

# **Riverside USD 114**

## **Wellness Plan**

## **USD114 Riverside Elementary Wellness Policies**

USD 114- Riverside 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 USD 114 Riverside:

### **Policies in Place**

#### **Nutrition**

##### **General Atmosphere**

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 dining area has 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.

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

Identify content of reimbursable lunch and breakfast 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.

## **Nutrition**

Students have at least 10 minutes "seat time" to eat breakfast (not including time spent walking to and from class or waiting in line).

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 three different fruits are offered each week Two fruits per week are served fresh

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

Other Child Nutrition Programs

All meals and snacks served under USDA programs comply with all federal regulations and state policies.

## **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.

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

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 for classroom rewards parties and celebrations will not be provided within one hour before or after the end of the 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.

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#### **Nutrition Education**

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.

#### **Nutrition Education**

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.

### **Physical Activity**

#### **PE General Guidelines**

All students in grades K12, 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.

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.



### **Physical Activity**

School prohibits the use of physical activity as a punishment. Schools prohibit withholding physical activity, including recess and physical education, as punishment.

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

### **Throughout the Day**

Elementary school students have two supervised recess periods per day, totaling at least 20 minutes (not including time spent getting to and from the playground), with one being offered in the morning. Supervisory staff encourage moderate to vigorous physical activity.

School policy outlines guidance on conditions regulating indoor and outdoor recess during extreme weather conditions.

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

### **Physical 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.

Elementary students receive 60-99 minutes of physical education per week, which includes at least 40 minutes of moderate to vigorous physical 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 are offered by parents in community.

### **Family & Community - PE**

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

Information is provided on our school webpage encouraging families to teach their children about physical activity.

### **Integrated School Based Wellness**

The local school wellness policy team meets as required by KSDE.

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 wellness policy and progress toward meeting the State Model Wellness Policy are presented to the local school board and school staff.

USD114 Riverside Middle School  
Wellness Policies

USD 114 Riverside 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 USD 114 Riverside 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.

Identify content of reimbursable lunch and breakfast 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. Students have at least 10 minutes "seat time" to eat breakfast (not including time spent walking to and from class or waiting in line).

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 three different fruits are offered each week. Two fruits per week are served fresh.

Students have at least 15 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.

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 5 pm. All foods and beverages sold in schools are in compliance with USDA's Smart Snacks in School "All Foods Sold in Schools" Standards 24 hours a 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.



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

Foods and beverages for classroom rewards, parties and celebrations will not be provided within one hour before or after the end of the last lunch period.

Fundraising within the school day meets "All Foods Sold in Schools" Standards (sans the exempted fundraisers). Fundraising within the school day and until 5 pm meets "All Foods Sold in Schools" Standards (sans the exempted fundraisers). 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.

### **Nutrition Education**

Include nutrition and health posters, signage, or displays in the cafeteria food service and dining areas, classrooms, hallways, gymnasium, and/or bulletin boards.

### **Physical Activity**

### **Physical Activity General Guidelines**

All students in grades K12, 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. 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 prohibits the use of physical activity as a punishment. Schools prohibit withholding physical activity, including recess and physical education, as punishment.

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

### **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 offered.

### **Family & Community PE**

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

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

Information is provided on our school webpage encouraging families to teach their children about physical activity.

### **Integrated School Based Wellness**

The local school wellness policy team meets as required by KSDE.

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 wellness policy and progress toward meeting the State Model Wellness Policy are presented to the local school board and school staff.

## **USD114 Riverside High School Wellness Policies**

USD 114 Riverside 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 USD 114 Riverside that:

### **Policies in Place**

#### **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.

Identify content of reimbursable lunch and breakfast 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.

Students have at least 10 minutes "seat time" to eat breakfast (not including time spent walking to and from class or waiting in line).

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 three different fruits are offered each week. Two fruits per week are served fresh.

Students have at least 15 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.

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 5 pm. No energy drinks are sold on school property from midnight before to 30 minutes after the end of the official school day. All foods and beverages sold in schools are in compliance with USDA's Smart Snacks in School "All Foods Sold in Schools" Standards 24 hours a day.

USDA's Smart Snacks in School Beverage Standards for middle schools apply to high school (only 100% juice, water, milk).



### **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.

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

Foods and beverages for classroom rewards, parties and celebrations will not be provided within one hour before or after the end of the last lunch period.

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

Fundraising within the school day and until 5 pm meets "All Foods Sold in Schools" Standards (sans the exempted fundraisers).

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. (High School)

### **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

### **Nutrition Education**

Include nutrition and health posters, signage, or displays in the cafeteria food service and dining areas, classrooms, hallways, gymnasium, and/or bulletin boards.

### **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.

School prohibits the use of physical activity as a punishment. Schools prohibit withholding physical activity, including recess and physical education, as punishment.

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

### **Throughout the Day**

Structured physical activities are planned by a licensed physical education teacher and integrated into health education and one or more core subjects, such as math, science, language arts, and social sciences, as well as in non-core and elective subjects.

### **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.

High school students are provided structured physical education in at least 1 course required for graduation. 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 offered.

### **Family & Community - PE**

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

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

Community members are made aware of opportunities to access the school's indoor and outdoor physical activity facilities at specified hours.

Information is provided on our school webpage encouraging families to teach their children about physical activity.

### **Integrated School Based Wellness**

The local school wellness policy team meets as required by KSDE.

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 wellness policy and progress toward meeting the State Model Wellness Policy are presented to the local school board and school staff.