

# **D0239 - North Ottawa County**

## **Middle School Wellness Policies**

D0239 - North Ottawa 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 D0239 - North Ottawa County 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.

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.

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

The dining area has adequate 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 had 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.

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

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

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

Students being disciplined are NOT seated in a separate location.

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

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

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).

A Kansas product is served in the school meals program at least one time per week.

##### 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.

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

Students have the opportunity to eat breakfast.

## **Nutrition**

### **Breakfast**

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.

District has implemented alternative 2nd Chance Breakfast service options. "Breakfast in the Classroom" or "Breakfast After First Period" is 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.

One additional 1/2 cup\* vegetable offering weekly from any of three vegetable subgroups (dark-green, red/orange, dry beans and peas).

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

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

### **All Food Sold in Schools**

No energy drinks are sold on school property from midnight before to 30 minutes after the end of the official school day.

### **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 where appropriate.

Students have clear/translucent individual water bottles in the classroom where appropriate.

Schools provide staff information on non-food rewards.

## **Nutrition Education**

### **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.

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).

District allows marketing (oral, written, or graphics) of only those foods and beverages that meet the requirements set forth in the Smart Snacks Rule on the school campus during school activities at all times.

District allows marketing (oral, written, or graphics) of only those foods and beverages that meet the requirements set forth in the Smart Snacks Rule on the school campus at all times.

## **Nutrition Education**

### **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, as appropriate, 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.

Include nutrition education as part of physical education/health education classes and/or stand-alone courses for all grade levels, including curricula that promote skill development.

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 that are rotated, updated or changed quarterly.

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**

### **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.

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 3 or more times per week during the entire school year.

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 every day 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.

District encourages extra physical activity time as 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.

### **Physical Education**

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

Physical education teachers are licensed and participate in physical education and/or physical activity specific professional development every 2 years.

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.

Physical Education teaches basic motor skills, enhances knowledge of concepts related to movement needed to achieve and maintain health for lifetime physical activity.

District offers lifetime sports and fitness classes/opportunities.

Middle school students are offered physical education at all grade levels and receive 120-149 minutes of physical education per week, which includes at least 80 minutes of moderate to vigorous intensity activity.

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% fo the minutes engaged in moderate to vigorous intensity activity.

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.

## **Physical Activity**

### **Before & After School**

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

Extracurricular physical activity programs, such as a physical activity club or intramural programs, are offered through partnerships with community organizations and resources.

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 based on safety and feasibility assessment.

### **Family & Community**

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

Community members are provided access to the district's indoor and outdoor physical activity facilities at specified hours.

Community members are encouraged to access the district's indoor and outdoor physical activity facilities at specified hours.

Offer information 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.

Offer information via multiple channels and provide opportunities for physical activity at least once per quarter 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**

### **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.

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.

School staff are aware of Team Nutrition and the HealthierUS School Challenge Award opportunity.

Complete the CDC School Health Index biannually.

Annually partner with local health agencies and community organizations.

Each semester, partner with local health agencies and community organizations.

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

Farm to school activities conducted annually in some schools.

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

The local school wellness policy committee or subcommittee(s) meets at least once per quarter.

# **D0239 - North Ottawa County**

## **Middle School Wellness Policies**

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

### **Developing Policies**

#### **Nutrition**

##### **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.

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

Fundraising within the school day and until 5 PM meets USDA's Smart Snacks in School "All Foods Sold in Schools" Standards (sans the exempted fundraisers).

##### **During the School Day**

District develops nutritional standards for non-sold food and beverages made available on school campus during the school day.

#### **Nutrition Education**

##### **Nutrition Promotion**

District implements marketing and advertising of nutritious foods and beverages consistently through a comprehensive and multi-channel approach by school staff, teachers, parents and students .

##### **Nutrition Education**

Active learning experiences are provided such as involving students in food preparation or other hands-on activities at least once a semester.

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.

Offer information to families at least once per quarter that encourages them to teach their children about health and nutrition, and assists them in planning nutritious meals for their families.

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.

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

##### **General Guidelines**

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

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

Facilitate the integration of a farm to school program and curricular activities including hands-on activities as appropriate to facilitate the nutritional and educational goals in 50% of the schools.

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:

Holly Nelson, Chairperson

Tammy Schmidt

Chris Vignery

Val Beikmann

Lora Lonberger

Bryan Weatherman

Jon Haehn

Ilene Mullen

Leah Robinson

Terry Moeckel

Gabbie Helget

Chasyn Vogan