D0423 - Moundridge
Middle School Wellness Policies

D0423 - Moundridge 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 D0423 - Moundridge that:

Policies in Place

Nutrition

General Guidelines

All school food service personnel receive food safety training annually.

The food service area is clean, orderly, and has an inviting atmosphere that encourages meal consumption.

The dining area had 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.

The students are allowed to converse during the entirety of the meal time.

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

Students are not being disciplined by separating from other students in the dining area.

Students are not being disciplined by being seated in a separate location.

Content of reimbursable lunch and breakfast is identified 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 the opportunity to eat breakfast.

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 20 minutes "seat time" to eat lunch not including time spent walking to/from class or waiting in line.

Students are offered recess before lunch and at least 20 minutes seat time to eat.

Nutrition

All Food Sold in Schools

All food and beverages 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 food and beverages 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 5 pm after the end of the official school day.

Fundraising within the school day meets USDA's Smart Snacks in School "All Foods Sold in Schools" Standards (sans the exempted fundraisers).

Fundraising within the school and until 5 PM meets USDA's Smart Snacks in School "All Foods Sold in Schools" Standards (sans the exempted fundraisers).

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 have clear/translucent individual water bottles in the classroom where appropriate.

Non-sold foods and beverages meet Smart Snacks in School "All Foods Sold in Schools" Standards The focus of classroom celebrations is not on food.

Nutrition Education

Nutrition Promotion

District 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.

District allows marketing (oral, written, or graphics) of only those foods and beverages sold on the school campus during the school day that meet the requirements set forth in the Smart Snacks Rule (Schools are not required to allow food or beverage marketing on campus).

District allows marketing (oral, written, or graphics) of only those foods and beverages sold on the school campus during the school day that meet the requirements set forth in the Smart Snacks Rule on the school campus during school activities.

District allows marketing (oral, written, or graphics) of only those foods and beverages sold on the school campus during the school day that meet the requirements set forth in the Smart Snacks Rule on the school campus at all times.

Nutrition Education

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 classroom learning experiences are provided such as involving students in food preparation or other hands-on activities at least once a semester.

Active classroom learning experiences are provided such as involving students in food preparation or other hands-on activities at least once each quarter.

Integrated School Based Wellness

General Guidelines

Annual staff wellness activities and/or professional development opportunities related to nutrition, physical activity, mental health, and abstaining from tobacco and e-cigarettes are provided to encourage school staff to serve as healthy role models. Staff wellness activities and training may also include additional components of the Whole School, Whole Community, Whole Child Model .

The local school wellness policy committee meets at least twice per year.

Physical Activity

General Guidelines

All students in grades K - 12 have the opportunity to participate in moderate to vigorous physical activity at least 2 times per week during the entire school year.

All students in grades K - 12 have the opportunity to participate in moderate to vigorous physical activity 3 or more times per week during the entire school year.

All students in grades K - 12 have the opportunity to participate in moderate to vigorous physical activity every day during the entire school year.

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

District encourages extra physical activity time as an option for classroom rewards.

District uses extra physical activity time as a classroom reward.

Throughout the Day

Professional development on integrating physical activithy into core/non-core subjects is provided to licensed physical education teachers, shcool nurses, and building administrators.

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.

District offers lifetime sports and fitness classes/opportunities.

Physical education curriculum encourages a multi-dimensional fitness assessment.

Before & After School

An assessment on walking and/or biking to school has been completed to determine safety and feasibility.

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.

D0423 - Moundridge
Middle School Wellness Policies

The following Wellness Policies are in the process of being developed:

Developing Policies

Nutrition

During the School Day

Schools begin incorporating non-food rewards.

Food is not used as a reward in district schools unless the food meets Smart Snacks in School "All Foods Sold in Schools" Standards

Integrated School Based Wellness

General Guidelines

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.

Each semester provide staff wellness activities and/or professional development opportunities related to nutrition, physical activity, mental health, and abstaining from tobacco and e-cigarettes are provided to encourage school staff to serve as healthy role models. Staff wellness activities and training may also include additional components of the Whole School, Whole Community, Whole Child Model .

Each semester, offer district-sponsored wellness family activities that address one or more components of the Whole School, Whole Community, Whole Child Model.

The local school wellness policy committee or subcommittee(s) meets at least once per quarter.

Physical Activity

Throughout the Day

Structured physical activity opportunities, in addition to physical education and recess (where applicable), are offered to all students at least 2 times daily. School staff are encouraged to participate.

Professional development on integrating physical activity into core/non-core subjects is provided to most staff.

Physical Education

Middle school students are offered physical education at all grade levels and receive 150+ minutes of physical education per week, which includes at least 100 minutes of moderate to vigorous intensity activity.

The following students, parents, classroom teachers, food service professionals, physical education teachers, health professionals, administrators, school board members and other interested community members are engaged in developing, implementing, monitoring, reviewing and making the district wide wellness policies available to the public:

HIlarie Hecox, Chairperson
Les Schrag
Vance Unrau
Ali Herbel
Melissa Helms
Lynn Eichelberger
Sarah Willis
Shelby Graber
Cara Craig
Jean Cutting