Home of the Pioneers
LEAVENWORTH
UNIFIED SCHOOL DISTRICT 453

District-Wide Wellness Policies

Leavenworth USD 453 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. Leavenworth USD 453 allows and encourages members of the school community and the general public to participate in the development and assessment of local wellness policies.

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 the consumption of foods served as part of Child Nutrition Programs.
- 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.
- Content of reimbursable lunch and breakfast is identified near or at the beginning of the serving line(s).

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Breakfast & Lunch

- All school breakfasts and lunches comply with USDA regulations and state policies.
- The district offers at least 15 minutes of "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.
- The district offers at least 20 minutes of "seat time" to eat lunch.

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.
- 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.
- USDA's Smart Snacks in School Beverage Standards for middle schools apply to high school (only 100% juice, water, milk).
- 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).
- No exempted fundraisers. All fundraisers involving foods or beverages meet the USDA's Smart Snacks in School "All Foods Sold in Schools" Standards.
- Fundraising activities involving the sale of food or beverages that meet USDA's Smart Snacks in School "All Foods Sold in Schools" Standards and/or exempted fundraisers will not take place until after the end of the last lunch period.
- Fundraising activities support nutrition support nutrition, nutrition education and physical activity messaging.

Other Child Nutrition Programs

- Meals and snacks served under the USDA At-Risk Afterschool Meals, Afterschool Care Snack Program, Fresh Fruit & Vegetable Program and/or Summer Food Service Program comply with all federal regulations and state policies.

During the School Day

- Students have access to free drinking water throughout the school day, including during meal service. Hygiene standards for all methods of delivering drinking water will be maintained.
- Students are allowed to have clear/translucent individual water bottles in the classroom where appropriate. Students have clear/translucent individual water bottles in the classroom where appropriate.

Nutrition Education

Nutrition Promotion

- Students provide input on foods offered in the cafeteria.
- Students learn about the nutrition requirements for school meals and some students are involved in helping plan menus regularly.
- The 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 the school website and/or distributed to families via another method.
- The district implements marketing and advertising of nutritious foods and beverages consistently through a comprehensive and multi-channel approach by school staff, teachers, parents, and students.
- The 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 the 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 and health posters, signage, or displays in the cafeteria food service, dining areas, classrooms, and hallways that are rotated, updated or changed quarterly.
- 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.

- Integrate age-appropriate nutrition education into other core subjects such as math, science, language arts, and social sciences, as well as into at least one non-core/elective subject.
- 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.
- School personnel collaborate with the school nutrition staff to use the cafeteria as a learning laboratory that allows students to apply critical thinking skills.

Physical Activity

Physical Education & Activity

- 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 annually.
- 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 and enhances knowledge of concepts related to movement needed to achieve and maintain health for lifetime physical activity.
- The physical education curriculum encourages a multi-dimensional fitness assessment.
- The physical education curriculum includes fitness assessment of at least 50% of all students enrolled in physical education and student fitness reports are available to parents.
- Professional development on integrating physical activity into core/non-core subjects is provided to licensed physical education teachers, school nurses, and building administrators.

General Guidelines

- All students in grades K - 12 have the opportunity to participate in moderate to vigorous physical activity 2-3 times per week during the entire school year.
- The district prohibits the use of physical activity as a punishment. Districts prohibit withholding physical activity, including recess and physical education, as punishment.

- The district encourages extra physical activity time as an option for classroom rewards. District uses extra physical activity time as a classroom reward.

Family & Community

- Community members are provided access to the district's outdoor physical activity facilities.
- Community members are encouraged to access the district's indoor and outdoor physical activity facilities at specified hours.

Throughout the Day

- K-6 grade 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.
- Students who participate in indoor recess are provided with moderate to vigorous physical activity opportunities.
- Structured physical activity opportunities, in addition to physical education and recess (where applicable), are encouraged for all students 2-3 times per week.

Before & After School

- Extracurricular physical activity programs, such as a physical activity club or intramural programs, are offered for students K-12 grades.
- Extracurricular physical activity programs, such as a physical activity club or intramural programs, are offered, with input from students, and meet the needs, interests, and abilities of a diverse student body for students K-12 grades.
- Extracurricular physical activity programs, such as a physical activity club or intramural programs, are offered through partnerships with community organizations and resources for students in K-12 grades.

Integrated School Based Wellness

General Guidelines

- The school wellness committee makes appropriate updates and/or modifications 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.

- The wellness policy assessment and progress toward meeting the State Model Wellness Policy are presented to school and district staff.
- The wellness policy assessment and progress toward meeting the State Model Wellness Policy are presented to and approved by the local school board.
- Annually, offer district-sponsored wellness family activities that address one or more components of the Whole School, Whole Community, Whole Child Model.
- Annually partner with local health agencies and community organizations.
- The local school wellness policy committee and subcommittee(s) meet at least once per quarter.
- 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 following students, parents, teachers, school psychologists, child nutrition professionals, 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:

Beth Mattox, Chairperson
Shawn Miller
Demarin Montgomery
Johny Patwary
Rebekah Varvel