USD 480 Liberal Public Schools Wellness Policy

2025-2026

USD 480 Wellness Committee mission: “Offering opportunities to enhance the health and well-being of our students, staff, and families in our school communities.” In the opinion of the District Wellness Committee, a person is only as successful as their health will allow. A huge part of making our students successful and prosperous is giving them the invaluable understanding of the importance of lifetime health. The District Wellness Committee will act as the facilitator for creating opportunities for enhancing our students’ overall health and wellness. For this reason, we believe the values of the committee align with the values of the district, as the overall goal is to create well-rounded students who are not only able to function in society after their education, but to be able to thrive and excel, and health is a large aspect of that.

WELLNESS COMMITTEE GUIDELINES

District-Level Committee

- USD 480 will have an active District Wellness Committee that is composed of representatives from each school location as well as community members and parents (when permissible).
    - The District-level committee will meet no less than 2 times per year, once a semester (if permissible)
    - Duties of the wellness-level committee will be to :
        - maintain clear wellness policy
        - facilitate academic and lifetime success through health and wellness initiatives
        - secure data for wellness-based Redesign initiatives

Building-Level Committees-

- Each school location in USD 480, will maintain an active building wellness committee that is composed of both school staff and students and parents (when permissible).
    - Building-level committees will be comprised of 3-6 members
    - Building-level committees will meet no less than 2 times per year schedules permitting
    - Duties of the building committee will be to:
        - facilitate building-level wellness initiatives and programs
        - ensure wellness policy is being implemented and followed
- The entire school environment, not just the classroom,will be aligned with healthy school goals to positively influence student’s understanding, beliefs, and habits as they relate to good nutrition and regular physical activity. All staff members of USD 480 are encouraged to model healthy eating and physical activity as a valuable part of daily life.

NUTRITION

USDA Meal Programs

- All schools will provide breakfast and lunch through the USDA School Meal Programs. When required for a grant, after school snacks will be administered by the USDA After School Snack Program. All school meals are required to meet or exceed specific standards set forth by the USDA.

Food Service Personnel, Supervisory Staff, Cafeteria, and Meal Expectations

- Food Service Personnel
    - All nutrition service staff members will have professional development in the areas of food and nutrition on an annual basis and are required to complete a food safety course every 5 years.
    - The Nutrition Services Department will share and publicize information about the nutritional content of meals with students and parents and will develop and publicize monthly menus which will be posted on the internet and made available at all the schools.
    - The daily menu will be posted on the "Explain-a-Meal" model poster to indicate the meal components.
    - Nutrition Services will provide at least one taste test throughout the year on new food items they would like to have on the menu for each grade level.
    - The Director of Nutrition Services 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.

- Cafeteria and Meal Time Environment
    - USD #480 administrators, teachers and classified staff will encourage students to start each day with breakfast and a balanced meal at lunchtime.
    - In dining areas there will be:
        - adequate time allowed for students to consume their food from serving time
        - a clean, orderly, and inviting atmosphere
        - adequate seating available for all students
        - allowance for students to converse with one another while they eat
        - water accessible during all meals
    - Appropriate supervision will be provided in the cafeteria, the students will be provided a pleasant environment in which to eat school meals and staff will use positive communication cues to promote food served as part of the Child Nutrition Program.
    - Restaurant brand name food items, unless provided by Nutrition Services in combination with a balanced meal, will not be allowed in the elementary, intermediate or middle school or High School cafeterias at meal times. This includes but is not limited to:
        - All Schools:
            - fast foods, commercial pizza, and restaurant to-go meals
            - carbonated beverages (soda, pop)
            - energy drinks (Monster, Red Bull, Rock Star, Etc.)
        - Elementary Schools: (All listed above, as well as)
            - sports drinks (Gatorade, Powerade, Body Armor, Prime, etc.)
            - Coffee-based beverages (latte, frappuccino, mochas, and all name brand coffee beverages, etc)
    - Sack lunches from home are permitted as long as they do not contain restaurant brand name food items in original packaging as described above or carbonated beverages and or energy drinks.
    - Students will not be allowed to share any food brought from home, due to sanitation and safety concerns.

- All elementary school principals will evaluate schedules and, if possible, schedule recess before mealtime instead of after.
- Attractive, current, nutrition education materials will be prominently displayed in dining areas and changed at least every quarter.
- Kansas School Lunch Week and National School Breakfast Week should be celebrated at each school cafeteria.

Breakfast

Students will be allowed adequate time to eat breakfast, from the time they receive their food. Breakfast will not be denied to any student unless students arrive a significantly long period after breakfast has stopped being served and is no longer available.

- Middle School and High and School Students will have Grab and Go After the Bell Breakfast available.
- Elementary School Principals have the option to participate in Breakfast in the Classroom. All teachers are expected to follow the mandated guidelines if this option is chosen.

Foods Sold in School

- The Healthy, Hunger-Free Kids Act requires that USDA establish nutrition standards for all foods and beverages sold in school – beyond the Federal child nutrition programs. This law applies to all foods sold outside the school meal programs; on the school campus; and at any time during the school day, which is 12:00AM – 30 minutes after the last bell rings. To be allowable food and beverage items must meet the standards found in Appendix A (attached)

During the School Day, Rewards, and Classroom Snacks

- Students and staff bringing food items into school to share must bring items which are pre-packaged, individually wrapped servings and made in a kitchen licensed by KDHE due to sanitation/food safety concerns.
- Students are allowed to have individual water bottles in their classroom. Water will be the only beverage allowed during the school day with the exception of conforming, small portion juice-based beverages during the lunch period and/or party and celebration times. No glass or canned beverages are allowed in school buildings at any time.
- District funds will not be used to buy food of minimal nutritional value unless approved by the building administrator.
- Classroom Rewards Food rewards or incentives should not be used in the classrooms to encourage student achievement or desirable behaviors.
    - The exception would be if the student has an Individualized Education Plan (IEP) or a 504-Health Care Plan.
- Pizza Parties or other food reward parties should not take place during the scheduled meal time or replace the meals provided by Nutrition Services.
- Should teachers feel compelled to utilize food items as an incentive, they will not include foods of minimal nutritional value and must meet the following guidelines per serving:
    - 4 grams of fat per 100 calories (35% of calories)
    - 9 grams of sugar per 100 calories (35% of calories)
    - Limit to 100 calories per unit
- If teachers feel that classroom snacks are necessary to sustain student achievement they can be offered 1.5 hours before or 1.5 hours after the lunch meal, can only be offered once a day, and must meet the following guidelines per serving:
    - 4 grams of fat per 100 calories (35% of calories)

- 9 grams of sugar per 100 calories (35% of calories)
- Limit to 200 calories per total snack

Birthday Parties and Seasonal Parties

- While USD 480 recognizes that Birthday and seasonal parties such as Halloween and Valentine's Day are great opportunities for parent engagement, some guidelines should be followed:
  - Parties and celebrations will take place after the lunch meal has been served and not as a replacement for the School Meals.
  - Snacks offered at these parties/celebrations should meet the following criteria per serving:
    - 4 grams of fat per 100 calories (35% of calories)
    - 9 grams of sugar per 100 calories (35% of calories)
    - Limit to 150 calories per item
- The USD 480 Wellness Committee encourages healthy snacks and non-food celebration items for parties and prizes. Building committee members will give students and parents multiple resources and initiatives to use in making different, healthier reward choices and incentive programs.

Fundraising During the School Day

- All Fundraising during the school day and until 5 PM will meet USDA's Smart Snacks in School's "All Foods Sold in Schools" Standards
  - This program allows for exemptions under the "Transitioning" level of Kansas School Wellness Policy Guidelines, and so, in following the frequency established by the Kansas State Board of Education, USD 480 will allow one exempt fundraiser per school "organization" per semester that does not meet the Nutrition Standards for All Foods Sold in School during the school day (midnight before to 30 minutes after the end of the school day) on school grounds will be allowed under the following guidelines:
    - An organization is defined as a school group that is approved by the local board of education.
    - Length of the organization's exempt fundraiser cannot exceed 2 days."
    - Exempted fundraiser foods or beverages may not be sold in competition with school meals in the food serving area during meal service.
  - An exemption form must be filled out for any food fundraiser that does not meet regular standards and requires an exemption. This form should be filled out and submitted to the current Wellness Committee Chair. The Food Service Director and Wellness Chair have copies of the form available.
  - There is no frequency or time limit on fundraisers during which food or beverage items that meet the nutrition standards are sold; nor are there any limits on non-food fundraiser activities.

NUTRITION AND WELLNESS EDUCATION

General Guidelines for Nutrition Education

- Active learning experiences in nutrition education will be provided once a semester by involving the students in food preparation using District Food Safety Guidelines. This active learning can be integrated either as:
  - part of a comprehensive health education curriculum that focuses on understanding the relationship between personal behavior and health
  - a learning experience integrated throughout the curriculum in subject areas such as math, science, language arts and social studies.

- It is recommended that at least 5 hours of classroom health and nutrition education will be provided each year for all students. Out of these 5 hours, 25% will be hands-on activities.
- 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.
    - Teachers will also be encouraged to attend training on nutrition and the importance of role modeling healthful eating habits for students.

Events During the School Day, Family, and Community

- All USD 480 Schools are highly encouraged to coordinate and promote no less than one Nutrition-based parent engagement events per semester, these can include, but are not limited to:
    - Family Fitness Night
    - Family Healthy Snack Classes
    - Lunch with your student
    - Cooking in the Classroom event
- Parents are always encouraged to join students for school meals.

Staff Wellness

- All staff employed by USD #480 are encouraged to serve as a healthy role model for students by participating in wellness events and promoting and encouraging healthful eating, physical activity and other elements of a healthy lifestyle.
- All schools are encouraged to promote wellness all year long and sponsor no less than one school/building wide staff wellness activity a year.

PHYSICAL EDUCATION AND PHYSICAL ACTIVITY

Physical Education Classes General Guidelines

- All students in grades K-12, including those with disabilities, special health care needs and in alternative education settings, will have the opportunity to participate in moderate to vigorous physical activity on a regularly scheduled basis each school week during the entire school year.
- All USD 480 school buildings are highly encouraged to coordinate and promote no less than one Physical activity-based parent engagement events per semester, these can include, but are not limited to:
    - School-sponsored 5K or Fun Run
    - National Bring your Parents to P.E. Week
    - Family Fitness Night event
    - Field Day
    - School Fitness Festival
    - School Sponsored Family Dodgeball Tournament

- PE instructors may elect to collect comprehensive student data, using either summative or formative assessment, or both. This can include, but is not limited to:
    - Fitnessgram Testing
    - Heart-rate monitors
    - Other fitness exams
- Physical Education teachers will have staff meetings at least two times per school year to meet and discuss ideas and to ensure continuity within the P.E. programs district-wide.
- Physical Education teachers will receive professional development in their field of interest at least once a year.
- Physical activity will not be used as a form of punishment.
- High School students will be given a variety of options for physical education classes.

Physical Education Minute Requirements and Environment

- USD 480 is meeting the basic recommendation of 100 – 150 minutes of physical activity per week for every student. (K-8)
- The majority of these minutes should be spent in the active target heart rate zone, and not sedentary.
- Time students are pulled out of PE classes will be kept to a minimum and only if deemed necessary by the principal.
- Each school will provide a physical and social environment that encourages safe and enjoyable physical activity for all students, including those who are not athletically gifted.
- Appropriate equipment for all students to participate in physical activity will be provided.

Curriculum

- The physical education curriculum taught should be sequential and consistent with the Kansas State Board of Education approved Physical Education Teaching Standards for Pre-Kindergarten through grade 12.
- PE instructors will evaluate programs and class on a quarterly basis to see which are and may not be meeting the wellness needs of students.
- The curriculum should reinforce the knowledge and self-management skills needed to maintain a physically active lifestyle and to reduce time spent on sedentary activities.

Physical Activity in the Classroom

- USD 480 Wellness Committee strongly recommends all classroom teachers and direct support staff be trained in the implementation of physical activity in the classroom and brain boosts.
- Whenever possible, classroom teachers will provide short activity breaks between lessons or classes as appropriate to help enhance student engagement, focus, and retention. (i.e.Brain Boosts)
- Physical activity opportunities shall be offered daily during the school day outside of recess and Physical Education classes.
- Staff members will not deny participation in Physical Education class, recess, or other physical activity opportunities as a form of discipline unless the health or safety of the student is in question.
- Physical activity and exercise will not be incorporated into general punishments or used for any kind of demerit or punishment system.

Recess

- Elementary Students
    - Students will be allowed to participate in recess on a regularly scheduled basis, with the district recess goal to be that students who attend school all day to have at least two supervised outdoor recesses (weather permitting) totaling at least 30 minutes a day.
    - Students will be encouraged to participate in moderate to vigorous physical activity during recess. Students not actively participating should be verbally encouraged by supervisors to do so.
    - Each school will have a plan of action to keep students active during inclement weather.

Before and After School, Extracurricular PA Programs, and Family and Community

- Students are encouraged to ride their bikes and or walk to school on a regular basis.
    - The district will work with community and local law enforcement to keep those who wish to walk or ride their bike to school safe.
    - Each school building will encourage participation in National Bike and Walk to School Day each school year and should provide ample opportunity for students to participate in this event
- Students of all ages are encouraged to participate in wellness activities outside the school day, including, but not limited to:
    - Biking, walking, running
    - Kids Inc, Recreational, Club, and League sports
    - Dance, gymnastics, karate, etc
    - Girl Scouts, Boy Scouts, and other community clubs
- Intramural sports groups are encouraged to be implemented as an option for all middle and high school students.
- The district is encouraged to promote the use of school facilities outside of school hours for physical activity programs offered by community based organizations.

APPENDIX A

To be allowable, a competitive food item must:

- have 50% or more whole grain by weight (if a grain product)
- if it is a non-grain food, its first ingredient has to be out of the main food groups: fruits, vegetables, dairy or protein foods.
- be a combination food that contains at least ¼ cup fruit and/or vegetable
- contain 10% of the Daily Value of calcium, potassium, vitamin D or fiber
- have less than 35% calories from fat, less than 10% from saturated fats and trans fat free.
- have less than 35% of weight from sugar
- have less than 230 mg sodium for snacks and 480 mg sodium for entrees
- have less than 200 calories for snacks and 350 calories for entrees
- To be allowable, beverages must be:
    - Elementary School
        - plain water or plain carbonated water (no size limits)
        - low fat milk, unflavored (≤8 oz)
        - nonfat milk, flavored or unflavored (≤8 oz)
        - 100% fruit or vegetable juice (≤8 oz)

        - no caffeinated beverages
    - Middle School
        - 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 beverage
    - High School
        - 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 the above criteria may also contain caffeine.