

District Wide Wellness Policy

USD 215- Lakin

Board Approved on December 10, 2018

USD 215-Lakin 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 District 215-Lakin that:

Policies in place:

NUTRITION

General Guidelines

All school food service personnel receive food safety training annually. The dining area has seating to accommodate all students during each serving period. The food service area is clean, orderly, and has an inviting atmosphere that encourages meal consumption. The dining area has adequate adult supervision and food service personnel present. Staff use positive communication cues with students to promote consumption of foods serves as part of the *Child Nutrition Programs*. Accommodate students who have special food needs (due to allergies or special diet) as well as other special needs (oral or dental). Content of reimbursable lunch and breakfast is identified near or at the beginning of the serving line(s).

Breakfast

All school breakfasts comply with USDA regulations and state policies. At least five different fruits are offered each week. At least two fruits per week are served fresh. All students have the opportunity to eat breakfast. The 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 a 'Grab n Go' breakfast option is available. District has implemented alternative 2nd Chance Breakfast service options. 'Breakfast in the classroom' or 'Breakfast after first period' is offered.

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. 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 20 minutes "seat time" to eat lunch no including time spent walking to/from class or waiting in line. Meals purchased at fast food outlet to be consumed at school must not be brought to school in their original containers. Carbonated and caffeinated beverages are not allowed in sack lunches to be consumed in the cafeteria (elementary and middle school). Lakin school's reserve the right to screen lunches sent from home to make sure the lunch is a healthy meal that supports our wellness policy. Items not permitted in sack lunches from home include soda pop, carbonated drinks, caffeinated drinks, and candy. The school will provide a list to parents of acceptable products allowed in meals from home upon request.

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 can have clear/translucent individual water bottles in the classroom where appropriate. All foods and beverages sold in schools are in compliance with USDA's 'Smart Snacks in School- All foods sold in school' standards 24 hours a day.

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 the school website. Students learn about 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 activities, as appropriate, and a variety of learning experiences that support development and healthful eating habits that are based on the most recent dietary guidelines and evidence-based information. Nutrition education is included as part of physical/health education classes. Active learning experiences are provided such as involving students in food preparation and other hands-on activities at least once each quarter.

Physical Activity

General Guidelines

All students in grades K-12, including those with disabilities, special health care needs, and alternative education settings, have the opportunity to participate in moderate to vigorous physical activity every day during the entire school year. The district prohibits withholding physical activity, including recess and physical education, as a punishment and encourages physical activity time as an option for classroom rewards. Structured physical activity opportunities, in addition to physical education and recess (where applicable) are offered to students at least 2 times daily. Elementary school students have two supervised recess periods per day, totaling at least 30 minutes, one being offered in the morning. School policy outlines guidance on conditions regulating indoor and outdoor recess during extreme weather. The school provides equipment, instruction, and supervision for active indoor recess.

Before and After school

Extracurricular physical activity programs, such as a physical activity club or intramural programs, are offered and meet the needs, interest, and abilities of a diverse student body.

Physical Education

Physical education teachers are licensed, and 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. Kindergarten through 9th grade students receive 150+ minutes of physical education per week, which includes at least 50% of the minutes engaged in moderate to vigorous physical activity.

Integrated School Based Wellness

General Guidelines

The district wellness committee meets at least once per month during the school year. The school wellness committee makes appropriate updates or modification to wellness policy based on assessment and an update towards meeting the State Model Wellness Policy is made available to the student and community. The wellness policy and progress toward meeting the State Model Wellness Policy are presented and approved by the district school board.