "All Foods Sold in Schools" Standards</a> . The focus of classroom celebrations is not on food.
	Schools provide staff information on non-food rewards.	<b>Schools begin incorporating non-food rewards.</b>	Food is not used as a reward in district schools unless the food meets <a href="#">Smart Snacks in School "All Foods Sold in Schools" Standards</a>
	Meals purchased at fast food outlet to be consumed at school must not be brought to school in their original containers. Caffeinated beverages are not allowed in sack lunches to be consumed in the cafeteria. (Elementary/Middle School)	Meals purchased at fast food outlet to be consumed at school must not be brought to school in their original containers. Caffeinated beverages are not allowed in sack lunches to be consumed in the cafeteria. (High School)	No meals purchased at fast food outlets are consumed at mealtime in cafeteria.

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<b>Breakfast</b>	All school breakfasts comply with <a href="#">USDA regulations</a> and <a href="#">state policies</a> .	At least three different fruits are offered each week on three different days. At least one fruit per week is served fresh.	At least five different fruits are offered each week. At least two fruits per week are served fresh.
	Students have the opportunity to eat breakfast.	District offers at least 15 minutes "seat time" for students to eat breakfast (not including time spent walking to and from class or waiting in line) or Grab n Go breakfast options are available.	District has implemented alternative 2 <sup>nd</sup> Chance Breakfast service options. <a href="#">"Breakfast in the Classroom"</a> or <a href="#">"Breakfast After First Period"</a> is available.
<b>Lunch</b>	All school lunches comply with <a href="#">USDA regulations</a> and <a href="#">state policies</a> .	At least three different fruits are offered each week. Two fruits per week are served fresh.	At least five different fruits are offered each week. Four fruits per week are served fresh.
		One additional 1/2 cup* vegetable is offered weekly from any of three vegetable subgroups (dark-green, red/orange, dry beans and peas).	An additional 1 cup* vegetable is offered weekly from any of three vegetable subgroups (dark-green, red/orange, dry beans and peas).
	*Schools may offer the additional 1/2 cup or 1 cup offerings, respectively, or they may spread the amount out over the course of the week with a minimum of at least 1/8 cup of the vegetable at a time. This can be met without adding to the total offerings required by the current meal pattern by offering Dark-Green, Red/Orange, and Dry Beans and Peas subgroup offerings as some of the "additional vegetables" needed to meet weekly total meal pattern requirements. Schools may also offer Dark-Green, Red/Orange and Dry Beans and Peas subgroup vegetables in place of vegetables from the "Other Vegetables" subgroup.		
	Students have at least 15 minutes "seat time" to eat lunch not including time spent walking to/from class or waiting in line.	Students have at least 20 minutes "seat time" to eat lunch not including time spent walking to/from class or waiting in line.	Students are offered recess before lunch and at least 20 minutes seat time to eat.
<b>All Foods Sold in Schools (a la carte, fundraising, school store)</b>	All foods and beverages sold in schools are in compliance with <a href="#">USDA's Smart Snacks in School "All Foods Sold in Schools" Standards</a> from the midnight before to 30 minutes after the end of the official school day.	All foods and beverages sold in schools are in compliance with <a href="#">USDA's Smart Snacks in School "All Foods Sold in Schools" Standards</a> from the midnight before to 5 pm.	All foods and beverages sold in schools are in compliance with <a href="#">USDA's Smart Snacks in School "All Foods Sold in Schools" Standards</a> 24 hours a day.
	No energy drinks are sold on school property from the midnight before to 30 minutes after the end of the official school day.	No energy drinks are sold on school property from the midnight before to 5 pm after the end of the official school day.	<a href="#">USDA's Smart Snacks in School Beverage Standards</a> for middle schools apply to high school (only 100% juice, water, milk).
	Fundraising within the school day meets <a href="#">USDA's Smart Snacks in School "All Foods Sold in Schools" Standards</a> (sans the exempted fundraisers).	Fundraising within the school day and until 5 PM meets <a href="#">USDA's Smart Snacks in School "All Foods Sold in Schools" Standards</a> (sans the exempted fundraisers).	No exempted fundraisers. All fundraisers involving foods or beverages meet the <a href="#">USDA's Smart Snacks in School "All Foods Sold in Schools" Standards</a>
		Fundraising activities involving the sale of food or beverages that meet <a href="#">USDA's Smart Snacks in School "All Foods Sold in Schools" Standards</a> and/or exempted fundraisers will not take place until after the end of the last lunch period.	Fundraising activities support nutrition, nutrition education and physical activity messaging.

# USD 244 Burlington Wellness Policy Guidelines – Nutrition Promotion and Education

	<b>Implementing</b>	<b>Transitioning</b>	<b>Modeling</b>
<b>Nutrition Promotion</b>	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.	A student advisory council is formed and meets with a food service representative and school administration twice a year to provide input.
	District promotes participation in the <a href="#">National School Lunch Program (NSLP)</a> and <a href="#">School Breakfast Program (SBP)</a> 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.	District implements marketing and advertising of nutritious foods and beverages consistently through a comprehensive and multi-channel approach to school staff, teachers, parents, and students.	District implements marketing and advertising of nutritious foods and beverages consistently through a comprehensive and multi-channel approach to the community.
	<b>District allows marketing* (oral, written, or graphics) of only those foods and beverages sold on the school campus during the school day that meet the requirements set forth in the <a href="#">Smart Snacks Rule</a>. (Schools are not required to allow food or beverage marketing on campus)</b>	District allows marketing* (oral, written, or graphics) of only those foods and beverages that meet the requirements set forth in the <a href="#">Smart Snacks Rule</a> on the school campus during school activities at all times.	District allows marketing* (oral, written, or graphics) of only those foods and beverages that meet the requirements set forth in the <a href="#">Smart Snacks Rule</a> on the school campus at all times.
	<i>*School marketing includes food and beverage advertising and other marketing, such as the name or depiction of products, brands, logos, trade marks, or spokespersons or characters, on any property or facility owned or leased by the school district or school (such as school buildings, athletic fields, school buses, parking lots, or other facilities).</i>		
<b>Nutrition Education</b>	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 activities, as appropriate, and a variety of learning experiences that support development of healthful eating habits that are based on the most recent <a href="#">Dietary Guidelines for Americans</a> and evidence-based information.	District administrators inform teachers and other school personnel about opportunities to participate in professional development on nutrition and on teaching nutrition.	Teachers and other school personnel participate in nutrition education-related professional development at least once a year.
	Include nutrition education as part of physical education/health education classes and/or stand-alone courses for all grade levels, including curricula that promote skill development.	Active learning experiences are provided such as involving students in food preparation or other hands-on activities at least once a semester.	Active learning experiences are provided such as involving students in food preparation or other hands-on activities at least once each quarter.
	District uses qualified personnel or organizations from the community to provide nutrition education to students under the direct supervision of a teacher once/year.	District uses qualified personnel or organizations from the community to provide nutrition education to students under the direct supervision of a teacher once/semester.	District uses qualified personnel or organizations from the community to provide nutrition education to students under the direct supervision of a teacher once/quarter.
	Integrate age-appropriate nutrition education into at least one core subject such as math, science, language arts, and social sciences, as well as into at least one non-core/elective subject.	Integrate age-appropriate nutrition education into at least two core subjects such as math, science, language arts, and social sciences as well as in two or more non-core/elective subjects.	Integrate age-appropriate nutrition education into three or more core subjects such as math, science, language arts, and social sciences as well as in three or more non-core and elective subjects.

# USD 244 Burlington Wellness Policy Guidelines – Nutrition Promotion and Education

	<b>Implementing</b>	<b>Transitioning</b>	<b>Modeling</b>
<b>Nutrition Education (continued)</b>	Include nutrition and health posters, signage, or displays in the cafeteria food service and dining areas that are rotated, updated or changed quarterly.	Include nutrition and health posters, signage, or displays in classrooms, hallways, gymnasium, and/or bulletin boards that are rotated, updated or changed quarterly.	School personnel collaborate with the school nutrition staff to use the cafeteria as a nutrition learning laboratory that allows students to apply critical thinking skills.
	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.	Offer information to families at least once per quarter that encourages them to teach their children about health and nutrition, and assists them in planning nutritious meals for their families.	Offer information to families at least once per month that encourages them to teach their children about health and nutrition, and assists them in planning nutritious meals for their families.



## USD 244 Burlington Wellness Policy Guidelines – Physical Activity

	<b>Implementing</b>	<b>Transitioning</b>	<b>Modeling</b>
<b>General Guidelines</b>	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.	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 every day during the entire school year.
	District prohibits the use of physical activity as a punishment. District prohibits withholding physically activity, including recess and physical education, as punishment.	District encourages extra physical activity time as an option for classroom rewards.	District uses extra physical activity time as a classroom reward.
<b>Physical Education</b>	Physical education is taught by teachers licensed by the Kansas State Department of Education.	Physical education teachers are licensed and participate in physical education and/or physical activity specific professional development every 2 years.	Physical education teachers are licensed and have advanced certification and/or 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.	Physical Education teaches basic motor skills, enhances knowledge of concepts related to movement needed to achieve and maintain health for lifetime physical activity.	District offers lifetime sports and fitness classes/opportunities.
	Elementary students receive 90-119 minutes of physical education per week, which includes at least 50% of the minutes engaged in moderate to vigorous physical activity.	Elementary students receive 120-149 minutes of physical education per week, which includes at least 50% of the minutes engaged in moderate to vigorous physical activity.	Elementary students receive 150+ minutes of physical education per week, which includes at least 50% of the minutes engaged in moderate to vigorous physical activity.
	Middle school students are offered physical education at all grade levels and receive 90-119 minutes of physical education per week, which includes at least 50% of the minutes engaged in moderate to vigorous physical activity.	Middle school students are offered physical education at all grade levels and receive 120-149 minutes of physical education per week, which includes at least 50% of the minutes engaged in moderate to vigorous physical activity.	Middle school students are offered physical education at all grade levels and receive 150+ minutes of physical education per week, which includes at least 50% of the minutes engaged in moderate to vigorous physical activity.
	<b>High school students are provided structured physical education in at least 1 course required for graduation.</b>	Additional opportunities for physical education as an elective are offered.	High school students are provided structured physical education in at least 2 courses required for graduation.
	Physical education curriculum encourages a multi-dimensional fitness assessment.	Physical education curriculum includes fitness assessment of at least 50% of all students enrolled in physical education and student fitness reports are available to parents.	Physical education curriculum includes fitness assessment of at least 90% of all students enrolled in physical education and student fitness reports are available to parents.

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	<b>Implementing</b>	<b>Transitioning</b>	<b>Modeling</b>
<b>Throughout the Day</b>	Elementary school students have at least 15 minutes a day of supervised recess (not including time spent getting to and from the playground), preferably outdoors. Supervisory staff encourage moderate to vigorous physical activity.	Elementary school students have two supervised recess periods per day (not including time spent getting to and from the playground), totaling at least 20 minutes. Supervisory staff encourage moderate to vigorous physical activity.	Elementary school students 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. Supervisory staff encourage moderate to vigorous physical activity.
	School policy outlines guidance on conditions regulating indoor and outdoor recess during extreme weather conditions.	Each school provides equipment, instruction, and supervision for active indoor recess.	Students that participate in indoor recess are provided moderate to vigorous physical activity opportunities.
	Structured physical activity opportunities, in addition to recess and physical education, are encouraged for all students.	Structured physical activity opportunities, in addition to recess and physical education, are offered to all students at least 1 time daily. School staff are encouraged to participate.	Structured physical activity opportunities, in addition to recess and physical education, are offered to all students at least 2 times daily. School staff are encouraged to participate.
	Professional development on integrating physical activity into core/non-core subjects is provided to licensed physical education teachers, school nurses, and building administrators.	Professional development on integrating physical activity into core/non-core subjects is provided to most staff.	Professional development on integrating physical activity into core/non-core subjects is provided to all staff.
	Structured physical activities are planned by a licensed physical education teacher and integrated into health education and at least one core subject, such as math, science, language arts, and social sciences, as well as in non-core and elective subjects.	Structured physical activities are planned by a licensed physical education teacher and integrated into at least two core curriculum subjects, such as math, science, language arts, and social sciences, as well as in non-core and elective subjects.	Structured physical activities are planned by a licensed physical education teacher and integrated into three or more core curriculum subjects, such as math, science, language arts, and social sciences, as well as in non-core and elective subjects.
<b>Before &amp; After School</b>	Extracurricular physical activity programs, such as a physical activity club or intramural programs, are offered.	Extracurricular physical activity programs, such as a physical activity club or intramural programs, are offered with input from students, and meet the needs, interest and abilities of a diverse student body.	Extracurricular physical activity programs, such as a physical activity club or intramural programs, are offered through partnerships with community organizations and resources.
	An assessment on walking and/or biking to school has been completed to determine safety and feasibility.	The school has developed a walk and/or bike to school plan and encourages students to walk and/or bike to school based on a safety and feasibility assessment.	The school has implemented a walk and/or bike to school plan or implemented an alternative plan based on a safety and feasibility assessment and has communicated it to the community.
<b>Family &amp; Community</b>	Community members are provided access to the district's outdoor physical activity facilities.	Community members are provided access to the district's indoor and outdoor physical activity facilities at specified hours.	Community members are encouraged to access the district's indoor and outdoor physical activity facilities at specified hours.
	Offer 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.	Offer information via multiple channels and provide opportunities for physical activity at least once per quarter to all families that encourages them to teach their children about physical activity, and assists them in planning physical activity for their families.	Offer information via multiple channels and provide opportunities for physical activity at least once per month to all families that encourages them to teach their children about physical activity, and assists them in planning physical activity for their families.



# USD 244 Burlington Wellness Policy Guidelines – Integrated School Based Wellness

	<b>Implementing</b>	<b>Transitioning</b>	<b>Modeling</b>
<b>General Guidelines</b>	Annual staff wellness activities and/or professional development opportunities related to nutrition, physical activity and abstaining from tobacco are provided to encourage district staff to serve as healthy role models. Staff wellness activities and training may also include additional components of the <a href="#">Whole School, Whole Community, Whole Child Model</a> .	Each semester provide staff wellness activities and/or professional development opportunities related to nutrition, physical activity and abstaining from tobacco are provided to encourage district staff to serve as healthy role models. Staff wellness activities and training may also include additional components of the <a href="#">Whole School, Whole Community, Whole Child Model</a> .	Each quarter provide 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 healthy role models. Staff wellness activities and training may also include additional components of the <a href="#">Whole School, Whole Community, Whole Child Model</a> .
	District staff are aware of Team Nutrition and the <a href="#">HealthierUS School Challenge Award</a> opportunity.	District staff collaborate to achieve Bronze or Silver <a href="#">HealthierUS School Challenge Award</a> in some schools. All schools are enrolled as a Team Nutrition school.	District staff collaborate to achieve Gold or Gold with Distinction <a href="#">HealthierUS School Challenge Award</a> in some schools.
	Complete the <a href="#">CDC School Health Index</a> , biannually.	Results of the <a href="#">CDC School Health Index</a> are shared with the district administration and local school board.	Results of the <a href="#">School Health Index</a> are shared with the public.
	Annually, offer district-sponsored wellness family activities that address one or more components of the <a href="#">Whole School, Whole Community, Whole Child Model</a> .	Each semester, offer district-sponsored wellness family activities that address one or more components of the <a href="#">Whole School, Whole Community, Whole Child Model</a> .	Quarterly, offer district-sponsored wellness family activities that address one or more components of the <a href="#">Whole School, Whole Community, Whole Child Model</a> .
	Annually partner with local health agencies and community organizations.	Each semester, partner with local health agencies and community organizations.	Quarterly, partner with local health agencies and community organizations.
	District Wellness Committee will discuss the development of a <a href="#">farm to school program</a> .	Facilitate the integration of a <a href="#">farm to school program</a> and curricular activities including hands-on activities as appropriate to facilitate the nutritional and educational goals in 50% of the schools.	Facilitate the integration of a <a href="#">farm to school program</a> and curricular activities including hands-on activities as appropriate to facilitate the nutritional and educational goals in 100% of the schools.
	Farm to school activities conducted annually in some schools.	Farm to school activities conducted each semester in some schools.	Farm to school activities are integrated into some core subjects.
	Each semester, culturally relevant health information is provided to families via handouts, postings on the district website, newsletters, presentations and workshops.	Quarterly, culturally relevant health information is provided to families via handouts, postings on the district website, newsletters, presentations and workshops.	Monthly, culturally relevant health information is provided to families via handouts, postings on the district website, newsletters, presentations and workshops.
	The local district wellness policy committee meets at least twice per year.	The local district wellness policy committee or subcommittee(s) meets at least once per quarter.	The local district wellness policy committee or subcommittee(s) meets at least once per month during the school year.
	<b>The school wellness committee makes appropriate updates or modification to wellness policy based on assessment and an update on the progress toward meeting the State Model Wellness Policy is made available to the public, including parents, students and the community.</b>	The wellness policy assessment and progress toward meeting the State Model Wellness Policy are presented to school and district staff.	The wellness policy assessment and progress toward meeting the State Model Wellness Policy are presented to and approved by the local school board.

