

USD 232 Wellness Plan

Approved by the Board of Education – August 2018

NUTRITION

SCHOOL MEALS

All schools will provide breakfast and lunch through the USDA School Meal Programs. All school meals are required to meet or exceed specific standards set forth by the USDA.

Barriers to student participation in the Child Nutrition programs will be eliminated:

- Building administrators will ensure that students have at least 10 minutes to eat breakfast and at least 15 minutes to eat lunch; from the time they receive their trays.
- The cafeteria is clean, orderly and inviting.
- Adequate seating is available to accommodate all students served during each meal.
- Adequate supervision is provided in the dining area.
- Students are allowed to appropriately converse with one another while they eat their meals.
- Nutritional menu resources are available online at: <http://usd232.nutrislice.com/>
- Substitutions are provided for students with medical disabilities identified by a licensed physician.
- The Department of Student Nutrition will develop and publicize monthly menus online at: <http://usd232.nutrislice.com/>
- The daily menu will be posted before each serving line.

Breakfast

In addition to complying with USDA regulations and state policies for breakfast, students will be offered at least three different fruits each week on three different days, at least one fruit per week will be fresh. Skim (nonfat) milk and 100% juice will be offered daily.

The Department of Student Nutrition will put out promotional information that contains the benefits of breakfast.

Breakfast will not be denied to any student that was late due to a late bus arrival at the school. Late students that walk to school or are provided private transportation will not be allowed to eat breakfast if arrive after the serving time. Exceptions will be made on a case to case basis, involving the teacher, principal and kitchen manager.

Lunch

All lunches, along with complying with USDA and state regulations, will be comprised of:

- At least four choices of fruits and vegetables are offered daily.
- At least ten different fruits and vegetables are offered monthly.
- An additional 1 cup vegetable offering is available weekly from any of the three subgroups (dark-green, red/orange, dry beans and peas).
- Fresh fruits and fresh vegetables are offered daily.
- Skim (nonfat) milk is offered daily.
- 100% juice is offered daily.
- Students have access to free drinking water throughout the school day, including during meal service.
- All grain-based desserts will be whole-grain rich formulation.

A LA CARTE

A la Carte items must comply with USDA Smart Snack requirements.

SMART SNACKS

The Smart Snacks in Schools nutrition standards apply to all foods and beverages sold and consumed by students in and outside the school meals programs – including vending machines, a la carte, school stores and fundraising.

Smart Snacks will be in effect for the entire school day (midnight to 30 minutes after the end of the school day) across the entire school campus.

Smart Snacks will not apply to foods served as part of classroom celebrations, evening events, or weekend events. However, the Department of Student Nutrition will provide teachers and parents with information on healthy options for classroom rewards, parties, and celebrations.

SMART SNACK REQUIREMENTS

Nutrition Standards for Foods	Nutrition Standards for Beverages
<p>Any food sold in schools must:</p> <ul style="list-style-type: none">• Be a “whole grain-rich” grain product; or• Have as the first ingredient a fruit, a vegetable, a dairy product, or a protein food; or• Be a combination food that contains at least ¼ cup of fruit and/or vegetable; or• Contains 10% of the Daily Value (DV) of one of the nutrients of public health concern in the 2010 Dietary Guidelines for Americans (calcium, potassium, vitamin D, or dietary fiber).* <p>Food must also meet several nutrient requirements:</p> <ul style="list-style-type: none">• Calorie Limits:<ul style="list-style-type: none">○ Snack items: ≤ 200 calories○ Entrée items: ≤ 350 calories• Sodium Limits:<ul style="list-style-type: none">○ Snack items: ≤ 200 mg○ Entrée items: ≤ 480 mg• Fat Limits:<ul style="list-style-type: none">○ Total Fat: ≤ 35% of calories○ Saturated Fat: < 10% of calories○ Trans Fat: zero grams• Sugar Limit:<ul style="list-style-type: none">○ ≤35% of weight from total sugars in foods	<p>Elementary School may sell:</p> <ul style="list-style-type: none">• Plain water or plain carbonated water (no size limits)• Low fat milk, unflavored (≤8 oz)• Non fat milk, flavored or unflavored (≤8 oz)• 100% fruit or vegetable juice (≤8 oz)• No caffeinated beverages <p>Middle School may sell:</p> <ul style="list-style-type: none">• Plain water or plain carbonated water (no size limits)• Low fat milk, unflavored (≤12 oz)• Non fat milk, flavored or unflavored (≤12 oz)• 100% fruit or vegetable juice (≤12 oz)• No caffeinated beverages <p>High School may sell:</p> <ul style="list-style-type: none">• Plain water or plain carbonated water (no size limits)• Other flavored and/or carbonated beverages ≤20 fl oz, that have ≤ 5 calories per 8 fl oz or ≤ 10 calories per 20 fl oz.• Other flavored and/or carbonated beverages ≤12 fl oz, that have ≤ 40 calories per 8 fl oz or ≤ 60 calories per 12 fl oz.• Low fat milk, unflavored (≤12 oz)• Non fat milk, flavored or unflavored (≤12 oz)• 100% fruit or vegetable juice (≤12 oz)• Beverages that meet above criteria may also contain caffeine.• In addition to the above regulations, schools will not sell carbonated sodas.

VENDING

In the food service area, competitive sales of any food or beverage will not take place from midnight until the last lunch period. Vending machines that students can access must follow the Smart Snack in Schools guidelines. If the vending machine is located in the food service area, the machine must be turned "off" from midnight until the end of the last lunch period.

DURING THE SCHOOL DAY

In the food service area, competitive sales of any food or beverage will not take place from midnight until the end of the last lunch period. Every effort should be made so that class parties and food rewards are not in competition with the school breakfast and lunch program.

STUDENT FUNDRAISERS

School fundraising activities will be approved with consideration of the following:

1. Fundraising activities held during the school day involving the sale of food or beverages will be limited to foods that meet the USDA Smart Snacks in Schools Standards; unless an exemption is approved by the building principal or his/her designee as prescribed by Federal and state regulations
2. Availability of any food or beverage items sold as part of a fundraising activity will be restricted from midnight until after the last lunch period;
3. Fundraising activities that promote physical activity will be encouraged; and
4. District staff members are encouraged to select foods and beverages which are low in sugar and fat content to be sold as part of any fundraisers for school sponsored activities, programs, or events outside of the school day.

Exempt fundraiser foods or beverages may **not** be sold in competition with school meals in the food service area during the meal service.

PROFESSIONAL DEVELOPMENT

Student Nutrition employees will receive food safety training upon employment and up to 12 hours of on-going staff development per school year.

NUTRITION PROMOTION & EDUCATION

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

CLASSROOM

The nutrition education curriculum is sequential and consistent with the current Kansas State Board of Education approved health teaching standards for K-12.

Teachers will receive an updated list of nutrition resources and be able to secure recommended nutrition education resources in adequate quantities for their students. Teachers will also be offered trainings focusing on nutrition related topics.

Nutrition education will be based on the most recent Dietary Guidelines for Americans.

Nutrition education will be taught by a teacher licensed by the Kansas State Department of Education or under the direct supervision of such a teacher. The licensed teacher will approve the instructional materials and method; and have ongoing, open communication with the individual providing instruction. Schools will be encouraged to use qualified personnel to provide nutrition education from organizations such as KSDE, K-State Research and Extension, health and agriculture organizations, universities, consulting Registered Dietitians and school nursing staff.

CAFETERIA

The Department of Student Nutrition will display attractive, current, nutrition education materials prominently in dining areas and changed on a quarterly basis. National School Lunch Week and National School Breakfast week will be celebrated at each cafeteria.

USD 232 administrators, teachers and classified staff will encourage students to start each day with breakfast.

DURING THE SCHOOL DAY

The Department of Student Nutrition will provide at least one taste test throughout the year on new food items they would like to have on the menu for each school building. In addition, the Director of Student Nutrition will meet with the Student Advisory Council at least once per year to involve students in helping plan menus.

The Director of Student Nutrition will be available, on request, to come and speak to students or staff on the nutrition requirements for school meals and involve students in planning menus.

FAMILY AND COMMUNITY

Parents are always encouraged to join students for school meals.

Information encouraging parents to teach their children about health and nutrition and assisting them in planning nutritious meals for their families will be available monthly on the Department of Student Nutrition Website.

STAFF WELLNESS

The district encourages each member of the staff (both certified and non-certified) to serve as a healthy role model for students.

Staff will have opportunities to help develop and participate in programs and activities aligned with the Alliance for Healthier Generations to promote healthful eating, physical activity and other elements of a healthy lifestyle.

PHYSICAL EDUCATION

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

PHYSICAL EDUCATION CLASSES

All physical education teachers will be licensed by the Kansas State Department of Education. The physical education curriculum they will teach will be sequential and consistent with Kansas State Board of Education approved physical education teaching standards for pre-Kindergarten through grade 12.

The district provides a physical and social environment that encourages safe and enjoyable physical activity for all students, including those who are not athletically gifted. Adequate age-appropriate equipment is available for all students to participate in physical activity. Students have the opportunity to participate in lifetime physical activities.

All elementary and middle school students will have the opportunity to receive, on average, 150+ minutes of physical education per week, which includes at least 50% of the minutes engaged in moderate to vigorous physical activity based upon physical and/or health condition.

High School students will have additional opportunities for physical education.

PHYSICAL ACTIVITY THROUGHOUT THE DAY

The District will look to provide professional development on integrating physical activity into core/non-core subjects will be provided to teachers, school nurses, and building administrators at least once per year.

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

INTEGRATED SCHOOL-BASED WELLNESS

The Health Services Coordinator and Health Enhancement Coordinator will work collaboratively to implement the Centers for Disease Control and Prevention *Whole School, Whole Community, Whole Child Model*.

The wellness committee is part of a district well-being team. Committee Members in 2018:

- Alvie Cater, Assistant Superintendent
- Jolyn Mortenson, Director of Student Nutrition Junelle Woolery, Physical Education Teacher
- Julie Johnson, USD 232 Health Enhancement Coordinator
- Angela Handy, USD 232 Board of Education Member
- Abby Miller, Student
- Amy Freeman, Parent/Guardian
- Tara Harmon-Moore, Health Services Coordinator Pam Hargrove, Elementary Principal
- Melissa Hansen, Middle School Principal

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