

USD 231 Gardner Edgerton

DISTRICT HEALTH AND WELLNESS PLAN

USD 231 Gardner Edgerton 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 health and wellness. Therefore, it is the policy of USD 231 Gardner Edgerton that the following criteria will be upheld:

Nutrition

General Atmosphere

- Substitutions are provided for students with medical disabilities identified by a licensed physician that require meal modifications per the signed Meal Modification Form.
- Substitutions are provided for students with allergies and intolerances that do not rise to the level of a disability, identified by a Recognized Medical Authority on the signed Meal Modification Form.
- The food service area is clean, orderly, and has an inviting atmosphere.
- All school food service personnel receive food safety training annually.
- Continuing education training for all food service personnel meets federal and state requirements.
- The dining area has seating to accommodate all students during each serving period.
- The dining area has adult supervision.
- The students are allowed to converse with one another at least part of the meal time.
- Reimbursable meals and/or parts of a reimbursable meal are not withheld or denied as a disciplinary action.
- At least three "Smarter Lunchroom" or Behavioral Economics techniques are used on the serving line to encourage healthy choices by students.
- Methods are provided to identify content of reimbursable lunch and breakfast near or at the beginning 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.
- "Grab n Go" Breakfast, "Breakfast in the Classroom" or "Breakfast After First Period" is available.

Lunch

- All school lunches comply with USDA regulations and state policies.
- At least five different fruits are offered each week. Four fruits per week are served fresh.
- Meals offer 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.

Other Child Nutrition Programs

- Meals and snacks served under the USDA At-Risk Afterschool Meals, Afterschool Care Snack Program, Fresh Fruit & Vegetable Program and/or Summer Food Service Program comply with all federal regulations and state policies.

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.
- Students are allowed to have clear/translucent individual water bottles in the classroom.
- 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.

Nutrition Education

Nutrition Promotion

- Schools promote 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.
- 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

- 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.
- Nutrition education is included as part of health education classes and/or stand-alone courses for all grade levels, including curricula that promote skill development.
- Information is offered 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.

Physical Activity

PE 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.

Throughout the Day

- 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.

Physical 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.

- Elementary students receive 60-99 minutes of physical education per week, which includes at least 40 minutes of moderate to vigorous physical activity.
- 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.

Family & Community - PE

- Community members are provided access to the school's outdoor physical activity facilities.
- Community members are provided access to the school's indoor and outdoor physical activity facilities at specified hours.
- Information is offered 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.

Integrated School Based Wellness

- School staff are aware of Team Nutrition and the HealthierUS School Challenge Award opportunity.
- The local school health and wellness policy team meets at least twice per year.
- The school health and wellness policy and progress toward meeting the State Model Health and Wellness Policy are made available to the public, including parents, students and the community.

PERSONAL AND COMMUNITY HEALTH

The district will provide a framework to educate, support, and promote health enhancing behaviors and programs for students' levels. Research demonstrates that healthy students do better in school and score higher on achievement tests. Parents should be involved with the health education provided to their students. Students will be provided opportunities to learn and understand personal health, prevention and control of disease, the dangers of substance use, abuse and addiction, mental and emotional health, injury prevention and safety, and community health needs which may include:

- Major body systems, functions, and relationships between systems;
- Healthy personal hygiene habits;
- Importance of personal health and seeking health care;
- Value of and recommended sleep amounts;
- Healthy and unhealthy habits;
- Leading causes of death and risk behaviors;
- Disease prevention skills;
- Communicable and noncommunicable diseases;
- Relationship between nutrition, exercise, and disease prevention;
- Structure and functions of the immune system;
- Drug types and dangers of alcohol, tobacco, and other illegal drugs;
- Refusal skills;
- Physical and psychological addictions;
- Cumulative risk behaviors;
- Addictive substances and effect on health;
- Personal strategies for drug free living;
- Communicating care, consideration, and respect;
- Developing stress management skills;

- Avoiding negative self-talk, self-harm, and suicide;
- Developing positive body image and self-esteem;
- Expressing feelings, wants and needs in a healthy manner;
- Role of the individual in maintaining a healthy community;
- Local community health needs, issues, and events; and
- Opportunities to develop and maintain a healthy community.

Approved: 2/1/21

KASB Recommendation – 12/20