

# **D0226 - Meade**

## **Elementary and Middle School Wellness Policies**

### **3-20-2018**

D0226 - Meade 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 D0226 - Meade 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.

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.

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.

One "Smarter Lunchroom" or a Behavioral Economics technique is 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).

#### **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 to be served fresh.

Students have the opportunity to eat 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 20 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.

### 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.

District adopts Smart Snacks in School "All Foods Sold in Schools" Standards for non-sold food and beverages made available on school campus during the school day.

Meals purchased at fast food outlet to be consumed at will be permitted unless otherwise disallowed by the building principal. (Elementary/Middle School)

## **Nutrition Education**

### Nutrition Promotion

Students provide input on foods offered in the cafeteria.

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.

### Nutrition Education

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

Integrate age-appropriate nutrition education into other core subjects such as math, science, language arts, and social sciences, as well as into at least one non-core/elective subject.

## **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 every day during the entire school year.

District expects minimal use of physical activity as a punishment. District expects minimal use of withholding physical activity, including recess and physical education, as punishment.

### 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.

Building principals provide guidance on conditions regulating indoor and outdoor recess during extreme weather conditions.

Each school provides equipment, instruction and supervision for active indoor recess.

Structured physical activity opportunities, in addition to physical education and recess (where applicable), are encouraged for all students.

Professional development on integrating physical activity into core/non-core subjects is provided to licensed physical education teachers, school nurses, and building administrators.

## **Physical Education**

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

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

Physical education curriculum encourages a multi-dimensional fitness assessment.

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.

## **Before & After School**

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

## **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.

The district is working on providing community access to indoor facilities. Outdoor facilities are made available.

## **Integrated School Based Wellness**

### **General Guidelines**

Quarterly, partner with local health agencies and community organizations.

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

# **D0226 - Meade**

## **Elementary Wellness Policies**

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

### **Developing Policies**

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

##### **General Guidelines**

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.

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

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 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:

Kenneth Harshberger, Chairperson

Members:

Shelly Cook – Head Cook, Dietary Manager

June Glasgow – Food Service Coordinator

Dawn Ross – Meade County Health Department Nurse

Mike Wilhelm – HS PE, HS AD, Weights and Conditioning, Coach

Garrett Daugherty – GS & MS PE, Coach

Brandon Haynes – HS Principal

Tyler Flavin – GS & MS Principal