

# D0109 - Republic County

## High School Wellness Policies

D0109 - Republic County 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, it is the policy of D0109 - Republic County that:

### **Policies in Place**

#### General Guidelines

Substitutions are provided for students with medical disabilities identified by a licensed physician that require meal modifications per the signed Meal Modification Form.

The food service area is clean, orderly, and has an inviting atmosphere.

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.

The dining area has seating to accommodate all students during each serving period.

High School: Closed campus. Students must remain at school during lunch periods.

The dining area has adult supervision.

The dining area has food service personnel and supervisory staff use positive communication cues with students to promote consumption of foods served as part of Child Nutrition Programs.

The dining area has adults model healthy eating in the dining areas and encourage students to taste new and/or unfamiliar foods.

The students are allowed to converse with one another at least part of the meal time.

Mealtime conversation is not prohibited for the entire meal time as disciplinary action.

Reimbursable meals and/or parts of a reimbursable meal are not withheld or denied as a disciplinary action.

Identify content of reimbursable lunch and breakfast near or at the end of the serving line(s).

## Breakfast

All school breakfasts comply with USDA regulations and state policies.

At least three different fruits are offered each week on three different days. At least one fruit per week is served fresh.

Students have at least 15 minutes "seat time" to eat breakfast (not including time spent walking to and from class or waiting in line).

## Lunch

All school lunches comply with USDA regulations and state policies.

Students have at least 20 minutes "seat time" to eat lunch not including time spent walking to/from class or waiting in line.

Fresh Fruit is available each day which is available at the Jr/Sr High School building.

## All Food Sold in Schools

All foods and beverages sold in schools are in compliance with USDA's Smart Snacks in School "All Foods Sold in Schools" Standards from the midnight before to 5 pm.

USDA's Smart Snacks in School Beverage Standards for middle schools apply to high school (only 100% juice, water, milk).

## During the School Day

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.

Teachers and parents 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.

Foods and beverages for classroom rewards, parties and celebrations will not be provided within one hour before or after the end of the last lunch period.

Fundraising within the school day and until 5 pm meets "All Foods Sold in Schools" Standards (sans the exempted fundraisers).

## Nutrition Promotion

School promotes participation in the National School Lunch Program (NSLP) and School Breakfast Program (SBP) 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.

Allow 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 Smart Snacks Rule.

## Nutrition Education

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.

School administrators inform teachers and other school personnel about opportunities to attend training on nutrition and encourage them to attend training on teaching nutrition.

Include nutrition education as part of 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.

School uses qualified personnel or organizations from the community to provide nutrition education to students such as the Kansas State Department of Education, K-State Research and Extension, health and agriculture organizations, universities and consulting registered dietitians or other qualified individuals or organizations. Education should be provided under the direct supervision of a teacher.

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. (This coming year 2017/2018 we plan to give information twice a month)

## Physical Activity General Guidelines

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.

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.

School offers lifetime physical activity that teaches basic motor skills, enhances knowledge of concepts related to movement needed to achieve and maintain health. Students learn the benefits of and an appreciation for regular physical activity.

## Throughout the Day

Structured physical activities are planned by a licensed physical education teacher and integrated into two or more core curriculum subjects, such as math, science, language arts, and social sciences, as well as in non-core and elective subjects.

## Physical Activity 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.

High school students are provided structured physical education in at least 1 course required for graduation.

Physical education is taught by teachers licensed by the Kansas State Department of Education.

## Before & After School

Extracurricular physical activity programs, such as a physical activity club or intramural programs, are offered.

The school has implemented a walk and/or bike to school plan and has communicated it to the community. This past year we did a walk/bike to school program with the health department and local businesses along with East Elementary. We hope to make it a yearly project.

## Family & Community - PE

Community members are provided access to the school's outdoor physical activity facilities.

## Integrated School Based Wellness

Farm to school activities conducted each semester. (FFA has done a program)

Monthly, culturally relevant health education is provided to families via handouts, postings on the school website, newsletters, presentations and workshops.

The local school wellness policy team meets at least twice per year.

The school wellness policy and progress toward meeting the State Model Wellness Policy are made available to the public, including parents, students and the community.

# D0109 - Republic County

## High School Wellness Policies

The following Wellness Policies are in the process of being developed:

### **Developing Polices**

#### General Guidelines

One "Smarter Lunchroom" or a Behavioral Economics technique is used on the serving line to encourage healthy choices by students.

Serve a locally procured product in the school meals program at least one time per week.

#### Breakfast

At least five different fruits are offered each week. At least two fruits per week are be served fresh.

#### All Food Sold in Schools

All foods and beverages sold in schools are in compliance with USDA's Smart Snacks in School "All Foods Sold in Schools" Standards 24 hours a day.

#### During the School Day

All foods and beverages provided by teachers and the school for classroom rewards, parties and celebrations meet Smart Snacks in School "All Foods Sold in Schools" Standards.

Fundraising activities support nutrition, nutrition education and physical activity messaging.

#### Nutrition Promotion

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.

#### Nutrition Education

Teachers and other school personnel participate in nutrition education-related training at least once a year.

Include nutrition and health posters, signage, or displays in the cafeteria food service and dining areas, classrooms, hallways, gymnasium, and/or bulletin boards that are rotated, updated or changed quarterly.

School personnel discuss with students the nutrition education materials displayed.

School personnel collaborate with the school nutrition staff to use the cafeteria as a learning laboratory that allows students to apply critical thinking skills.

### Physical Activity General Guidelines

School prohibits the use of physical activity as a punishment. Schools prohibit withholding physical activity, including recess and physical education, as punishment.

School encourages extra physical activity time has an option for classroom rewards.

### Throughout the Day

Structured physical activity opportunities, in addition to physical education and recess (where applicable), are encouraged for all students.

Structured physical activity opportunities, in addition to physical education and recess (where applicable), are offered to all students at least 1 time daily. School staff are encouraged to participate.

### Physical Activity Education

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.

### Before & After School

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.

### Family & Community - PE

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.

## Integrated School Based Wellness

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 healthy role models. Staff wellness activities and training may also include additional components of the Whole School, Whole Community, Whole Child Model.

Each semester 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 Whole School, Whole Community, Whole Child Model.

Annually, offer school-sponsored wellness family activities that address one or more components of the Whole School, Whole Community, Whole Child Model.

Annually partner with community health agencies/organizations and/or allow community use of school facilities for wellness activities.

The local school wellness policy team meets at least once per quarter.

The wellness policy and progress toward meeting the State Model Wellness Policy are presented to the local school board and school staff.

The following students, parents, classroom teachers, food service professionals, physical education teachers, health professionals, administrators, school board members and other interested community members are engaged in developing, implementing, monitoring, reviewing and making the district wide wellness policies available to the public:

Teresa Valek, Chairperson

Alan Sheets

Brad Couture

Chris Garner

Deanna White

Gina Aurand – Community/Parent

Katie Struebing

Kim Bombardier – Community/Parent

Mary Parry

Michael Couch

Michelle Hubert

Stephanie Mettlen