

Food Service Health & Wellness Policy

In partnership with families and the community, all of the Piper USD 203 buildings are committed to providing a school environment that promotes and protects student's health, well-being and ability to learn by supporting healthy eating and physical activity. Research has shown that good nutrition and exercise is associated with healthier bodies, improved memory, fewer absences and better moods.

Nutrition

All schools will provide breakfast and lunch through the USDA National School Lunch Program. Every student has equal opportunity to receive a breakfast and lunch that meets specific standards set forth by the USDA. This policy can be viewed at:

https://www.kn-eat.org/SNP/SNP_Menus/SNP_Guidance_Food_Service_Facts.htm

A. General Atmosphere

1. The dining area will be clean, orderly, and an inviting atmosphere for all students
2. Adult supervision will be provided at all times
3. There will be adequate seating to accommodate all students during meal service
4. All students must remain on campus for lunch
5. Parents/Guardians are allowed to occasionally join students for school meals

B. School Meals

https://www.kn-eat.org/SNP/SNP_Docs/SNP_Guidance/FS_Facts_PDF_Chapters/Chpt_16_Menu_Planning_and_NSSM_02_2020.pdf

1. All meals will comply with USDA regulations and state policy
2. Breakfast and lunch are available at all of our buildings
3. In addition to breakfast and lunch, Piper's Early Childhood students will also receive an afternoon snack
 - a. Students attending 2 ½ hours a day will receive one snack
 - b. Students attending 4 to 8 hours a day will receive one snack and one meal
4. All foods shall be handled in accordance with the Kansas Department of Health approved codes for safe food handling
5. School meals shall strive to achieve and maintain the highest level of nutrition as set by the Kansas State Department of Education Child Wellness section

I. Breakfast

1. Breakfast is offered as Grab-N-Go within our Elementary and Middle Schools but is Offer v. Serve at the High School
2. Early Childhood students order their breakfast and are packaged and delivered to them

	Early Childhood	Grades K-5	Grades 6-8	Grades 9-12
	Amount of Food Per Week (Minimum Per Day)			
Fruits (cups)	5 (1)	5 (1)	5 (1)	5 (1)
Grains (oz eq)	7 (1)	7 (1)	8 (1)	9 (1)
Meats/Meat Alternates (oz eq)	No Requirement	No Requirement	No Requirement	No Requirement
Fluid Milk (cups)	5 (1)	5 (1)	5 (1)	5 (1)
	Dietary Specifications: Daily Amount Based on the Average for a 5-Day Week			
Min-Max calories (kcal)	300-450	350-500	400-550	450-600
Saturated Fat (% of total calories)	< 10	< 10	< 10	< 10
Sodium (mg)	≤500	≤540	≤600	≤640
Trans fat	Nutrition label or manufacturer specifications must indicate zero grams of trans fat per serving.			

II. Lunch

1. Lunch is served as Offer v. Serve in all of our schools except Early Childhood
2. Early Childhood has a Family Style Meal Service

	Early Childhood	Grades K-5	Grades 6-8	Grades 9-12
	Amount of Food Per Week (Minimum Per Day)			
Fruits (cups)	2.5 (.5)	2.5 (.5)	2.5 (.5)	5 (1)
Vegetables (cups)	3.75 (.75)	3.75 (.75)	3.75 (.75)	5 (1)
Dark Green	.5	.5	.5	.5
Red/Orange	.75	.75	.75	1.25
Beans/Peas (Legumes)	.5	.5	.5	.5
Starchy	.5	.5	.5	.5
Other	.5	.5	.5	.5
Additional Vegetables needed to meet weekly requirement	1	1	1	1.5

Grains (oz eq)	8-9 (1)	8-9 (1)	8-10 (1)	10-12 (2)
Meats/Meat Alternates (oz eq)	8-9 (1)	8-9 (1)	8-10 (1)	10-12 (2)
Fluid Milk (cups)	5 (1)	5 (1)	5 (1)	5 (1)
	Dietary Specifications: Daily Amount Based on the Average for a 5-Day Week			
Min-Max calories (kcal)		550-650	600-700	750-850
Saturated Fat (% of total calories)	< 10	< 10	< 10	< 10
Sodium (mg)	≤500	≤1230	≤1360	≤1420
Trans fat	Nutrition label or manufacturer specifications must indicate zero grams of trans fat per serving.			

III. Snack

1. Snack is only served in the Early Childhood program
2. Snack is served as Family Style Service

C. A la Carte

1. All foods sold as a la carte must meet USDA Smart Snack Guidelines
 - Total Fat - < 35% of total calories from fat per item
 - Saturated Fat - < 10% of total calories per item
 - Trans Fat – Zero grams trans-fat per item
 - Sodium - < 200 mg
2. Packaged a la carte snack items may contain no more than 200 calories, and entrée items < 350 calories.

D. Pirate Bay/Vending/Classroom Options

1. Beverage vending machines available during the school day may contain only unflavored water, sports drinks or juice drinks with at least 100% juice
2. All vending items must meet USDA Smart Snack Guidelines
3. Bottled water is allowed in the classes only when appropriate
4. Foods offered to students as part of celebrations or parties must originate in companies with health department licenses and must contain ingredient labels
5. Foods given to students during parties or celebrations should be of “minimum nutritional value.” The food service director can assist in providing acceptable nutritional snacks

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>Early Childhood and Elementary Schools 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 <u><i>not sell carbonated sodas.</i></u>

E. Staff and Communication

1. All food service staff will be provided at least 20 hours annually of continuing education in the food service field
2. Information on nutrition and physical activities will be included in the monthly "Progress Report"
3. The food service website will be updated regularly
4. Provide communication regarding community opportunities for nutrition education and activities

F. Nutritional Goal

1. Explore more media options and utilize technology for the purpose of promoting and encouraging good nutrition and healthier lifestyles
2. Work together with Healthy Kansans to implement exemplary wellness policy for nutrition

Physical Activity

A. Physical Education Classes

1. All students in grades K-12 will have the opportunity to participate in appropriately strenuous physical activity on a regularly scheduled basis.
2. Elementary students receive 60-100 minutes of physical education per week, which includes at least 40 minutes of moderate to vigorous activity.
3. Middle School students (6th – 8th grade) are required to receive 90-119 minutes of physical education per week, which includes 60 minutes of moderate to vigorous activity.
4. High school students are provided structured physical education and are required at least one (1) course for graduation.
5. The school will foster an environment that encourages safe and enjoyable physical activities for all students, regardless of athletic ability.
6. Physical education classes will have a student/teacher ratio of 30/1 and/or consistent with the activities involved.
7. Appropriate equipment will be available for all students who participate in physical activity.
8. The school will provide adequate, safe spaces for physical activities.

B. Throughout the Day – Brain Breaks

1. School staff will emphasize a physical active lifestyle to students and discourage sedentary activities not required by school or work.
2. Every attempt will be made to allow standing and moderate activity at least every two hours during the school day.
3. Teachers will be encouraged to look for appropriate physical activities that may be incorporated into course work other than addition to physical education classes.

C. Punishment – Physical activity will not be used as punishment. Schools should not withhold physical activity, including recess and physical education, as a punishment.

D. Recess

1. Schedule permitting, elementary students in grades K-2 will have two 15-minute supervised recess periods daily and students in grades 3-5 will have at least one 15-minute supervised recess period daily.
2. Schedule permitting, the half-day early childhood program will have a one 25-minute supervised recess period daily, while the full-day program will have two 25-minute and one 20-minute supervised recess period daily.
3. Encouragement of appropriately strenuous physical activity will be accomplished through the provision of adequate space and time with appropriate equipment.

E. Before and After School

1. Finances permitting, extracurricular physical activity programs, such as PE clubs, intramural programs and appropriate sports camps will be considered.
2. After school care programs will promote movement through supervised free play or organized physical activities.
3. The school district will assess and, if necessary to the extent possible, make needed improvements that encourage walking and riding bicycles to school. When appropriate, the district will work with local governments to foster these activities.

F. Family and Community

1. Information will be provided to help families incorporate physical activity into the lives of all household members.
2. Families and community members will be encouraged to consider programs that support physical activity.

G. Physical Activity Goals

1. Research funding opportunities to finance community-based activities such as walking/exercise trails, bike trails, open gyms and swimming pool.
2. Explore more media options and utilize technology for the purpose of promoting and encouraging physical fitness and healthier lifestyles.
3. Work together with Healthy Kansans 2020 to implement exemplary wellness policy for physical activity.

Nutrition Education

A. Classroom

1. The nutrition education curriculum will be taught by qualified personnel, primarily certified instructors in the Family and Consumer Science, Science and PE and Health departments. These personnel may supplement their instruction with consultants from other agencies.
2. Nutrition education will be considered an appropriate area for professional development in accordance with district procedures.
3. Topics to be included in the curriculum, but not be limited to:
 - Proper hand washing
 - The importance of drinking adequate amounts of water
 - Basic nutrition requirements
 - The relation of nutrients and good health
 - The risks of unhealthy food selections
 - Dietary guidelines and eating patterns
 - The importance of portion control
 - The importance of family mealtimes
 - A healthy body image
 - The relationship between food intake and physical activity
 - Dieting and eating disorder
 - Basic food safety
 - Understanding the food label

B. Cafeteria

1. Appropriate, current nutrition education materials will be displayed in dining areas, and such displays will be updated regularly.
2. Personnel supervising the cafeteria will discuss these materials with students as opportunities present themselves.

C. Events During the School Day

Nutrition education events that may appropriately be held during the school day shall include but not be limited to:

- Traveling health exhibits
- Health professionals and guest speakers
- Health fairs
- Food production field trips
- School gardens
- Taste-testing

D. Nutrition Education Goals

1. Explore more media options and utilize technology for the purpose of promoting and encouraging physical fitness and healthier lifestyles.
2. Work together with Healthy Kansans to implement exemplary wellness policy for nutrition education.

Wellness

Piper USD203 recognizes that the physical, social, and emotional well-being of our students, staff and parent body are all crucial elements of a student's academic success and lifelong health and wellness. Our Mission is to promote the health and wellness of our students, staff and community through education and efforts that:

- Encourage habits of wellness
- Increase awareness of factors and resources that contribute to well-being
- Inspire and empower individuals to take responsibility for their own health
- Support a sense of community in which the health and overall well-being of our students is recognized as an essential element of their success

A. Student Wellness

1. At the time of enrollment all students are required to provide an updated health assessment and current copy of immunizations
2. Annual dental, hearing and vision screenings are performed in all buildings for students

B. Staff Wellness

1. Staff members will be encouraged to model healthy nutritional choices
2. Activities promoting staff health and wellness will be offered several times during the school year.
3. A wellness monthly newsletter is sent out to all staff with helpful reminders and upcoming events.

The Piper USD203 School Wellness Committee is dedicated to establishing and maintaining an environment that promotes general health by supporting the adoption of attitudes that contribute to positive well-being and providing information, activities and services designed to support healthy lifestyle choices. The guidelines stated above are monitored by appropriate personnel. The superintendent provides an annual report to the board concerning performance on these guidelines.

The Piper USD203 School Wellness Committee consists of the following individuals:
Dr. Jessica Dain, Superintendent & Appointed School Board Representative
Stasi Willmon, Piper USD 203 Early Childhood Principal & Parent/Guardian
Sarah Dunn, Piper USD203 Food Service Administrator
Kim Buckner, Piper USD203 Benefits Specialist, Parent/Guardian

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Rachel Bechelmayr, Piper USD203 School Health Professional
Cassie Dolinar, Piper USD203 Physical Education Teacher
Kitty Mullins, OPAA! Food Service Director & Member of the Public
Zane Busick, Piper USD203 High School Student