

# D0385 - Andover

## Elementary Wellness Policies

D0385 - Andover 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 D0385 - Andover that:

### Policies in Place

#### Nutrition

##### General Guidelines

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.

All school food service personnel receive required food safety training at a minimum of every 3 years.

All school food service personnel receive food safety training annually.

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 adequate 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 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.

Content of reimbursable lunch and breakfast is identified near or at the beginning of the serving line(s).

One or more Kansas food products served as a part of the school meals program and identified at the beginning of the serving line each week.

##### 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.

At least five different fruits are offered each week. At least two fruits per week are to be 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.

One additional 1/2 cup\* vegetable offering weekly from any of three vegetable subgroups (dark-green, red/orange, dry beans and peas).

An additional 1 cup\* vegetable offering weekly from any of three vegetable subgroups (dark-green, red/orange, dry beans and peas).

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

## **Nutrition**

### **Lunch**

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

### **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.

No energy drinks are sold on school property from midnight before to 30 minutes after the end of the official school day.

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).

### **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 where appropriate.

## **Nutrition Education**

### **Nutrition Promotion**

Students provide input on foods offered in the cafeteria.

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).

### **Nutrition Education**

All students in grades K-12 will have the opportunity to participate in culturally relevant participatory activities, as appropriate, 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 evidence-based information.

District administrators inform teachers and other school personnel about opportunities to participate in professional development on nutrition and teaching nutrition.

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.

Offer information to families at least once per semester that encourages them to teach their children about health, nutrition and agriculture education and assists them in planning nutritious meals for their families.

Offer information to families at least once per quarter that encourages them to teach their children about health, nutrition, and agriculture education and assists them in planning nutritious meals for their families.

Offer information to families at least once per month that encourages them to teach their children about health, nutrition, and agriculture education and assists them in planning nutritious meals for their families.

## **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.

## **Physical Activity**

### **General Guidelines**

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

### **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), preferably 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.

### **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.

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.

The school has developed a walk and/or bike to school plan and encourages students to walk and/or bike to school based on safety and feasibility assessment.

### **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**

### **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.

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](#).

Annually partner with local health agencies and community organizations.

Each semester, partner with local health agencies and community organizations.

Quarterly, partner with local health agencies and community organizations.

Farm to school activities conducted annually in one or more schools.

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

**Integrated School Based Wellness**

# **D0385 - Andover**

## **Elementary Wellness Policies**

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

### **Developing Policies**

#### **Nutrition**

##### **Breakfast**

District offers at least 15 minutes "seat time" to eat breakfast (not including time spent walking to and from class or waiting in line) or Grab n Go breakfast options are available.

#### **Nutrition Education**

##### **Nutrition Education**

The Wellness Committee, teachers and other school personnel participate in nutrition education-related professional development at least once a year.

#### **Physical Activity**

##### **Throughout the Day**

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

Students that participate in indoor recess are provided moderate to vigorous physical activity opportunities.

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

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:

Jill Lachenmayr, Chairperson

Bonnie Scarth

Richard Bell

Kelli Bamford

Lisa Smith

Dana Matheny

Aaron Miller

# D0385 - Andover

## High School Wellness Policies

D0385 - Andover 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 D0385 - Andover that:

### Policies in Place

#### Nutrition

##### General Guidelines

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.

All school food service personnel receive required food safety training at a minimum of every 3 years.

All school food service personnel receive food safety training annually.

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 adequate 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.

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.

Content of reimbursable lunch and breakfast is identified near or at the beginning of the serving line(s).

One or more Kansas food products served as a part of the school meals program and identified at the beginning of the serving line each week.

##### 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.

At least five different fruits are offered each week. At least two fruits per week are be 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.

One additional 1/2 cup\* vegetable offering weekly from any of three vegetable subgroups (dark-green, red/orange, dry beans and peas).

An additional 1 cup\* vegetable offering weekly from any of three vegetable subgroups (dark-green, red/orange, dry beans and peas).

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

## **Nutrition**

### **Lunch**

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

### **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.

Fundraising within the school day 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 are allowed to have clear/translucent individual water bottles in the classroom where appropriate.

## **Nutrition Education**

### **Nutrition Promotion**

Students provide input on foods offered in the cafeteria.

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).

### **Nutrition Education**

All students in grades K-12 will have the opportunity to participate in culturally relevant participatory activities, as appropriate, 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 evidence-based information.

District administrators inform teachers and other school personnel about opportunities to participate in professional development on nutrition and teaching nutrition.

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.

Offer information to families at least once per semester that encourages them to teach their children about health, nutrition and agriculture education and assists them in planning nutritious meals for their families.

Offer information to families at least once per quarter that encourages them to teach their children about health, nutrition, and agriculture education and assists them in planning nutritious meals for their families.

Offer information to families at least once per month that encourages them to teach their children about health, nutrition, and agriculture education and assists them in planning nutritious meals for their families.

## **Physical Activity**

### **Throughout the Day**

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

### **Physical Education**

Physical education is taught by teachers licensed by the Kansas State Department of Education.



## **Physical Activity**

### **Physical 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.

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

Additional opportunities for physical education as an elective are offered.

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.

The school has developed a walk and/or bike to school plan and encourages students to walk and/or bike to school based on safety and feasibility assessment.

### **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**

### **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.

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](#) .

Annually partner with local health agencies and community organizations.

Each semester, partner with local health agencies and community organizations.

Quarterly, 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 50% of the schools.

Farm to school activities conducted annually in one or more schools.

Farm to school activities conducted each semester in one or more schools.

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

# **D0385 - Andover**

## **High School Wellness Policies**

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

### **Developing Policies**

#### **Nutrition**

##### **Breakfast**

District offers at least 15 minutes "seat time" to eat breakfast (not including time spent walking to and from class or waiting in line) or Grab n Go breakfast options are available.

#### **Nutrition Education**

##### **Nutrition Education**

The Wellness Committee, teachers and other school personnel participate in nutrition education-related professional development at least once a year.

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.

#### **Physical Activity**

##### **Throughout the Day**

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

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:

Jill Lachenmayr, Chairperson

Bonnie Scarth

Richard Bell

Kelli Bamford

Lisa Smith

Dana Matheny

Aaron Miller

# **D0385 - Andover**

## **Middle School Wellness Policies**

D0385 - Andover 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 D0385 - Andover that:

### **Policies in Place**

#### **Nutrition**

##### **General Guidelines**

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.

All school food service personnel receive required food safety training at a minimum of every 3 years.

All school food service personnel receive food safety training annually.

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 adequate 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 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.

Content of reimbursable lunch and breakfast is identified near or at the beginning of the serving line(s).

One or more Kansas food products served as a part of the school meals program and identified at the beginning of the serving line each week.

##### **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.

At least five different fruits are offered each week. At least two fruits per week are to be 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.

One additional 1/2 cup\* vegetable offering weekly from any of three vegetable subgroups (dark-green, red/orange, dry beans and peas).

An additional 1 cup\* vegetable offering weekly from any of three vegetable subgroups (dark-green, red/orange, dry beans and peas).

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

## **Nutrition**

### **Lunch**

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

### **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.

No energy drinks are sold on school property from midnight before to 30 minutes after the end of the official school day.

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).

### **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 where appropriate.

## **Nutrition Education**

### **Nutrition Promotion**

Students provide input on foods offered in the cafeteria.

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).

### **Nutrition Education**

All students in grades K-12 will have the opportunity to participate in culturally relevant participatory activities, as appropriate, 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 evidence-based information.

District administrators inform teachers and other school personnel about opportunities to participate in professional development on nutrition and teaching nutrition.

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.

Offer information to families at least once per semester that encourages them to teach their children about health, nutrition and agriculture education and assists them in planning nutritious meals for their families.

Offer information to families at least once per quarter that encourages them to teach their children about health, nutrition, and agriculture education and assists them in planning nutritious meals for their families.

Offer information to families at least once per month that encourages them to teach their children about health, nutrition, and agriculture education and assists them in planning nutritious meals for their families.

## **Physical Activity**

### **Throughout the Day**

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

## **Physical Activity**

### **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.

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**

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

The school has developed a walk and/or bike to school plan and encourages students to walk and/or bike to school based on safety and feasibility assessment.

### **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**

### **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.

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](#) .

Annually partner with local health agencies and community organizations.

Each semester, partner with local health agencies and community organizations.

Quarterly, partner with local health agencies and community organizations.

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

# **D0385 - Andover**

## **Middle School Wellness Policies**

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

### **Developing Policies**

#### **Nutrition**

##### **Breakfast**

District offers at least 15 minutes "seat time" to eat breakfast (not including time spent walking to and from class or waiting in line) or Grab n Go breakfast options are available.

#### **Nutrition Education**

##### **Nutrition Education**

The Wellness Committee, teachers and other school personnel participate in nutrition education-related professional development at least once a year.

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.

#### **Physical Activity**

##### **Throughout the Day**

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

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:

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