

Nutrition Guidelines- Section 1

General Guidelines

- All school food service personnel received required food safety training at a minimum of every 5 years. Continuing education training for all food service personnel meets federal and state requirements.
 - Working towards: All school food service personnel receive required food safety training at a minimum of every 3 years.
- 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 adult supervision. Food service personnel and supervisory staff use positive communication cue with students to promote consumption of foods served as part of Child Nutrition Programs. The dining area has adults who model healthy eating and encourage students to taste new and/or unfamiliar foods.
- Both elementary and middle school students are allowed to converse with one another during part of their meal time, middle school students can the entirety of their lunch period. Mealtime conversation cannot be 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. Middle school students may be seated at a separate table, but not a separate location, as deemed appropriate by their teacher for disciplinary action.
- Smarter Lunchroom techniques are used on the serving line to encourage healthy choices by the students.
- Content of what a reimbursable lunch and breakfast entail are identified near the serving line. A Kansas product is served in the school meals program weekly.

Breakfast

- All school breakfasts comply with USDA regulations and state policies.
- At least three different fruits are offered each week on three different days with a goal of one fresh fruit offered each week.
- All students have the opportunity to eat breakfast on all full school days. Grab n Go options are utilized daily.

Lunch

- All school lunches comply with USDA regulations and state policies.
- At least three different fruits are offered each week with two fruits per week served fresh.
- An additional one cup of vegetables is offered weekly from multiple vegetable subgroups through the fresh salad bar.
- Students have at least 15 minutes seat time to eat lunch not including their time spent walking to/from class or waiting in line.

All Food Sold in Schools

- All foods and beverages sold in school are in compliance with USDA's Smart Snacks in School "All Food Sold in Schools" Standards from midnight before to 30 minutes after the end of the official school day.
- No energy drinks are sold on school property. USDA's Smart Snacks in School Beverage Standards are followed with K-8 (only 100% juice, water, and low-fat milk).
- Fundraising within the school day meets USDA's Smart Snacks in School "All Foods Sold in Schools" Standards (sans the exempted fundraisers).
- Fundraising activities support nutrition, nutrition education, and physical activity messaging.

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 individual water bottles in the classroom where appropriate.
- District develops nutritional standards for non-sold food and beverages made available on school campus during the school day.
- School provides staff information on non-food rewards.
- Caffeinated beverages are not allowed in sack lunches to be consumed in the cafeteria
- No meals purchased at fast food outlets are consumed at mealtime in the cafeteria.

Nutrition Promotion and Education Guidelines- Section 2

Nutrition Promotion

- Students can provide input on foods offered in the cafeteria.
 - Working towards: Students learn about the nutrition requirements for school meals and some students are involved in helping plan menus.
- The district promotes participation in the NSLP, SBP, and to choose nutritious foods and beverages throughout the day. Menus are posted on school website, in the cafeteria, and distributed to families via email.
- The district allows marketing of only those fruits and beverages sold on the school campus during the school day that meet the requirements set forth in the Smart Snacks Rule.

Nutrition Education

- All students will have the opportunity to participate in culturally relevant participatory activities and a variety of learning experiences that support development of healthful eating habits that are based on the most recent Dietary Guidelines for Americans and evidenced-based information.

- Include nutrition education as part of physical education/health education classes and/or stand-alone courses for all grade levels, including curricula that promote skill development.
- Active learning experiences are provided such as involving students in food preparation or other hands-on activities at least once a semester.
- 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.
- Begin to 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 Guidelines- Section 3

General Guidelines

- All students in grades K - 8, 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, with grades 6-8 participating 3 times per week.
- Grades K-5 have the opportunity to have recess daily.
- District prohibits the use of physical activity as a punishment. District prohibit withholding physical activity, including recess and physical education, as punishment.
- District uses extra physical activity time as a classroom reward.

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), outdoors. Supervisory staff encourage moderate to vigorous physical activity.
- School policy outlines 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.
- 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 Education

- Physical education is taught by teachers licensed by the Kansas State Department of Education.
- Physical education teachers are licensed and participate in physical education and/or physical activity specific professional development every 2 years.

- 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.
- Elementary students receive 90-119 minutes of physical education per week, which includes at least 50% of the minutes engaged in moderate to vigorous physical activity.
- Middle school students are offered physical education at all grade levels and receive 120-149 minutes of physical education per week, which includes at least 80 minutes of moderate to vigorous intensity activity.
- Physical education curriculum encourages a multi-dimensional fitness assessment.

Before & After School

- Extracurricular physical activity programs, such as a physical activity club or intramural programs, are offered.
- Extracurricular physical activity programs, such as a physical activity club or intramural programs, are offered, with input from students, and meet the needs, interest and abilities of a diverse student body.
- Extracurricular physical activity programs, such as a physical activity club or intramural programs, are offered through partnerships with community organizations and resources.

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.

Integrated School Based Wellness Guidelines- Section 4

General Guidelines

- School staff are aware of Team Nutrition and the HealthierUS School Challenge Award opportunity.
- School staff collaborate to achieve Bronze or Silver HealthierUS School Challenge Award in at least 50% of schools. All schools are enrolled as a Team Nutrition school.
- Annually partner with local health agencies and community organizations.
- District Wellness Committee will discuss the development of a farm to school program.
- Facilitate the integration of a farm to school program and curricular activities including hands-on activities as appropriate to facilitate the nutritional and educational goals in 100% of the schools.
- Farm to school activities conducted each semester in some schools.
- Farm to school activities are integrated into some core subjects.
- The local school wellness policy committee meets at least twice per year.
- **The school wellness committee makes appropriate updates or modification to wellness policy based on assessment and an update on the progress toward meeting the State Model Wellness Policy is made available to the public, including parents, students and the community.**