



USD 298 Lincoln School District
Health and Wellness Plan

“Feel Better, Be Healthy, Live Longer”



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Vision:

To improve the health and wellness of all employees and students in order to “Feel Better, Be Healthy, and Live Longer”.

Goals:

1. Improve the mental, physical, and environmental wellness of all employees and students.
2. Increase healthy options for all employees and students.
3. Build partnerships within the community in order to provide health and wellness resources for our staff and students.
4. Promote a plan and put it into action.

Planning Team:

The planning team is comprised of the following representatives: teachers, nurse, parents, treasurer, building principals and superintendent.

District Coordinator:

Kathy Robertson, Superintendent

2017-2018 Team:

Lorrie Huehl, Parent
Hillary Holeman, LSHS Teacher
Nancy Knapp, Treasurer
Steve Koch, LES Principal
Vicki Lebien, LSHS Cook
Don Long, LSHS PE Teacher
Janice Philbrick, LES Cook
Shari Pittenger, LES, Jr & Sr High PE Teacher
Elizabeth Sheldon, School Nurse
Kathy Robertson, Superintendent
Christi Walter, LSHS Principal
Patti Winters, Parent

Nutrition Guidelines:

Nutritional Quality of Foods and Beverages Sold and Served on Campus

Nutritional guidelines are mandated by the Federal and State government. Foods have been selected by the district with the objective of promoting student health and reducing childhood obesity. Meals served through the National School Lunch and Breakfast Programs will meet the following guidelines:

- Be appealing and attractive to children
- Be served in clean and pleasant settings
- Meet, at a minimum, nutrition requirements established by local, state, and federal statutes and regulations
- Offer a variety of fruits and vegetables
- Serve only low-fat 1% fat-free milk and nutritionally-equivalent non-dairy alternatives (to be defined by USDA)

The implementation of these guidelines shall be the sole responsibility of the food services director. From time to time, the food service director will offer opportunities for students, parents and staff, a taste test of new entrees and surveys, in selecting foods offered through the school hot lunch and breakfast programs in order to identify new, healthful, and appealing food choices. The nutritional value of the meals served shall be made available upon request from the food service director who shall keep a written record of the nutritional value of all food served.

USD 298 Food Service Goals

School Breakfast:

- Strive to maximize serving of fruits and whole grains.
- Offer cereals with at least 1 gram of fiber per serving.
- Work toward decreasing sugar content of foods offered.

School Lunch:

- Offer at least 10 different fruits and/or vegetables in each five day week.
- Work toward increasing whole grain servings.

Free & Reduced-Priced Meals:

USD 298 will encourage families to take part in the free and reduced-priced meal program. The district will maintain the confidentiality of those who are eligible for free and reduced-price school meals.

School Stores and Other Food Sales

The foods and beverages sold individually outside the reimbursable school meals program through vending machines or direct sales shall use the following guidelines established and supervised by the building principals.

USD 298 will prohibit the sale of all foods of minimal nutritional value (FMNV) in the food service area during meal periods. The food service area is where reimbursable meals are prepared, served, and/or eaten. The meal period begins when the first student enters the food service area to eat breakfast or lunch, and ends when the last student leaves the food service area after eating breakfast or lunch.

USDA has defined FMNV as:

- Soda Water – includes all carbonated beverages
- Water Ice – includes any frozen, sweetened water such as “...sicles’ and flavored ice; does not include products that contain fruit or fruit juice
- Chewing Gum – includes any flavored products from natural or synthetic gums and other ingredients that form an insoluble mass for chewing
- Certain Candies – includes processed foods made predominately from sweeteners or artificial sweeteners with a variety of minor ingredients that characterize the following types: Hard Candy, Jellies and Gums, Marshmallow Candies, Fondant (Candy Corn/Soft Mints), Licorice, Spun Candy and Candy-Coated Popcorn

Exemptions to FMNV:

The USDA periodically reviews food manufactures’ requests to have food items granted an exemption from classification as a FMNV. The current list is available on the Kansas Child Nutrition and Wellness Website, www.kn-eat.org.

Snack items are limited to:

- The same portion size as served in the breakfast and lunch programs
- Fruits and/or vegetables
- Snack items: at least 50% of items offered meet all the following guidelines per serving, Fat – 35% or less total calories from fat (or less than 4 g. per 100 calories), Sugar – Except for fruit without added sugar, 35% or less of weight from total sugar (or less than 9 g. per 100 calories) and Calories – 200 calories or less per selling unit
- Beverages: Water, Non-Caloric, 50-100% Juice, Milk, Flavored and Unflavored

Snacks:

Snacks served during the school day, used as reward/reinforcement incentives or served during the after school program or other school enrichment programs (including

summer school) shall make a positive contribution to the child's diets and health. Emphasis will be on healthy snack and drinks and must be considered in relationship to the time of breakfast and lunch for the student. Schools are encouraged to consider non-food rewards/reinforcement as incentives.

Snack Guidelines:

- Fat – 35% or less total calories from fat
- Sugar – except for fruit without added sugar, 35% or less of weight from total sugar.
- Calories – 200 or less

Goals to Promote Student Wellness:

The District has established the following student wellness goals that are designed to promote student wellness in a manner that the District determines to be appropriate:

- a. **Nutrition Education:** To implement a curriculum that meets or exceeds the health and nutrition education objectives established USDA
- b. **Physical Activity:** To implement a curriculum that meets or exceeds the health and physical education objectives established by the USDA
- c. **Other School Activities:** To offer other suitable opportunities for students to engage in health promoting activities

Nutrition Education and Physical Activity Promotion

Unified School District 298 aims to teach, encourage, and support healthy eating by students. USD 298 will provide nutrition education and engage in nutrition promotion that:

- is offered at each grade level as part of a sequential, comprehensive, standards-based program designed to provide students with the knowledge and skills necessary to promote and protect their health
- is part of not only health education classes, but also classroom instruction in subject such as math, science, language arts, social sciences, and elective subjects
- includes enjoyable, developmentally-appropriate, culturally-relevant, participatory activities, such as contests, promotions, taste-testing, farm visits, and other activities promoting a healthy lifestyle

Nutrition Education and Physical Activity Promotion Continued

- promotes fruits, vegetables, whole grain products, low-fat (2%) and 1% fat-free dairy products, healthy food preparation methods, and health-enhancing nutrition practices;
emphasizes caloric balance between food intake and energy expenditure (physical activity/exercise)
- links with school meal programs, other school foods, and nutrition-related community services
- teaches media literacy with an emphasis on food marketing (public relations for what we are doing); and
- includes training for teachers and other staff

Integrating Physical Activity in the Classroom Setting

For students to receive the nationally-recommended amount of daily physical activity (i.e. at least 60 minutes per day) and for students to fully embrace regular physical activity as a personal behavior, students need opportunities for physical activity beyond physical education class.

Toward that end USD 298:

- will complement physical education through the classroom health education program by reinforcing 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 and playing video-games
- will encourage teachers to incorporate opportunities for physical activity into other subjects (i.e. math, language arts, social studies) and to provide short physical activity breaks between lessons or classes, as appropriate

Physical Activity Opportunities and Physical Education

Daily Physical Education (P.E.) K-12: Unified School District 298 will implement daily physical activity (recess included) for ALL students (K-9), including students with disabilities, special health-care needs, and in alternative educational settings, allowing students the opportunity to have recess and / or physical education. Physical education is available as an elective for grades 10-12.

Students will spend at least 50% of the time in physical education class participating in moderate to vigorous physical activity.

Physical Activity Opportunities and Physical Education Continued

Daily Recess: All Elementary School students will have at least a minimum of 15 minutes a day of supervised recess, preferably outdoors, during which the supervising staff will encourage moderate to vigorous physical activity for the students.

Use of School Facilities Outside of School Hours: USD 298 will work closely with the Lincoln County Recreation Commission to determine the best use of the school facilities outside regular school hours to promote a healthy and physically fit lifestyle. All use of the facilities must be approved by the building administrator and must follow the local Board of Education guidelines. Special care must be given to insure that no activities are unsupervised at any time.

Communication with Parents:

USD 298 will support parent's effort to provide a healthy lifestyle for their children. Through a variety of means, the USD 298 will provide information to help parents understand the role the schools are playing in the health of their child and to provide information to help parents to better understand what a healthy lifestyle is in regard to diet and daily physical activity. A copy of the district's policy and the food and beverages that meet the district's standards will be made available to parents in a variety of means.

Employee Wellness Program:

The main focus of the staff wellness plan is to support employee satisfaction, enhance workforce culture, increase self-awareness and provide guidance and resources for individuals to improve health and wellbeing. USD 298 believes employees that are satisfied and of good health are more productive and better able to positively engage students.

The District will establish and maintain a coordinated school health council that develops, promotes, and oversees a plan to promote health and wellness for the staff.

Service Delivery Model

Program information is delivered via building wellness members, the USD 298 intranet, emails to staff, and promotion of fitness challenges and district wellness activities.

Description of the Program

The Lincoln School District employee wellness program offers an array of services to employees. Educational literature, fitness challenges, and wellness activities for staff are directed by the Health and Wellness committee.

The wellness program addresses the universal need to enhance and maintain employee culture and provide the tools necessary to improve productivity and promote work-life balance. Wellness programs such as this aid in combatting increasing incidence of diabetes, obesity, heart disease, and cancer. Cost avoidance and student engagement are achieved with a productive workforce and effective disease prevention.

Wellness Activities

Data Collection

*Health Needs Assessment/Questionnaires/Surveys

District Health Challenges

*Coordinated by the Wellness Committee

District Fitness Activities

*Coordinated with the Wellness Committee

Utilizing Incentives to Maximize Participation

In the world of worksite wellness incentives, if used effectively, can significantly increase participation and improve the likelihood that employees will embrace, and ultimately adopt, healthier behaviors (www.welcoa.org, 2008 Wellness Council of America).

The health and wellness committee will meet on a quarterly basis to review the Wellness programs success and develop a list of incentives in order to help promote the Wellness program and increase participation within the district.