

USD #377 ATCHISON COUNTY COMMUNITY SCHOOLS WELLNESS POLICY

Purpose:

The USD 377 Health/Wellness Committee's mission is to address the wellness needs of the Atchison County Community School District students and staff, making appropriate recommendations to the Board of Education as to the entire school health and wellness program of the district.

The Committee will assess and evaluate current district programs and policies and develop a Wellness Policy that provides the rationale, goals and standards for the activities that our district will implement to promote healthy lifestyles among students and staff.

Setting Nutrition Education Goals

- Students in grades pre-K-12 receive nutrition education that is interactive and teaches the skills they need to adopt healthy eating behaviors.
- Nutrition education is offered in the school dining room as well as in the classroom, with coordination between the foodservice staff and teachers.
- Students receive consistent nutrition messages throughout schools, classrooms, cafeterias, homes, community and media
- District health education curriculum standards and guidelines include both nutrition and physical education.
- Nutrition is integrated into the health education or core curricula (e.g., math, science, language arts).
- Schools link nutrition education activities with the coordinated school health program.
- Staff who provide nutrition education have appropriate training.
- Schools are enrolled as Team Nutrition Schools, and they conduct nutrition education activities and promotions that involve parents, students, and the community.

Setting Physical Activity Goals

- Students are given opportunities for physical activity during the school day through physical education (PE) classes, daily recess periods for elementary school students, and the integration of physical activity into the academic curriculum.
- Students are given opportunities for physical activity through a range of before-and/or after-school programs.
- Schools work with the community to create ways for students to walk or bike safely to and from school when feasible.
- Schools encourage parents and guardians to support their children's participation in physical activity, to be physically active role models, and to include physical activity in family events.
- Schools provide training to enable teachers, and other school staff to promote enjoyable, lifelong physical activity among students.

Establishing Nutrition Standards for All Foods Available on School Campus during the School Day

- The school district sets guidelines for foods and beverages in a la carte sales in the food service program on school campuses.
- The school district sets guidelines for foods and beverages sold in vending machines on school campuses.
- The school district sets guidelines for foods and beverages sold as part of school-sponsored fundraising activities.
- The school district sets guidelines for refreshments served at parties, celebrations, and meetings during the school day.
- The school district makes decisions on these guidelines based on nutrition goals, not on profit making.

Guidelines for Nutrition Education

- All students in grades K-12, including students with disabilities, special health-care needs and in alternative education settings, have the opportunity to participate in a variety of learning experiences that support development of healthful eating habits.

Classroom

- The nutrition education curriculum is sequential and consistent with the current Kansas State Board of Education approved health education teaching standards for pre-kindergarten through grade 12.
- Nutrition education is taught by a teacher licensed by the Kansas State Department of Education or under the direct supervision of such a teacher.
- At least 5 hours of classroom nutrition education are provided each year for all students as part of a comprehensive health education curriculum that focuses on understanding the relationship between personal behavior and health.

Cafeteria

- Attractive, current nutrition education materials are prominently displayed in dining areas and are changed periodically.

Guidelines for Physical Activities

- All students in grades K-12, including students with disabilities, special health-care needs and in alternative education settings have the opportunity to participate in moderate to vigorous physical activity on a regularly scheduled basis each school week during the entire school year.

Physical Education Classes

- Students receive no less than 100 minutes of physical education per week.
- During physical education classes, students engage in moderate to vigorous physical activity at least 20 minutes per day and/or 100 minutes per week.
- The school provides a physical and social environment that encourages safe and enjoyable physical activity for all students.
- 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 teachers are licensed by the Kansas State Department of Education.
- Physical education classes have the same student/teacher ratio as the other classes in school.
- Adequate age-appropriate equipment is available for all students and the school grounds are safe.

Punishment

- Physical activity is not used or withheld as punishment. This guideline does not apply to extracurricular sports teams.

Recess

- Elementary school students have at least 20 minutes a day of supervised recess, preferably outdoors.

Family & Community

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

Guidelines for Nutrition

Meals

- All school meals comply with USDA regulation and state policies
- Students have at least 10 minutes to eat breakfast and at least 15 minutes to eat lunch. This does not include time spent walking to/from class or waiting in line.
- Dining areas are kept clean, orderly and have an attractive appearance.
- Adequate seating is available.
- Adequate supervision is provided.
- Students are allowed to converse with other students.
- All schools have a closed lunch period.

Breakfast

- Pre-packaged cereals – 50% has 35% or less of weight from total sugar and has 1 g. or more fiber per serving.
- Whole grains are served at least 2 days a week.
- Fresh, canned or frozen fruit is served every day.
- Low-fat (1% or ½%) and/or skim milk are offered everyday.

Lunch

- Entrée with total fat of 16 g. or less per serving is offered at least 3 days per week.
- At least 3 choices of fruits and vegetables are offered daily.
- Fresh fruits or vegetables are offered at least 3 times a week.
- At least 10 different fruits and vegetables are offered monthly.
- Whole grain foods are offered at least 3 times a week.
- Low-fat (1% or ½%) and/or skim milk are offered daily.
- Salad dressings contain 12 g. or less of fat per ounce.
- Desserts with 5 g. of fat per serving are offered no more than 2 times per week.

Ala-carte & Vending Foods

- The same portion size of any food is served in National School Lunch Program or State Breakfast Program.
- All vending foods and beverages are sold in compliance with USDA regulations prohibiting the sale of “foods in minimal nutritional value” where school meals are served or eaten during the meal period. All vending machines are to be off during the school day unless the food contents meet the National Nutrition guidelines.
- Canned and fresh fruits and vegetables are offered daily.
- Yogurt is offered daily.
- At least 50% of items offered meet all the following guidelines per serving: **Fat** – Except for nuts, seeds and nut butters, 35% or less of total 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
- Beverages – water, low-fat (1% or ½%) and/or skim milk and 30% - 100% juice.

During the School Day

- Students are encouraged to have individual water bottles in the classroom.
- Food and beverages for classroom rewards, parties and celebrations will meet the same guidelines as the ala-carte and vending foods and beverages and will not be provided until at least one hour after the end of the last lunch period. Suggestions for alternatives for classroom rewards are encouraged. See attached list.
- At least 50% of the fundraising activities will not involve the sale of food and/or beverages.

- Fundraising activities involving the sale of food or beverages will not take place during the school day.
- Parents, teachers and organizations are informed about the guidelines and are encouraged to follow them.

After School Programs

- “Snack” means 2 or more items that are served as a unit. On at least 3 days of the week, snacks meet the following standards.
- **Fat** – Except for nuts, seeds and nut butters, not more than 35% of total calories from fat (or less than 4 g. per 100 calories)
- **Sugar** – Except for fruit (without added sugar) and milk, not more than 35% of weight from total sugar (or less than 9 g. per 100 calories)
- Have fruit or yogurt at least 3 times a week.

Guidelines for Tobacco Use

GAOC Use of Tobacco Products in School Buildings

GAOC

The use of tobacco products in any form is prohibited in any school buildings, owned, leased or rented by the district used for pupil attendance purposes. The use of tobacco products in any form is prohibited in any school vehicle. (See JCDA)

Adopted: USD 377 BOE – 7/11/05

GAOC USE OF TOBACCO PRODUCTS ON SCHOOL PROPERTY GAOC-2

Use of tobacco products in buildings owned and/or operated by the school district is prohibited. Use of tobacco products in the bleachers and on the track at Tiger stadium and on athletic fields owned and/or operated by the district is prohibited.

Administrative Implemental Procedures:

1. Use of tobacco products is prohibited in all buildings.
2. Use of tobacco products is prohibited in the seating areas and bleachers at Tiger stadium and on all athletic fields.
3. Smoking will be permitted in areas not in the bleachers or on the track and away from spectators.
4. Signs indicating No Smoking will be installed near the main entrances to all buildings and on all stadium and athletic field bleachers used for seating.
5. Principals will designate areas on sites outside buildings where smoking will be permitted by individuals attending evening school activities and members or groups renting facilities.

Adopted: USD 377 BOE – 11/08/05

JCDA Tobacco Use (See GAOC)

JCDA

Smoking by students and/or the possession and use of any other tobacco product is prohibited in any attendance center, at school-sponsored events or on school property.

Administrators may report students who are in violation of this policy to the appropriate law enforcement agency.

Approved: KASB Recommendation 7/96; 9/97

Monitor & Review

Monitor

- In each school, the principal will ensure compliance with the policies that affect his or her school and will report the school's compliance to the district superintendent and the chairman of the wellness committee annually.
- School food service staff will ensure compliance with the nutrition policies within school food service areas and report this matter to the superintendent and the chairman of the wellness committee annually. In addition, the school district will report on the most recent USDA School Meals Initiative review findings and any resulting changes.
- The superintendent will provide a summary report yearly to the school board.

Review

- The wellness committee will review the policy at the end of each school year. The committee will, as necessary, revise the wellness policy and will allow input from the site councils, student councils and board members.

USDA Regulations and Policies for School Breakfast and Lunch

Breakfast:

- Milk – 8 fluid oz.
- Juice/Fruit/Vegetables – ½ cup
- Grains/Breads
 - 1 slice bread – whole grain
 - 1 serving – biscuit, roll, muffin, etc.
 - ¾ cup or 1 oz – whole grain, enriched, or fortified cereal
- Meat or Meat Alternative
- Meat, poultry or fish – 1 oz
- Alternative protein products – 1 oz
- Cheese – 1 oz
- Large egg – ½
- Peanut butter or other nut or seed butters – 2 TBSP
- Nuts or seeds – 1 oz
- Yogurt, plain or flavored, sweetened or unsweetened – 4 oz or ½ cup

Lunch:

- Milk – 8 fluid oz
- Fruits/Vegetables – ¾ cup plus extra ½ cup per week (K-6); and extra 1 cup per week (7-12)
- Grain/Breads
 - Must be enriched or whole grain
 - A unit is a slice of bread and/or equivalent serving of biscuits, rolls, etc. or ½ cup of cooked rice, macaroni, noodles, other pasta products or cereal grains
 - 12 units per week (K-6)
 - 15 units per week (7-12)
- Meat or Meat Alternative
 - Meat, poultry or fish – 2 oz
 - Cheese – 2 oz
 - Large Eggs – 1
 - Cooked dry beans or peas – ½ cup
 - Peanut butter or other nut or seed butters – 4 TBSP
 - Nuts or seeds – 1 oz
 - Yogurt, plain or flavored, sweetened or unsweetened – 1 cup

Ideas for Classroom Snacks

Low-fat milk (plain or flavored)
100% juice
Water (non-caloric; flavored)
Fresh fruit with yogurt dipping sauce
Apples with low-fat caramel dip
Fruit and cheese kabobs
Fruit with whipping topping
100% fruit snacks
Vegetable with low-fat dip
Celery sticks with peanut butter
String Cheese
Low-fat pretzels or popcorn
Graham or animal crackers
Pizza with low-fat toppings
Sandwiches – ham, turkey, cheese (low-fat condiments)
Low-fat pudding cups
Low-fat yogurt
Yogurt smoothies
Yogurt parfaits
Quesadillas with sauce
Granola bars or breakfast bars
Trail mix or cereal mixes
Angel food cake with fruit toppings
Nuts and seeds

Suggestions for Classroom Rewards

Zero Cost Alternatives

- Sit at teacher's desk
- Sit by friends
- Eat lunch with teacher/principal
- Make delivery to office
- Be classroom helper
- No homework pass
- Read outside
- Extra recess time
- Class walking break
- Listen/dance to music
- Free choice time
- Game time
- Listen to book on tape
- Extra computer time
- Teacher performs a skill (sing, dance, etc.)
- Teacher reads a special book to class

Low Cost Alternatives

- Books
- Enter drawing for donated prizes
- Stickers
- School supplies
- Trading cards
- Trip to treasure box
- Coloring books
- Art supplies
- Physical activity equipment

Suggestions for Providing Nutrition Education

In the regular classroom Nutrition Education often includes reading recipes and preparing food, it can be an interactive approach to reinforcing the reading and math skills children are learning during the school day.

Resources:

Diane Nielson, Atchison County Home Economist
Extension Office, Effingham
Phone: 913-833-5450

Kansas NSLP, CACFP, SFSP
Kansas State Board of Education Nutrition Services
Phone: 785-296-2276

Curricula available:

The Power of Choice: Helping Youth Make Healthy Eating and Fitness Decisions. Order from USDA, www.fns.usda.gov/tn.

Exploring the Food Pyramid with Professor Popcorn. For more information, visit www.cfs.purdue.edu/extension/html/efnep_pp.html.

There's a Rainbow on My Plate. Visit

www.5aday.com/html/educators/educators_home.php# and www.dole5aday.com.

Hands-On Health: The Activity Guidebook for Working with Teens. Visit www.foodplay.com.

Cooking with Kids. Contact Lynn Walters at www.walters@osogrande.com

Chef Combo's Fantastic Adventures: Pyramid Café; Pyramid Explorations. Visit National Dairy Council web site at www.NutritionExplorations.org

I'm a Healthy Kid (coloring book); Plan-it Snack; Food Guide Pyramid Activities (with food group stickers). Visit www.eatsmart.org.

Generation Fit. Visit www.cancer.org/docroot/PED/content/PED_1_5X_Generation_Fit.asp.

Nutra-Net, Inc. Visit www.nutra-net.org.

There are items for loan from the National Agricultural Library/USDA which include food models, games, kits, videocassettes, and lesson plans. Questions concerning eligibility or borrowing items, call (301)504-5755 for assistance.