

# **D0281 - Hill City**

## **Middle School Wellness Policies**

D0281 - Hill City 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 D0281 - Hill City that:

### **Policies in Place**

#### **Nutrition**

##### **General Guidelines**

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.

The food service area is clean, orderly, and has an inviting atmosphere that encourages meal consumption.

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 students are allowed to converse during the entirety of the meal time.

Students being disciplined are NOT seated at tables separated from other students in the dining area.

Three "Smarter Lunchroom" or Behavioral Economics techniques are used on the serving line to encourage healthy choices by students.

Content of reimbursable lunch and breakfast is identified near or at the beginning of the serving line(s).

##### **Breakfast**

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

District offers at least 15 minutes "seat time" to eat breakfast (not including time spent walking to and from class or waiting in line) or Grab n Go breakfast options are available.

##### **Lunch**

All school lunches comply with USDA regulations and state policies.

At least three different fruits are offered each week. Two fruits per week are served fresh.

An additional 1 cup\* vegetable offering weekly from any of three vegetable subgroups (dark-green, red/orange, dry beans and peas).

Students have at least 15 minutes "seat time" to eat lunch not including time spent walking to/from class or waiting in line.

##### **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 30 minutes after the end of the official school day.

No energy drinks are sold on school property from midnight before to 5 pm after the end of the official school day.

Fundraising within the school day meets USDA's Smart Snacks in School "All Foods Sold in Schools" Standards (sans the exempted fundraisers).

## **Nutrition**

### **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.

Schools provide staff information on non-food rewards.

## **Nutrition Education**

### **Nutrition Promotion**

District 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.

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 Smart Snacks Rule (Schools are not required to allow food or beverage marketing on campus).

### **Nutrition Education**

District uses qualified personnel or organizations from the community to provide nutrition education to students under the direct supervision of a teacher at least once/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.

## **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.

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

### **Physical Education**

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

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 intensity activity.

### **Before & After School**

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

### **Family & Community**

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

## **Integrated School Based Wellness**

### **General Guidelines**

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.

## **Integrated School Based Wellness**

### **General Guidelines**

Quarterly, partner with local health agencies and community organizations.

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

# **D0281 - Hill City**

## **Middle School Wellness Policies**

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

### **Developing Policies**

#### **Nutrition**

##### General Guidelines

All school food service personnel receive required food safety training at a minimum of every 3 years.

#### **Nutrition Education**

##### Nutrition Education

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.

#### **Physical Activity**

##### Throughout the Day

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

#### **Integrated School Based Wellness**

##### General Guidelines

District Wellness Committee will discuss the development of a farm to school program.

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:

Elaine McKeever

Katlyn Davis

Kyle Jilka

Kim Trexler

Alan Stein

Cristie Foster

Blair Schamberger

Karen Sheperd

Michelle Billips

Chris Smee

Rebecca Richmeier, Chairperson

Jon Granberry

Jim Hickel