

## D0408 - Marion

### Middle School Wellness Policies

D0408 - Marion 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 D0408 - Marion that:

#### **Policies in Place**

##### **Nutrition**

###### General Guidelines

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 required food safety training at a minimum of every 5 years. 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 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 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.

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

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

Identify content of reimbursable lunch and breakfast near or at the beginning of the serving line(s).

Serve a locally procured product in the school meals program at least one time per week.

###### 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 be served fresh.

Students have at least 15 minutes "seat time" to eat breakfast (not including time spent walking to and from class or waiting in line).

### 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.

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 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 foods or beverages are sold except reimbursable schools meals or snacks.

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.

### 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.

Fundraising within the school day meets "All Foods Sold in Schools" Standards (sans the exempted fundraisers).

Fundraising activities involving the sale of food or beverages that meet "All Foods Sold in Schools" Standards and/or exempted fundraisers will not take place until after the end of last lunch period.

Meals purchased at fast food outlet to be consumed at school must not be brought to school in their original containers. Caffeinated beverages are not allowed in sack lunches to be consumed in the cafeteria. (Elementary/Middle School)

## **Nutrition Education**

### Nutrition Promotion

School 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.

Students provide input on foods offered in the cafeteria.

Marketing and advertising of nutritious foods and beverages to students is implemented consistently through a comprehensive and multi-channel approach by school staff, teachers, parents, students and the community.

Allow 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.

## Nutrition Education

School administrators inform teachers and other school personnel about opportunities to attend training on nutrition and encourage them to attend training on teaching nutrition.

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

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.

School personnel discuss with students the nutrition education materials displayed.

## **Physical Activity**

### 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.

Physical activity facilities in and on school property are safe with sufficient age-appropriate equipment for all students, including those with disabilities. Adequate adult supervision is provided.

School encourages extra physical activity time is an option for classroom rewards.

School offers lifetime physical activity that teaches basic motor skills, enhances knowledge of concepts related to movement needed to achieve and maintain health. Students learn the benefits of and an appreciation for regular physical activity.

### Physical Activity 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.

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 60 minutes of moderate to vigorous intensity activity.

Physical education curriculum encourages a multi-dimensional fitness assessment.

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 indoor and outdoor physical activity facilities at specified hours.

## **Integrated School Based Wellness**

### Integrated School Based Wellness

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

Annually partner with community health agencies/organizations and/or allow community use of school facilities for wellness activities.

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

## Middle School Wellness Policies

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

### **Developing Polices**

#### **Nutrition**

##### During the School Day

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.

Foods and beverages provided for students participating in school events adhere to the Smart Snacks in School "All Foods Sold in Schools" Standards.

#### **Nutrition Education**

##### Nutrition Education

Active learning experiences are provided such as involving students in food preparation or other hands-on activities.

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**

##### Physical Activity Education

Physical education curriculum includes fitness assessment of at least 90% of all students enrolled in physical education and student fitness reports are available to parents.

##### Family & Community - PE

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.

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

##### Integrated School Based Wellness

Each semester, health education is provided to families via handouts, postings on the school website, newsletters, presentations and workshops.

The school wellness policy and progress toward meeting the State Model Wellness Policy are made available to the public, including parents, students and the community.

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:

Kristi Mercer, Chairperson

Jana Nordquist

Nicki Case

Sarah Steinle

Shaun Craft