



Local Wellness Policy

Table of Contents

Preface…………………..…………………………….....………………………………….. 1

Wellness Policy Committee……………………………………………………….… 2

Wellness Policy Leadership…………………….……………………….. 2

Wellness Policy Committee Members………………………………. 2

Wellness Policy Committee Responsibilities…………………....……….….. 3

Public Involvement………………………………………………..…………3

Assessments……………………………………………………………………. 3

Updates………………….……………………………………………………….. 3

Records………….…………………………………….…………………………. 3

Nutrition……………………………………………………………………….……………. 4

Nutrition Standards………………………………………………………… 5

Nutrition Education................................................................................. 5

Nutrition Promotion……………………..…………………………………. 5

Marketing……………….………………………………………………………. 6

Physical Activity……………………………………………………………………… .7

Physical Education...……………………….………………………………….7

Other Opportunities for Physical Activity........................................7

Physical Activity Promotion……...……..…………….…………………..8

Other School-Based Activities……………….……………...……………………. .8

Preface

In accordance with the Wellness Policy Committee that participates in the National School Lunch Program (NSLP) and/or School Breakfast Program (SBP) must establish a Local School Wellness Policy for all schools under its jurisdiction. The 2005 Kansas Legislature passed SB154, which is now KSA 72-5128. This law supports the federal requirement for local wellness policies by directing the Kansas State Board of Education to “develop nutrition guidelines for all foods and beverages made available to students in Kansas public schools during the school day…In developing such guidelines, particular attention shall be given to providing healthful foods and beverages, physical activities, and wellness education with the goals of preventing and reducing childhood obesity.” The state law also requires that “When establishing the wellness policy of the school district, the board of education of each district shall take into consideration the guidelines developed by the state board…” The Kansas State Board of Education approved the updated Kansas School Model Wellness Policy Guidelines in May 2017.

Wellness Policy Committee

**Wellness Policy Leadership**

Mark Penka, Superintendent USD#297

Contact: 785-332-8182

**Wellness Policy Committee Members**

Tammy Grice, Teacher & Concessions Coordinator

Contact: 785-332-8153

Delbert Schmidt, 6-12th Principal

Contact: 785-332-8153

Susan Dinkel, K-5th Principal

Contact: 785-332-8143

Leslie Steggs, Jr. /Sr. High Head Cook

Contact: 785-332-8153

Grant Wiegers, Jr. / Sr. High Health & PE Teacher & Coach

Contact: 785-332-8153

Holly Hingst, Elementary PE Teacher & Coach

Contact: 785-332-8143

Wellness Policy Committee Responsibilities

**Public Involvement**

The USD #297 Wellness Policy Committee (WPC) permits and encourages public involvement in WPC development, implementation, updates, and reviews. Therefore, the school WPC invites a variety of stakeholders within the general public to participate in WPC processes. The following methods of communication will be utilized to notify the general public of the opportunity to participate in these processes:

* Remind App – push out announcements
* USD297.org website
* St. Francis Herald – local newspaper

**Updates**

The WPC must update the local wellness policy as appropriate in order to fit the needs and goals of the WPC. The local school board shall make the following available to the public:

* The local wellness policy, including any updates to the policy on a yearly basis
* Staff wellness activities and training may include components of the Whole School, Whole Community, and Whole Child Model.

Through the following channels:

* Remind app – push out announcements
* USD297.org website
* St. Francis Herald – local newspaper

**Records**

The local school board shall maintain a record of the local wellness policy. This includes keeping a copy of the current wellness policy on file and maintaining documentation of the following actions:

* The most recent assessment of the policy
* Availability of the wellness policy and assessments to the public
* Reviews and revisions of the policy, including the individuals involved and the efforts made to notify stakeholders of their ability to participate in the process

Nutrition

The WPC recognizes the important role nutrition plays in academic performance as well as overall quality of life. The National Education Association references numerous articles supporting the effects of nutrition on the classroom, for example, hunger often has a negative impact on students’ success, attendance, and behavior.

According to the Centers for Disease Control and Prevention, approximately 18.5 percent of the nation’s youth was considered obese in 2017-18. This percentage increased 1.3 percent when compared to the previous year. Conversely, 15.7 percent of American families experienced food hardship in 2017. Through participation in the U.S. Department of Agriculture’s School Nutrition Programs, the local school board commits to serving nutritious meals to students in order to prevent both overconsumption of nutrient-poor foods and food insecurity to give students the best chance to succeed inside and outside the classroom.

**Nutrition Standards**

Meals

All reimbursable meals served for the purposes of the National School Lunch Program (NSLP) and School Breakfast Program (SBP) must meet or exceed USDA nutrition standards and regulations. This includes meeting standards for each of the meal pattern components (i.e., Grains, Meat/Meat Alternatives, Fruits, Vegetables, and Milk) as well as meeting or exceeding the limitations set for calories, sodium, saturated fat, and trans fat.

Competitive Foods

All competitive foods and beverages sold must comply with the USDA Smart Snacks in Schools nutrition standards (7 CFR 210.31(c) (3) (iii)). Competitive foods and beverages refer to those that are sold to students outside the reimbursable meal on the school campus (i.e. locations on the school campus that are accessible to students) during the school day (i.e. the midnight before to 30 minutes after the end of the school day). This includes but is not limited to, the vending machines.

Other Foods and Beverages

1. The following policy refers to all foods and beverages provided, but not sold to students. The WPC will prohibit the use of food as a reward or as part of a celebration. Providing alternatives to food as a reward promotes healthier habits by reducing exposure to less nutritious food items and, therefore, the amount of calorie-dense food items consumed (e.g. cakes, cookies, candy, etc.). This helps children develop improved food preferences and hunger cues to carry them throughout life. Instead, schools will implement the following methods for rewards and celebrations:
2. The following policy refers to all foods and beverages provided, but not sold to students. The WPC will prohibit food and beverage items that do not meet Smart Snacks nutrition standards for reward and celebration purposes. More than 25 percent of children’s daily calories may come from snacks, therefore, providing Smart Snacks allows for a more nutrient-dense calorie intake.

Fundraisers

1. All fundraisers promoting food and/or beverage items that are held on school campus (i.e. locations on the school campus that are accessible to students) during the school day (i.e. the midnight before to 30 minutes after the end of the school day) must meet Smart Snacks nutrition standards.

The school shall also utilize non-food fundraisers to promote healthy habits and well-being. The school will implement the following non-food fundraising ideas:

1. Fundraisers promoting food and/or beverage items that are held on school campus (i.e. locations on the school campus that are accessible to students) during the school day (i.e. the midnight before to 30 minutes after the end of the school day) must meet Smart Snacks nutrition standards. However, the local school board may participate in infrequent exempted fundraising days, in which food and beverage items do not meet Smart Snacks standards, as the WPC sees fit. These exempted fundraising days shall not exceed nine days within one year.

**Nutrition Education**

In accordance with the Kansas State Board of Education, the local wellness policy shall meet all Kansas requirements and standards for Health Education. The local wellness policy shall include nutrition education within the health education curriculum and integrate nutrition education into other core subjects, as appropriate. Various grade levels and curriculums shall use nutrition education information, research, and materials from the following resources:

* + Dietary Guidelines for Americans
  + MyPlate
  + Team Nutrition
  + Smarter Lunchroom
  + Smart Snacks in School

**Nutrition Promotion**

The District shall implement nutrition promotion techniques through multiple channels, including the cafeteria, classroom, and home.

The District shall make cafeteria menus and nutrition information available through the following platforms:

* Remind App – push out announcements
* USD297.org - school website
* St. Francis Herald – local newspaper

**Marketing**

1. The WPC will prohibit the marketing and advertising of all foods and beverages that do not meet Smart Snacks nutrition standards on the school campus (i.e. locations on the school campus that are accessible to students) during the school day (i.e. the midnight before to 30 minutes after the end of the school day). The marketing standards described above apply, but are not limited to, oral, written, and graphic statements made for promotional purposes. Items subject to marketing requirements include, but are not limited to, posters, menu boards, vending machines, coolers, trash cans, scoreboards, and other equipment. This policy does not require schools to immediately replace equipment that does not meet this requirement; however, the District shall implement these standards as equipment needs replaced in the future.
2. The WPC will prohibit the marketing and advertising of all foods and beverages on the school campus (i.e. locations on the school campus that are accessible to students) during the school day (i.e. the midnight before to 30 minutes after the end of the school day). The marketing standards described above apply, but are not limited to, oral, written, and graphic statements made for promotional purposes. Items subject to marketing requirements include, but are not limited to, posters, menu boards, vending machines, coolers, trash cans, scoreboards, and other equipment. This policy does not require schools to immediately replace equipment that does not meet this requirement; however, the District shall implement these standards as equipment needs replaced in the future.

Physical Activity

Physical activity is a key component of the health and well-being of all students. Physical activity lowers the risk for certain diseases, including obesity, heart disease, and diabetes. Physical activity also helps improve brain function, allowing students to perform better in school.

The Centers for Disease Control and Prevention recommends adolescents get at least 60 minutes of physical activity five days per week. Nearly 79 percent of school-age children fall short of meeting this requirement. The local school board recognizes this connection and commits to promoting and providing opportunities for physical activity during and outside the school day.

**Physical Education**

In accordance with the Kansas Learning Standards, the local wellness policy shall meet all Kansas requirements and standards for Physical Education. The WPC shall offer Physical Education class to:

* Elementary Students – receive 150+ minutes of physical education per week, which includes at least 50% of the minutes engaged in moderate to vigorous physical activity.
* Jr. High Students – offered physicals education at all grade levels and receive 150+ minutes of physical education per week, which includes at least 50% of the minutes engaged in moderate to vigorous physical activity.
* Sr. High Students – are provided structured physical education in at least 2 courses required for graduation.
* 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.

**Other Opportunities for Physical Activity**

The District shall include additional physical activity opportunities, outside of Physical Education class, during the school day through the following:

* Recess – two supervised recess periods totaling at least 30 minutes.
* Accredited Reader Recognition playground time
* 30 minutes before and 30 minutes after school day

The following opportunities for participation in school-based sports shall be offered to students each year:

* Football – 9-12th grade boys M-TH 4:00 p.m. – 6:00 p.m. practice; Fridays: 7:00 p.m. – 9:00p.m. games
* Volleyball – Jr. High girls M, T, W, F 2:00 p.m. – 3:30 p.m. practice; Thursday – game day 4:00 p.m. – 7:00 p.m. and some Saturdays for tournaments 6 hours.

Volleyball – Sr. High girls M, W, F 4:00 p.m. – 6:00 p.m. practice; T & TH games 6 hours; some Saturdays for tournaments 6 hours.

* Basketball – Jr. High boys and girls M, T, W, F 2:00 p.m. – 3:30 p.m. practice; Thursday games – 4:00 p.m. – 7:00 p.m.

Sr. High boys and girls; M, W, TH 4:00 p.m. – 6:00 p.m. practice; Tuesdays and Fridays games – 4:00 p.m. – 9:00 p.m. games

* Wrestling – Sr. High boys; M,T,W,TH 4:00 p.m. – 6:00 p.m. practice; Fridays 6:00 p.m. – 8:00 p.m. matches; some Saturday tournaments 6-8 hours
* Track – Jr. High boys and girls; Jr. High practice 2:00 p.m. – 3:20 p.m. M, T, W, F; meets on Thursdays 10:00 a.m. – 3:00 p.m.

Sr. High boys and girls; practice 4:00 p.m. – 6:00 p.m. M, T, W, TH practice; Friday meets 3:00 p.m. – 7:00 p.m.

* Boys Sr. High Golf – 4:00 p.m. – 6:00 p.m. practice T, W, TH, F; Monday tournaments 9:00 a.m. – 2:00 p.m.

**Physical Activity Promotion**

The District shall promote physical activity through the participation in the following initiative(s):

* Fuel Up to Play 60
* All Children Exercise Simultaneously

Other School-Based Activities

Just as it takes a comprehensive curriculum to provide education to support students’ futures, the WPC wellness approach must also be comprehensive in its intent to provide students with the tools they need to live a healthy lifestyle. In order to further establish positive behaviors related to nutrition, physical activity, and health, the WPC commits to making additional wellness-based activities available to all students beyond the cafeteria and gymnasium.

The WPC shall offer other school-based activities to support student health and wellness, including coordinated events and clubs. The following events shall be organized and promoted each year:

* School Health Screenings – September
* Sports Physicals – May
* School Health Fair - Spring