

School Wellness Policy
D0456 Marais Des Cygnes Valley, School Year 2014-2015
Middle School - Grouped by Content Area

The following information was reported by **USD 456** on the Kansas State Department of Education's Wellness Policy Reporting System. It reflects the current status of the Kansas Model Wellness Policy Guidelines as implemented by **USD 456**.

Nutrition Guidelines

General Atmosphere

Guidelines Achieved

- B - The dining area is clean.
- B - The dining area is orderly.
- B - The dining area has a reasonable noise level.
- B - The dining area has an inviting atmosphere.
- B - The dining area has adequate seating to accomodate all students during each serving period.
- B - The dining area has adequate adult supervision.
- B - Students are allowed to converse with one another while they eat their meals.
- B - Lunch hour is closed. Students must have permission to leave school campus.

Breakfast

Guidelines Achieved

- B - All school breakfasts comply with USDA regulations and state policies.
- B - Students have at least 10 minutes to eat breakfast not including time spent walking to/from class or waiting in line.
- E - All pre-packaged cereals offered contain: 35% or less of weight from total sugar (or less than 9 g. per 100 calories), and 1 g. or more of fiber per serving.
- E - Low-fat (1% or ½%) and/or skim (nonfat) milk are offered exclusively.

Lunch

Guidelines Achieved

- B - All school lunches comply with USDA regulations and state policies.
- A - Desserts with more than 5 g. of fat per serving are offered no more than 2 times per week.
- E - Fresh fruits or vegetables are offered daily.
- E - Low-fat (1% or ½%) and/or skim (nonfat) milk are offered exclusively.

Guidelines In Progress

- E - At least 4 fruit and/or vegetable choices are offered daily.

Vending

Guidelines Achieved

- B - The sale of "foods of minimal nutritional value" is not allowed where school meals are served or eaten during the meal period.
- E - Water (non-caloric) is sold in vending machines or school stores.
- A - All juice products sold in vending machines or school stores contain at least 50% juice.
- A - All school employees adhere to the Advanced vending guidelines adopted for students.

Guidelines In Progress

- E - All juice products sold in vending machines or school stores contain 100% juice.

Guidelines that are Not Applicable

- E - The sale of foods of minimal nutritional value is not allowed in areas accessible to students.

B = Basic A = Advanced E = Exemplary

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E - All other food items sold in vending machines or school stores meet all of the guidelines below: Fat Except for nuts, seeds and nut butters, 35% or less of total calories from fat (or less than 4 g. per 100 calories) Sugar Except for fruit without added sugar, 35% or less of weight from total sugar (or less than 9 g. per 100 calories) Calories 200 calories or less per selling unit.

E - Only low-fat (1% or ½%) and/or skim (nonfat) milk with 35% or less of weight from total sugar (or less than 9 g. per 100 calories) is sold in vending machines or school stores.

A - Soy or rice beverages with 35% or less of weight from total sugar (or less than 9 g. per 100 calories) are sold in vending machines or school stores.

E - All school employees adhere to the Exemplary vending guidelines adopted for students.

During the School Day

Guidelines Achieved

B - All foods and beverages are offered in compliance with USDA regulations prohibiting the sale of "foods of minimal nutritional value" where school meals are served or eaten during the meal period.

E - Students are encouraged to have individual water bottles in the classroom.

B - Foods and beverages for classroom rewards, parties and celebrations will meet the Basic level guidelines for a la carte foods and beverages.

A - Foods and beverages for classroom rewards, parties and celebrations will not be provided until at least one hour after the end of the last lunch period.

E - At least 75 percent of fundraising activities will NOT involve the sale of food and/or beverages.

A - Fundraising activities involving the sale of food or beverages will not take place until after the end of the last lunch period.

B - Refreshments provided for students participating in school events adhere to the Basic guidelines for vended foods and beverages.

A - Parents, teachers and organizations are informed about the guidelines and are encouraged to follow them.

New Goals

A - Foods and beverages for classroom rewards, parties and celebrations will meet the Advanced level guidelines for a la carte foods and beverages.

Guidelines that are Not Applicable

E - Foods and beverages for classroom rewards, parties and celebrations will meet the Exemplary level guidelines for a la carte foods and beverages.

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Nutrition Education Guidelines

General Guidelines & Classroom

Guidelines Achieved

B - All students, including those with disabilities, special health care needs and in alternative education settings, will have the opportunity to participate in a variety of learning experiences that support development of healthful eating habits.

A - School administrators will inform teachers about opportunities to attend training on nutrition and the importance of role modeling healthful habits for students.

B - At least 25 percent of nutrition education instruction will be comprised of hands-on activities that engage students in enjoyable, developmentally-appropriate, culturally relevant, participatory learning.

B - The nutrition education curriculum will be sequential and consistent with the current Kansas State Board of Education approved health education teaching standards.

B - Nutrition education will be taught by a teacher licensed by the Kansas State Department of Education or under the direct supervision of such a teacher.

B - The licensed teacher will approve the instructional materials and method; and have ongoing, open communication with the individual providing instruction.

B - Schools will be encouraged to use qualified personnel to provide nutrition education from organizations such as the Kansas State Department of Education, K-State Research and Extension, health and agriculture organizations, universities and consulting registered dietitians.

B - Nutrition education will be based on the most recent Dietary Guidelines for Americans.

B - Active learning experiences will be provided for students; and whenever feasible, the active learning will involve the students in food preparation.

B - Annually, an updated list of nutrition resources will be provided to each school principal by KSDE and this list will be given to the teachers.

B - Teachers will be able to secure recommended nutrition education resources in adequate quantities for their students.

Guidelines In Progress

B - Classroom nutrition education covers eating patterns in various cultures.

New Goals

A - School administrators will encourage teachers to attend nutrition-related training at least once a year and will support their participation.

E - At least 15 hours of classroom nutrition education will be provided each year for all students.

A - At least 50 percent of nutrition education instruction will be comprised of hands-on activities that engage students in enjoyable, developmentally-appropriate, culturally relevant, participatory learning.

B - Classroom nutrition education covers basic food safety (e.g. preparing, cooking, cooling, reheating).

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Cafeteria

Guidelines Achieved

B - Attractive, current nutrition education materials will be prominently displayed in dining areas and changed at least every 9 weeks.

B - Students will be encouraged to start each day with a healthful breakfast and to choose nutritious foods throughout the day.

A - Students will participate in taste tests and/or surveys to obtain their input on foods offered in the cafeteria.

E - Students will be about the nutrition requirements for school meals and some students will be involved in helping plan menus.

New Goals

A - Teachers will discuss with students the nutrition education materials displayed in the dining areas.

Guidelines that are Not Applicable

E - Teachers will collaborate with the school nutrition staff to use the cafeteria as a learning laboratory that allows students to apply critical thinking skills.

Events During the School Day

Guidelines Achieved

B - 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.

New Goals

A - Each year, at least one school-wide interactive event will be conducted that is either centered on nutrition or contains nutrition as a main component. After the event, related lessons will be used to reinforce learning of the information presented at the event.

E - A community or media partner will be involved in at least one school-wide event by helping with planning or actively participating in the event. Both before and after the event, related lessons will be used to reinforce learning of the information presented at the event.

Family & Community -NE

Guidelines Achieved

B - Parents will be invited to join students for school meals.

B - Families will be provided with information that encourages them to teach their children about health and nutrition, and to provide nutritious meals for their families.

Guidelines In Progress

E - Nutrition information will be provided to the broader community.

Guidelines that are Not Applicable

A - Family members will be encouraged to become actively involved in programs that provide nutrition education.

E - Community members will be encouraged to become actively involved in school programs that provide nutrition education.

A - Opportunities will be provided for parents to share their healthful food practices with the school and community.

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Staff Wellness

Guidelines Achieved

B - The school will encourage each member of the staff (both certified and non-certified) to serve as a healthy role model for students.

A - The school will have a staff wellness committee to plan and implement ongoing activities for school staff that promote health and wellness.

E - At least one school-wide activity will be conducted each year that promotes staff wellness.

New Goals

E - The school's staff wellness committee will develop, promote and oversee a multi-faceted plan to promote staff health and wellness including healthful eating, physical activity and other elements of a healthful lifestyle.

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Physical Activity Guidelines

General Guidelines & Physical Education Classes

Guidelines Achieved

B - All students, including those with disabilities, special health care needs and in alternative education settings, will have the opportunity to participate in moderate to vigorous physical activity on a regularly scheduled basis each school week during the entire school year.

A - Students will receive 151-200 minutes of physical education per week.

E - During physical education classes, students will engage in moderate to vigorous physical activity at least 30 minutes per day and/or 150 minutes per week.

B - The school(s) 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.).

B - The physical education curriculum will be sequential and consistent with Kansas State Board of Education approved physical education teaching standards for Pre-Kindergarten through grade 12.

B - Physical education teachers are licensed by the Kansas State Department of Education.

B - Physical education classes will have a student/teacher ratio that is the same as other classes in the school.

B - Adequate age-appropriate equipment will be available for all students to participate in physical activity.

B - Physical activity facilities on school grounds are safe.

Guidelines that are Not Applicable

E - Students will receive more than 200 minutes of physical education per week.

Throughout the Day

Guidelines Achieved

B - Classroom health education will reinforce the knowledge and self-management skills needed to maintain a physically-active lifestyle and to reduce time spent on sedentary activities, such as watching television.

A - When circumstances make it necessary for students to remain indoors and inactive for two or more hours, the students will be given periodic breaks during which they will be encouraged to stand and be moderately active.

E - Classroom teachers will provide short physical activity breaks between lessons or classes, as appropriate.

Guidelines that are Not Applicable

E - Opportunities for physical activity will be regularly incorporated into other subject areas (i.e. math, language arts, social studies, etc.).

Punishment

Guidelines Achieved

B - Physical activity will not be used (e.g. running laps, pushups) or withheld (e.g. recess, physical education) as punishment. This guideline does not apply to extracurricular sports teams.

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Family & Community - PE

Guidelines Achieved

B - Information will be provided to help families incorporate physical activity into the lives of all household members.

A - Families and community members will be encouraged to institute programs that support physical activity, such as a walk to school program.

E - Community members will be provided access to the school's physical activity facilities outside the normal school day. School policies concerning safety will apply at all times.

Guidelines that are Not Applicable

E - School resources (such as a back-pack containing physical activity equipment) will be loaned to families to support their efforts to be physically active.

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