

CHILD NUTRITION AND PHYSICAL FITNESS PROGRAM

The Kansas Board of Education recognizes that childhood obesity has reached epidemic levels throughout the country. Overweight children are at a higher risk for developing severe long-term health problems, and overweight children are affected by discrimination, psychological stress, and low self-esteem. However, research indicates that obesity and subsequent diseases are largely preventable through diet and regular physical activity. Research also indicates that becoming physically active and maintaining a regular physical activity program significantly reduces the risk of some obesity and some cancers, diabetes, and other chronic diseases.

Children who eat well-balanced meals and are healthy are more likely to learn in the classroom. The board supports increased emphasis on nutrition as well as physical activity at all grade levels to enhance the well-being of our district's youth. Therefore, it is the policy of the board to:

1. Provide students access to nutritious food;
2. Provide opportunities for physical activity and developmentally appropriate exercise; and
3. Provide accurate information related to these topics.

It is the intent of the board of education that parents, students, child nutrition employees, teachers of physical education, school health professionals, and the general public participate in the development, implementation, and periodic review and updating of this policy. It is expected that the school district's Healthy and Fit Kids Advisory Committee will participate in the process and assist the referenced individuals in preparing written recommendations to the administration and the board to adopt as a part of the school district's local school wellness policy. Specific information regarding these recommendations and the wellness policy are as follows:

SCHOOL MEAL REQUIREMENTS

The District will make nutritious foods available on campus during the school days to promote student and staff health. At a minimum, the District Child Nutrition Program will serve reimbursable meals that meet the United States Department of Agriculture's (USDA) requirements and follow the Dietary Guidelines of Americans (DGA)

Definitions:

The school campus is defined as the property under the jurisdiction of Kansas Public Schools that is accessible to students during the school day. (7 CFR 210.11 (a)(4))

ACCESS TO CLEAN DRINKING WATER

Schools will make clean drinking water available and accessible without restriction and at no cost at each campus site before, during, and after school.

1. Each campus will be equipped with accessible water fountain/s to provide clean drinking water to all students during serving times and locations and during school passing periods.
2. All water sources and containers will be maintained on a regular basis to ensure good hygiene standards such as drinking fountains, water jugs, hydration stations, and other methods for delivering drinking water.
3. Students and staff will be allowed to bring water from home in a plastic container with appropriate cap. Students' water bottles will be expected to be stored in his/her locker and accessible during passing periods/class changes. Students may bring water on school fields and outdoor activity days.

CHILD NUTRITION AND PHYSICAL FITNESS PROGRAM (Cont.)**INFORMATION AND PROMOTION:**

As required under the National School Lunch Program CFR 210.12 the District will promote activities to involve students and parents in the School Lunch Program.

COMPETITIVE FOODS AND BEVERAGES

All competitive foods and beverages sold to students during the school day must meet or exceed the USDA's Smart Snacks standards.

OTHER FOODS PROVIDED AT SCHOOL

Other foods and beverages provided (not sold) on campus must meet USDA's Smart Snacks standards. The district may allow exemptions for up to (3) celebrations during the school year which foods and beverages served are not required to meet the Smart Snack standards.

1. Parents and teachers will be provided a list of ideas for healthy food as well as non-food alternatives for classroom parties and after-school programming.
2. The District will encourage fundraisers that do not sell food and/or that promote physical activities and healthy food choices.
3. Rewards & Punishment: Food, beverages, and non-nutritional items will not be used to reward or punish academic performance or student behaviors.

NUTRITION EDUCATION

Schools will offer and integrate into physical education curriculum nutrition education to all grades (K12) providing students the knowledge and skills necessary for lifelong healthy eating behaviors.

NUTRITION AND HEALTHY FOOD PROMOTION

The District will promote healthy food and beverage choices and appropriate portion sizes through nutritional education through the physical education curriculum.

OTHER FOODS OFFERED OR SOLD

Child Nutrition may provide opportunities for students to purchase an al a carte selection 'only' after the student has participated in the National School Lunch Program or School Breakfast Program for the designated serving date.

1. Al a carte prices will be established by the superintendent and the food service supervisor, with the approval of the board of education, at the beginning of each year.
2. Al a carte prices will be conspicuously posted at the beginning of the serving line for all serving sites.
3. Al a carte food items sold will follow applicable federal government Dietary Guidelines for Americans.
4. Al a carte food prices set by the district are communicated to students and parents.
5. Al a carte food items must be paid for in full at the time of purchase. This purchase will occur at the end of the serving line.

CHILD NUTRITION AND PHYSICAL FITNESS PROGRAM (Cont.)**ESTABLISHING MEAL CHARGES & PROGRAM ELIGIBILITY**

Kansas Public Schools will participate in the National School Lunch Program and School Breakfast Program for the current school year.

1. Parents or guardians of all children in attendance at Kansas Public Schools District will be informed of the availability of reimbursable school meals.
2. Parents or guardians will be annually provided information about applying for free or reduced price meals. The application instructions will be copied from the Oklahoma State Child Nutrition documents and sent home to every household at the beginning of the school year in a home packet.
3. Public notification will be provided in writing announcing the free and reduced income eligibility guidelines for the current year.
4. Complete applications will be processed within ten days of receipt by the Child Nutrition Department.
5. Notification of eligibility will be provided to parents or guardians. (written letter or by phone)
6. If a student attended Kansas Public Schools at the conclusion of the previous school year, the student will be provided current meal status reflecting their previous school year's status for the first 25 days of school or until a completed application is processed. On the 26th day without a new complete application on file for the current school year, the existing student will be placed on full pay status until a complete application is turned in to the Child Nutrition Department.
7. New/entering students and transferring students, will be placed on a full pay status following enrollment until a complete application is processed. This includes existing families that have an entering Pre-K, kindergarten or any other specific grade. The new/entering student will be at full pay status.
8. Students eligible for reduced or full pay meals are required to have a positive balance on his/her Child Nutrition Account to begin charging towards.
9. Written notification will be provided to parents or guardians monthly by the 20th of each month reflecting child/children in the household's account balances. This will provide households with a reduced or full pay status (10) days to ensure a positive balance is reflected on the student's account by the last day of the month. It is the expectation of the Kansas Board of Education all reduced or full pay accounts must operate in a positive balance for students to charge a lunch or breakfast meal towards.
10. Child Nutrition Accounts may be paid daily at the end of the point of service or by sending a check, money order, or cash to: Attention Child Nutrition Department, Kansas Public Schools P.O. Box 196 Kansas, OK. 74347.
11. Transferring students' previous school billing or account status is not carried over to the Kansas Public Schools District. A new application must be completed for the reimbursable meal plan. A School Lunch Program application will be provided upon enrollment. It will be the parent's or guardian's responsibility to return the application as soon as possible to avoid meal charges.
12. Any additional questions regarding the application process or information regarding an individual account, the Child Nutrition Department may be reached at 918-868-3254 or 918-868-3439.

UNPAID MEAL CHARGES

In an effort to operate the Child Nutrition Program in a positive operating funds Kansas Public Schools will maintain individual student's child nutrition account balances.

CHILD NUTRITION AND PHYSICAL FITNESS PROGRAM (Cont.)

1. Child Nutrition Accounts are expected to be paid in full monthly reflecting a positive \$0.00 balance or +\$ balance by the last day of the month.
2. In the event, a Child Nutrition Account continues to remain in the negative balance (balance owed to the Child Nutrition Department for unpaid meal charges), an account statement will be provided monthly to provide parents or guardians with an opportunity to establish a satisfactory repayment plan.
3. A student's Child Nutrition Account will continue to be billed to the parent/s or guardian/s until the unpaid meal charges are satisfied with payment.
4. A student's unpaid meal charges will not have a negative effect on the student. The Child Nutrition Department will continue serving a reimbursable meal to the student. The billing is the responsibility of the parent/s or guardian/s. The reimbursable meal charges will continue to be billed following each meal served.
5. It will be the practice of the District following consecutive collection efforts at the local level, the individual student's account will be reviewed by administration, superintendent, and school board of education to determine additional course of action to recapture unpaid meal charges when applicable.

IMPLEMENTATION, MONITORING, AND EVALUATION

The District will designate one or more official(s) to facilitate the development of the local school wellness policy, oversee appropriate updates to the policy, and ensure the districts compliance with the wellness policy. The district will ensure that the designated official(s) fully understand the federal and state laws related to the wellness policies.

Designated Official (s) listed below for 2017-18:

Tammie Bowman, Federal Programs & Child Nutrition Director bowmant@kansasps.com

Becky Reding, OPAA Child Nutrition Director breiding@opaafood.com

A minimum of one school official(s) will be designated as responsible for determining the extent to which the school district complied with the Wellness Policy, to which the local policy aligns with model policies.

ASSESSMENT, REVISIONS, AND POLICY UPDATES

Kansas Public Schools District will conduct a minimum of one Triennial Assessment once every three years to assess the district's compliance with all Wellness Policy Components.

1. Kansas Public Schools will conduct a Triennial Assessment by June 30, 2020.
2. A Triennial Assessment Report will be prepared for the Kansas School Board of Education reflecting assessment data and the extent to which the district progressed towards attaining policy goals.
3. The final Triennial Assessment Report will be made available to the public within 10 days of the Kansas School Board of Education approval.
4. The Wellness Policy will be updated or revised within 30 days of the Triennial Assessment Report and policy updates submitted for school board of education approval within 60 days.

CHILD NUTRITION AND PHYSICAL FITNESS PROGRAM (Cont.)**COMMUNITY INVOLVEMENT**

The District will permit parents, students, and representatives of the school food authority, physical education teachers, school health professionals, the school board, school administrators, and the general public to serve on the local school wellness policy committee and participate in the development, implementation, review, and update of the local school wellness policy. To encourage broad public participation in the process, the District will do the following:

Public Notification & Wellness Policy Engagement

Kansas Public Schools will provide public notification through a variety of methods to ensure its parents, students, and community members are informed of the current Wellness Policy or any approved updates of the Wellness Policy. 7 CFR 210.31 (d)(2).

1. School website, school bulletin, parent written notification, and school newspaper may be forms of public notification. These are suggested but not limited to these notification methods.
2. The school staff title of the school official(s) responsible for oversight of the Wellness Policy will be communicated.
3. The official's office contact number and school e-mail will be public for the community to provide suggestions, make inquiries, requests to get involved, or contribute to the Wellness Policy implementation and updates.
4. Each year stakeholders will be provided with the opportunity to participate in the development, implementation, periodic review, and update of the local school's Wellness Policy as stated in 7 CFR 210.31 (d)(1).
5. The designated school official will be responsible for establishing a Wellness Committee consisting of a minimum of 5 members (including the school official). The members will be required to meet a minimum of 3 times to review, plan, develop implementation strategies, discuss progress, and update the Wellness Policy. The Safe and Healthy School Committee may also serve for the Wellness Committee.

FOOD AND BEVERAGE MARKETING GUIDELINES

Kansas Public Schools District will follow the Smart Snack standards (7 CFR 210.31 (c)(3)(iii)) for marketed food and beverage items sold on school campus during the regular school day. Only foods and beverages that meet the USDA's Smart Snacks standards may be marketed in schools.

1. Food or beverage products depicted on items/equipment on the school campus during the school day will meet the Smart Snacks nutrition standards.
2. Clubs, organizations, athletics, and grade level sponsored groups will follow the Smart Snack standards for food items sold on school campus during the school day.
3. Clubs, organizations, athletics, and grade level sponsored groups will be required to have signatures from superintendent and Child Nutrition Director supporting Smart Snack standards prior to board of education approval for the requested fundraiser.

If the non-compliant advertising is a permanent feature of a permanent fixture (e.g. a scoreboard) such advertising can remain until the permanent fixture is removed or replaced.

CHILD NUTRITION AND PHYSICAL FITNESS PROGRAM (Cont.)**STAFF QUALIFICATIONS AND TRAINING**

The District will follow the USDA's Professional Standards for State and Local Nutrition Programs in selecting local school nutrition program directors.

1. Child Nutrition school personnel will participate in annual training in basic nutrition, safe food preparations, and nutrition standards for preparing healthy meals and snacks.
2. The District will utilize OPAA Food Management dietician to design appropriate food selections following USDA's guidelines.
3. Child Nutrition Director(s) will actively participate in the District's Safe School and Healthy and Fit Committee to provide nutritional knowledge leadership.

FARM-TO-SCHOOL PROGRAMS AND SCHOOL GARDENS

The District will allow school gardens on District property to promote student understanding of making healthy eating choices.

Curriculum

The Kansas Board of Education recognizes that healthy eating patterns are essential for students to achieve their academic potential, full physical and mental growth, and lifelong health and well being. To ensure students possess the knowledge and skills necessary to make nutritious food choices for a lifetime, the superintendent shall prepare and implement a comprehensive district nutrition program consistent with state and federal requirements for districts sponsoring the National School Lunch Program and/or the School Breakfast Program. To implement the program, the Superintendent shall adopt and implement a comprehensive curriculum on health, fitness, and nutrition that will provide opportunities for developmentally appropriate instruction for grades K-12. The input of staff, students, parents, and public health professionals in the development of the curriculum will be encouraged.

Nutrition, health, and fitness topics shall be integrated within the sequential comprehensive health education curriculum taught at every grade level, K-12, and coordinated with the district's nutrition and food services operation.

The district shall take a proactive effort to encourage students to make nutritious food choices. The superintendent shall ensure that:

1. A variety of healthy food choices are available whenever food is sold or served on district property or at district-sponsored events;
2. Schools shall regulate the sale or serving of foods or snacks high in fat, sodium, or added sugars; and
3. Nutritious meals served by the school nutrition and food services operation complies with state and federal law.

CHILD NUTRITION AND PHYSICAL FITNESS PROGRAM (Cont.)Child Nutrition Program

The Kansas Public Schools will operate a school lunch program that will include lunch, and may include breakfast, through participation in the Child Nutrition Programs. The superintendent, in conjunction with the food service supervisor and with the approval of the board of education, will establish and post meal prices.

As required for participation in the Child Nutrition Programs, the board prescribes that:

School lunch is to be made available to all students.

Free and reduced price lunches are to be made available for students who meet the federal income guidelines.

In the operation of the Child Nutrition Programs, no child will be discriminated against because of race, sex, color, national origin, age, or disability. Discrimination complaints under these programs should be filed with the State Department of Education Child Nutrition Programs, 2500 North Lincoln Blvd., Oklahoma City, Oklahoma 73105-4599.

The district shall inform parents of the eligibility standards for free or reduced price meals. Reasonable efforts shall be made to protect the identity of students receiving such meals. A parent has the right to appeal to the superintendent any decision with respect to his/her application for free or reduced price food services.

The district's child nutrition program shall reflect the board's commitment to providing adequate time for instruction to promote healthy eating through nutrition education, serving healthy and appealing foods at district schools, developing food-use guidelines for staff, and establishing liaisons with nutrition service providers, as appropriate. Nutrition education topics shall be integrated within the sequential, comprehensive health education program taught at every grade level, pre-kindergarten through grade 12, and coordinated with the district's nutrition and food services operation.

It is the intent of the board of education that district schools take a proactive effort to encourage students to make nutritious food choices. Meals served in school before the end of the last lunch period shall conform to the U. S. Dietary Guidelines for Americans. Food and beverages sold or served on district grounds or at district-sponsored events shall meet requirements for nutritional standards and/or other guidelines as may be recommended by the district and school health and nutrition committees. The superintendent shall ensure that nutritious foods are available as an affordable option whenever food is sold or served on district property or at district-sponsored events.

The superintendent is directed to prepare rules and regulations to implement and support this policy, including such provisions as may be necessary to address all food and beverages sold and/or served to students at school (i.e., competitive foods, snacks, and beverages sold from vending machines, school stores, and fund raising activities and refreshments that are made available at school parties, celebrations, and meetings), including provisions for staff development, family and community involvement, and program evaluation. The board of education designates the Superintendent as the school official who shall be responsible for oversight of this policy to ensure compliance for the school district.

The content of this policy and any updates are to be provided to the public on an annual basis. The district may do this electronically or through the media.

CHILD NUTRITION AND PHYSICAL FITNESS PROGRAM (Cont.)

REFERENCE: 70 O.S. §1-107
7 CFR, Parts 210 and 220
7 CFR, Part 245.5

*THIS POLICY REQUIRED BY
PUBLIC LAW 108-265, SECTION 204
AND PUBLIC LAW 111-296.*