

Lebo/Waverly Prek-12 School Health and Wellness Policy



Phone Numbers

High School : (620) 256-6341

Elementary : (620) 256-6363



Phone Numbers

High School: (785) 733-2561

Elementary: (785) 733-2551

2022 – 2023

USD #243 Lebo/Waverly Public School

District Wellness Policy

JGCA Local Wellness

The board is committed to providing a school environment that promotes student wellness as part of the total learning experience for its students. To this end, the board shall promote and monitor a local wellness plan that includes methods to promote student wellness, prevent and reduce childhood obesity, and provide assurance that school meals and other food and beverages sold and otherwise made available on the school campus during the school day are consistent with applicable minimum federal standards. The plan shall:

- Include goals for providing proper student nutrition promotion and education, physical activity, and other school-based activities designed to promote student wellness which are based on evidence-based strategies and techniques;
- Meet federal nutrition standards and guidelines for all foods and beverages provided to students in each school during the school day; and
- Ensure standards and nutrition guidelines for all foods and beverages sold to students during the school day at each district school are consistent with the requirements of the School Breakfast Program, the National School Lunch Program, and the competitive food standards established pursuant to the National School Lunch Program.

Approved: 7/17

District Wellness Policy

USD 243 is committed to providing school environments that promote and protect children's health, wellbeing and ability to learn by supporting healthy eating, wellness education, and physical activity. District wellness guidelines are based upon recommendations from the Kansas State Department of Education's Wellness Policy Guidelines (Board of Education Policy JGCA).

The school board approved the district wellness policy in August of 2009 and revised the district's vending/a la carte policy at the same time to regulate food or drink sold to students in vending machines, school stores and a la carte (all other food and beverage items sold by the school food service program in the school cafeteria or other locations where school meals are served or eaten).

The Kansas State Board of Education (KSBE) adopted a policy in May 2010 requiring all accredited K-12 schools in Kansas to implement the exemplary level of the Kansas

Wellness Policy Model Guidelines for foods and beverages sold in vending machines by August 1, 2011.

Wellness Policy Guidelines - Nutrition

- All school breakfasts and lunches comply with USDA regulations and state policies.
- General atmosphere: dining area is clean, orderly, and has adequate seating and adult supervision. Atmosphere is inviting and has a reasonable noise level.
- Lunch period is closed. Students must have permission to leave the school campus.
- Low-fat and/or skim milk is offered exclusively.
- BREAKFAST: All cereals contain 35% or less of weight from total sugar and 1 gram or more fiber per serving. Foods containing whole grains are offered daily.
- LUNCH: An entrée choice with total fat of 16 g or less per serving is offered on a regular basis. Fresh fruits or vegetables are offered weekly. A food containing whole grain is offered at least 3 days per week. Desserts with more than 5 grams of fat per serving are offered no more than 2 times per week. All salad dressings contain 6 grams or less of fat per ounce.
- DURING THE SCHOOL DAY:
 - All foods and beverages are offered in compliance with USDA regulations prohibiting sale of “foods of minimal nutritional value” where school meals are served or eaten during the meal period.
 - Students are allowed to have individual water bottles in the classroom
 - Foods and beverages for classroom rewards, parties, celebrations, and school events held during the school day are encouraged to meet the *Vending and A La Carte Policies*.
 - FUNDRAISING: School fundraising activities should NOT exclusively involve the sale of food and/or beverages; fundraising activities involving the sale of food/beverages will not take place during the school day.

Wellness Policy Guidelines – Nutrition Education

- All students in grades K-12, including students with disabilities, special health-care needs and in alternative education settings, have the opportunity to participate in a variety of learning experiences that support development of healthy eating habits.
- The nutrition education curriculum is sequential and consistent with the current KSBE approved health education teaching standards for pre-kindergarten through grade 12.
- Classroom nutrition education will be offered each year for all students.
- K-9 nutrition education instruction will include hands-on activities that engage students in enjoyable, developmentally-appropriate, culturally relevant, participatory learning.
- Each year, some individual classrooms will participate in one or more events that are either centered on nutrition or include nutrition as a main component.
- The school will encourage each member of the staff (certified and non-certified) to serve as a healthy role model for students.
- Parents are invited to join students for school meals, and family members are encouraged to become actively involved in programs that provide nutrition education.
- Families are provided with information that encourages them to teach their children about health and nutrition, and to provide nutritious meals for their families
- (Publications such as listed below will be utilized where available.)
 - *Nutrition Nuggets* distributed monthly to elementary families
 - *Teen Food and Fitness* distributed to middle and high school students and their families

Wellness Policy Guidelines – Physical Activity

- All students in grades K-12, including students with disabilities, special healthcare needs and in alternative education settings have the opportunity to participate in moderate to vigorous physical activity on a regularly scheduled basis each school week during the entire school year.
- The physical education curriculum will be sequential and consistent with KSBE approved physical education teaching standards for K through grade 12.
- The school will provide a physical and social environment that encourages safe and enjoyable physical activity for all students, including those who

are not athletically gifted. Students will have the opportunity to participate in lifetime physical activities (e.g. walking, Pilates, swimming, golf, tennis, etc.).

- During K-8 physical education classes, students will engage in moderate to vigorous physical activity at least 20 minutes per day and/or 100 minutes per week.

Approved: August 2017

USDA Nondiscrimination Statement

In accordance with federal civil rights law and U.S. Department of Agriculture (USDA) civil rights regulations and policies, this institution is prohibited from discriminating on the basis of race, color, national origin, sex (including gender identity and sexual orientation), disability, age, or reprisal or retaliation for prior civil rights activity.

Program information may be made available in languages other than English. Persons with disabilities who require alternative means of communication to obtain program information (e.g., Braille, large print, audiotape, American Sign Language), should contact the responsible state or local agency that administers the program or USDA's TARGET Center at (202) 720-2600 (voice and TTY) or contact USDA through the Federal Relay Service at (800) 877-8339.

To file a program discrimination complaint, a Complainant should complete a Form AD-3027, USDA Program Discrimination Complaint Form which can be obtained online at: <https://www.usda.gov/sites/default/files/documents/USDA-OASCR%20P-Complaint-Form-0508-0002-508-11-28-17Fax2Mail.pdf>, from any USDA office, by calling (866) 632-9992, or by writing a letter addressed to USDA. The letter must contain the complainant's name, address, telephone number, and a written description of the alleged discriminatory action in sufficient detail to inform the Assistant Secretary for Civil Rights (ASCR) about the nature and date of an alleged civil rights violation. The completed AD-3027 form or letter must be submitted to USDA by:

(1) mail

U.S. Department of Agriculture

Office of the Assistant Secretary for Civil Rights

1400 Independence Avenue, SW

Washington, D.C. 20250-9410; or

(2) fax: (833) 256-1665 or (202) 690-7442; or

(3) email: program.intake@usda.gov

This institution is an equal opportunity provider.

USDA Nondiscrimination Statement - Spanish Translation

De acuerdo con la ley federal de derechos civiles y las normas y políticas de derechos civiles del Departamento de Agricultura de los Estados Unidos (USDA), esta entidad está prohibida de discriminar por motivos de raza, color, origen nacional, sexo (incluyendo identidad de género y orientación sexual), discapacidad, edad, o represalia o retorsión por actividades previas de derechos civiles.

La información sobre el programa puede estar disponible en otros idiomas que no sean el inglés. Las personas con discapacidades que requieren medios alternos de comunicación para obtener la información del programa (por ejemplo, Braille, letra grande, cinta de audio, lenguaje de señas americano (ASL), etc.) deben comunicarse con la agencia local o estatal responsable de administrar el programa o con el Centro TARGET del USDA al (202) 720-2600 (voz y TTY) o comuníquese con el USDA a través del Servicio Federal de Retransmisión al (800) 877-8339.

Para presentar una queja por discriminación en el programa, el reclamante debe llenar un formulario AD-3027, formulario de queja por discriminación en el programa del USDA, el cual puede obtenerse en línea en:

<https://www.fns.usda.gov/sites/default/files/resource-files/usda-program-discrimination-complaint-for-m-spanish.pdf>, de cualquier oficina de USDA, llamando al (866) 632-9992, o escribiendo una carta dirigida a USDA. La carta debe contener el nombre del demandante, la dirección, el número de teléfono y una descripción escrita de la acción discriminatoria alegada con suficiente detalle para informar al Subsecretario de Derechos Civiles (ASCR) sobre la naturaleza y fecha de una presunta violación de derechos civiles. El formulario AD-3027 completado o la carta debe presentarse a USDA por:

(1) correo:

U.S. Department of Agriculture

Office of the Assistant Secretary for Civil Rights

1400 Independence Avenue, SW

Washington, D.C. 20250-9410; or

(2) fax: (833) 256-1665 o (202) 690-7442; o

(3) correo electrónico: program.intake@usda.gov

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