

# **D0374 - Sublette**

## **Middle School Wellness Policies**

D0374 - Sublette 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 D0374 - Sublette 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 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 being disciplined are NOT seated at tables separated from other students in the dining area.

Students being disciplined are NOT seated in a separate location.

One "Smarter Lunchroom" or a Behavioral Economics technique is used on the serving line to encourage healthy choices by students.

Two "Smarter Lunchroom" or Behavioral Economics techniques are used on the serving line to encourage healthy choices by students.

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

##### 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.

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

### 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).

At least five different fruits are offered each week. Four fruits per week are served fresh.

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.

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

Students are offered recess before lunch and at least 20 minutes seat time to eat.

### 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.

District develops nutritional standards for non-sold food and beverages made available on school campus during the school day.

District adopts Smart Snacks in School "All Foods Sold in Schools" Standards for non-sold food and beverages made available on school campus during the school day.

Schools provide staff information on non-food rewards.

Meals purchased at fast food outlet to be consumed at school must not be brought to school in their original containers. Caffeinated beverages are not allowed in sack lunches to be consumed in the cafeteria. (Elementary/Middle School)

No meals purchased at fast food outlets are consumed at mealtime in cafeteria.

### All Food Sold in Schools

All foods and beverages sold in schools 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.

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 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.

### 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.

Participate in one of four programs. (At-Risk Afterschool Meals, Afterschool Care Snack Program, Fresh Fruit & Vegetable Program or Summer Food Service Program)

Participate in two of the four programs. (At-Risk Afterschool Meals, Afterschool Care Snack Program, Fresh Fruit & Vegetable Program, or Summer Food Service Program)

## **Nutrition Education**

### **Nutrition Education**

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 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.

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.

District uses qualified personnel or organizations from the community to provide nutrition education to students under the direct supervision of a teacher at least once/year.

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.

Integrate age-appropriate nutrition education into two or more core subjects such as math, science, language arts, and social sciences as well as in two or more non-core and elective subjects.

Include nutrition and health posters, signage, or displays in the cafeteria food service and dining areas that are rotated, updated or changed quarterly.

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

### **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 implements marketing and advertising of nutritious foods and beverages consistently through a comprehensive and multi-channel approach by school staff, teachers, parents and students .

A student advisory council is formed and meets with a food service representative and school administration twice a year to provide input.

District implements marketing and advertising of nutritious foods and beverages consistently through a comprehensive and multi-channel approach to the community.

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).

District allows marketing (oral, written, or graphics) of only those foods and beverages that meet the requirements set forth in the Smart Snacks Rule on the school campus during school activities at all times.

District allows marketing (oral, written, or graphics) of only those foods and beverages that meet the requirements set forth in the Smart Snacks Rule on the school campus at all times.

## **Physical Activity**

### **General Guidelines**

All students in grades K - 12, including those with disabilities, special health care needs and in alternative education settings, 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, including those with disabilities, special health care needs and in alternative education settings, have the opportunity to participate in moderate to vigorous physical activity 3 or more times per week during the entire school year.

All students in grades K - 12, including those with disabilities, special health care needs and in alternative education settings, have the opportunity to participate in moderate to vigorous physical activity every day during the entire school year.

District prohibits the use of physical activity as a punishment. District prohibit withholding physical activity, including recess and physical education, as punishment.

## **Physical Activity**

### **Throughout the Day**

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

Structured physical activity opportunities, in addition to physical education and recess (where applicable), are offered to all students at least 1 time daily. School staff are encouraged to participate.

### **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.

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

### **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.

Physical education teachers are licensed and have advanced certification and/or education.

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.

Middle school students are offered physical education at all grade levels and receive 90-119 minutes of physical education per week, which includes at least 50% of the minutes engaged in moderate to vigorous intensity activity.

Middle school students are offered physical education at all grade levels and receive 150+ minutes of physical education per week, which includes at least 100 minutes of moderate to vigorous intensity activity.

Physical education curriculum encourages a multi-dimensional fitness assessment.

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.

## **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.

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.

## **Integrated School Based Wellness**

### **General Guidelines**

Annual staff wellness activities and/or professional development opportunities related to nutrition, physical activity and abstaining from tobacco 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.

School staff are aware of Team Nutrition and the HealthierUS School Challenge Award opportunity.

School staff collaborate to achieve Bronze or Silver HealthierUS School Challenge Award in at least 50% of schools. All schools are enrolled as a Team Nutrition school.

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.

Farm to school activities conducted annually in some schools.

Each semester, culturally relevant health education information is provided to families via handouts, postings on the school website, newsletters, presentations and workshops.

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

The local school wellness policy committee or subcommittee(s) meets at least once per quarter.

# **D0374 - Sublette**

## **Middle School Wellness Policies**

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

### **Developing Policies**

#### **Nutrition**

##### **General Guidelines**

Three "Smarter Lunchroom" or Behavioral Economics techniques are used on the serving line to encourage healthy choices by students.

Kansas food products that are served as part of the school meals program are identified at the beginning or on the serving line.

A Kansas product is served in the school meals program at least one time per week.

##### **Breakfast**

District has implemented alternative 2nd Chance Breakfast service options. "Breakfast in the Classroom" or "Breakfast After First Period" is available.

##### **During the School Day**

Non-sold foods and beverages meet Smart Snacks in School "All Foods Sold in Schools" Standards. The focus of classroom celebrations is not on food ([http://www.kn-eat.org/SNP/SNP\\_Docs/SNP\\_Guidance/Wellness\\_Policies/Wellness\\_Policy\\_Guidelines\\_Booklet\\_Final\\_2017.pdf](http://www.kn-eat.org/SNP/SNP_Docs/SNP_Guidance/Wellness_Policies/Wellness_Policy_Guidelines_Booklet_Final_2017.pdf)).

#### **Nutrition Education**

##### **Nutrition Education**

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

Teachers and other school personnel participate in nutrition education-related professional development at least once a year.

Active learning experiences are provided such as involving students in food preparation or other hands-on activities at least once a semester.

District uses qualified personnel or organizations from the community to provide nutrition education to students under the direct supervision of a teacher at least once/semester.

Include nutrition and health posters, signage, or displays in the cafeteria food service and dining areas, classrooms, hallways, gymnasium, and/or bulletin boards that are rotated, updated or changed quarterly.

##### **Nutrition Promotion**

Students learn about the nutrition requirements for school meals and some students are involved in helping plan menus.

#### **Physical Activity**

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

Structured physical activity opportunities, in addition to physical education and recess (where applicable), are offered to all students at least 2 times daily. School staff are encouraged to participate.

## **Physical Activity**

### **Family & Community**

Offer information via multiple channels at least once per semester to all families that encourages them to teach their children about physical activity, and assists them in planning physical activity for their families.

Offer information via multiple channels and provide opportunities for physical activity at least once per quarter to all families that encourages them to teach their children about physical activity, and assists them in planning physical activity for their families.

Offer information via multiple channels and provide opportunities for physical activity at least once per month to all families that encourages them to teach their children about physical activity, and assists them in planning physical activity for their families.

## **Integrated School Based Wellness**

### **General Guidelines**

Each semester provide staff wellness activities and/or professional development opportunities related to nutrition, physical activity and abstaining from tobacco 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.

Each quarter provide staff wellness activities and/or professional development opportunities related to nutrition, physical activity and abstaining from tobacco 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.

Complete the CDC School Health Index biannually.

Results of the CDC School Health Index are shared with the district administration and local school board.

Results of the School Health Index are shared with the public.

Annually, offer district-sponsored wellness family activities that address one or more components of the Whole School, Whole Community, Whole Child Model.

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 each semester in some schools.

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:

Sonya Pena, Chairperson

Rachel Lee

Monty Marlin

Jaime McVey

Lyle Befort

Kason Siemens

Marissa Hafen

Elizabeth Ochoa