

USD 252, Southern Lyon County Wellness Policy

Board Policy

The Board of Education of USD 252, Southern Lyon County is committed to providing school environments that promotes and protects students' health, well-being, and the ability to learn by supporting healthy life styles. The board will monitor a local wellness program that:

- Promote wellness activities and nutrition education designed to promote student wellness in a manner that the Board determines is appropriate.
- Establish a wellness committee with representation from parents, teachers, food service staff, administrators, health professionals and other community members that will be engaged in developing, implementing, monitoring, and reviewing district wide nutrition, nutrition education, physical activity, and tobacco use policies.
- Provide and promote opportunities for all students in grades Early Start to grade 12 to be physically active.
- Provide nutrition guidelines for all foods and beverages available in each school during the day that promotes a healthy life style.
- Provides a clean, safe, pleasant dining environment with plenty of time to eat.
- Participates in available federal school nutrition programs.
- Establish a plan for monitoring, measuring, and enforcing the wellness policy of USD 252.

Local Wellness Policy

Our district is in the process of establishing a Local Wellness Policy that is required by Congress. All local educational agencies, including public, private, and residential child care institutions participating in federally funded school meals or milk programs, must develop and implement a local wellness policy by the beginning of the 2006-2007 school year. These policies must address nutrition guidelines for all foods and beverages available on campus, nutrition education, physical activity, and other school –based activities to promote student wellness. The purpose of this mandated policy is to reduce childhood obesity and chronic diseases related to poor nutrition and physical inactivity.

A committee in our district has been working on our policy, which must be approved by our Board of Education and then submitted to the Kansas Department of Education in June with our Child Nutrition Program Agreement.

The schools will see some minor changes next year due to the policy. The changes will include what is offered in vending machines, fund raisers, classroom parties and treats brought to school. Increased Nutrition Education will become a part of the curriculum. Opportunities for more physical activity during the school day will be encouraged. The other change could be that the school campus will be a tobacco free environment.

For more information about the Wellness Policies, please contact me at the Central Office at 392-5510. I'd be happy to answer questions or direct you to a source than can answer them.

Phyllis Krueger,
USD 252, Food Service Director

Physical Activity

School:

- All students in grades K-6, 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 students in grades 7 – 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.
- Physical education classes for K-6 students will increase to 25 minutes per day every school day.
- The schools will provide a physical and social environment that encourages safe and enjoyable physical activity for all students, including those who are not athletically gifted.
- The physical education curriculum will be sequential and consistent with Kansas State Board of Education approved physical education teaching standards for PreK-12.
- Physical education teachers are certified by the Kansas State Department of Education.
- Physical activity facilities on school grounds are safe and age-appropriate.
- When conditions make it necessary for students to remain indoors and inactive for two or more hours, the students will be given periodic breaks during which they will be encouraged to stand and be moderately active.
- Elementary school students, K-6, will be provided age appropriate physical activity throughout the day which can include recess, walking to and from classes, classroom strategies that include physical movements.
- Jr. High students will participate in the President's Fitness Challenge.
- Elementary students will participate in the Jump Rope for Heart Challenge.
- District third graders attend Fitness Day at ESU.
- Lifetime fitness classes will be offered to secondary students.
- Weight-lifting classes of 72 minutes will be offered every other day to secondary students. The district will also offer a summer weight program to students wishing to participate.
- Golf has been added to the district's extra curricular list of activities.
- High School students must have two PE credits to graduate.

Community:

- Parents will be encouraged to limit the amount of time the students spend watching TV and playing video and computer games at home. This will encourage children to be more physically active.
- Community members will be allowed to use the school gyms for walking during inclement weather, and when not in use by students. The community also uses the district's gyms for basketball and volleyball.
- Teachers/staff/students/community will be informed and encouraged to participate in activities such as "Walk Kansas," Cancer Walk for Camp Hope/Relay for Life, M.S. Walk, and Diabetes Walk for American Diabetic Assoc.

Nutrition

Breakfast Program:

- Pre-packaged cereals containing 35% or less of weight from 10 grams of sugar and 1 gram of fiber per serving will be offered.
- 100% Fruit juice is offered daily
- Fat free chocolate, 2% and skim white milk will be offered daily.

Lunch Program:

- Three choices from the fruit/vegetable group offered daily.
- An entrée' choice with a total fat of 16g or less per serving is offered at least 3 days each week.
- Fat free chocolate, 2% and skim white milk will be offered daily.
- Whole grain breads will be offered 2 or more times a week.
- Desserts with more than 5g. fat per serving will be offered no more than 2 times per week.
- All serving sizes will meet USDA and KSDE Nutrition Services requirements and vary according to student age.
- Students may request the use of the microwave to heat sack lunch items.

Vending Machines:

- 50% of food items in vending machines will meet state minimal nutrition guidelines.
- Vending machines will not be available one hour before and one hour after lunch period.

Classroom:

- Elementary students will be provided adequate breaks throughout the day for the purpose of insuring proper hydration. Secondary students will have the opportunity to get drinks between classes.
- Food and beverages for classroom rewards, parties, and celebrations will not be encouraged before or during student meal periods. Exception to this policy will be limited to those programs or classes that are half-day programs. (Early Start, etc.)
- Teachers will be encouraged to use non-food rewards for classroom accomplishments or to choose healthy snacks as rewards.
- School Stores and other fund raising projects will be encouraged to sell items other than candy.

Health/Nutrition Education

Classroom 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 a variety of learning experiences that support healthy eating habits.
- Each year, some individual classrooms will participate in one or more events that are either centered on nutrition or include nutrition as a main component.
- Student learning experiences at the elementary level are integrated throughout the curriculum in subject areas such as Math, Science, Language Arts, and Social Studies.
- Nutrition Education is offered to middle/high school students both in conjunction with subject area curriculum and in FACS class offerings.
- Nutrition and Wellness education activities will include, but are not limited to proper hand washing, importance of drinking adequate water, food groups, variety of diet, portion sizes and labeling, healthy body image, agriculture origins of various foods, basic food preparation skills, food safety, daily nutritional requirements, dietary plans, fad diets, and weight control, and performance enhancing products and their dangers.
- Students will be encouraged to start each day with a healthy breakfast and to choose nutritious foods throughout the day.

Staff and Community:

- Families will be provided with information that encourages them to teach their children about health, nutrition and exercise, and to provide nutritious meals to their families.
- The school will encourage members of the staff, both certified and non-certified, to serve as healthy role models for students.
- Parents will be invited to join students for school meals.
- School nurse (who was hired in 2008) works with local agencies to provide preventative dental screenings, educates staff about diabetes, and arranges athletic physicals.
- Lyon County Extension Office provides nutrition education to 3rd and 4th graders for one month during the school year.
- ESU students teach a unit on Human Sexuality to 5th and 6th graders yearly.
- The Fellowship of Christian Athletes speak to elementary students yearly.

Environment:

- The lunchroom/eating areas will be clean, orderly and attractive in appearance.
- Food Service Personnel, classroom teachers, administrators or other staff will provide adequate supervision. The atmosphere will be friendly and pleasant.
- Students will be allowed at least 20 minutes for lunch and 15 minutes for breakfast, not including time waiting in line or walking to lunchroom.
- Food Service Personnel will follow the Schools HACCP Plan to guarantee food safety and sanitation procedures are practiced.
- Attractive, current nutrition education materials will be displayed in the dining areas and changed at least each quarter.
- USD 252 premises are tobacco free.