

**Unified School District 320
Wamego Public Schools**

1008 8th Street
Wamego, KS 66547



785-456-7643
Fax 785-456-8125

www.usd320.com

Wamego High School Wellness Policies

D0320 - Wamego 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 D0320 - Wamego that:

Policies in Place

Physical Activity

★ General Guidelines

- All students in grades K - 12 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 have the opportunity to participate in moderate to vigorous physical activity 3 or more times per week 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.
- District encourages extra physical activity time as an option for classroom rewards.
- District uses extra physical activity time as a classroom reward.

★ Throughout the Day

- Elementary school 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.
- Elementary school students have two supervised recess periods per day (not including time spent getting to and from the playground), totaling at least 20 minutes. 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 that participate in indoor recess are provided moderate to vigorous physical activity opportunities.
- 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.
- 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 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.
- 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.
- Elementary students receive 90-119 minutes of physical education per week, which includes at least 50% of the minutes engaged in moderate to vigorous physical activity.
- Elementary students receive 120-149 minutes of physical education per week, which includes at least 50% of the minutes engaged in moderate to vigorous physical activity.
- Physical education curriculum encourages a multi-dimensional fitness assessment.

★ Before & After School

- Extracurricular physical activity programs, such as a physical activity club or intramural programs, are offered.
- 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.
- 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.

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 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).
- One or more Kansas food products served as a part of the school meals program and identified at the beginning of the serving line each week.
- Two or more Kansas products served as a part of the school meals program and identified at the beginning of the serving line each week.

★ 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 to 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.

★ 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).
- 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.

★ 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.
- Students 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.
- Schools provide staff information on non-food rewards.
- Schools begin incorporating non-food rewards.

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 annually.
- 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.

★ 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 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 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.
 - Include nutrition and health posters, signage, or displays in the cafeteria food service and dining areas that are rotated, updated or changed quarterly.
 - 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.
 - School personnel collaborate with the school nutrition staff to use the cafeteria as a learning laboratory that allows students to apply critical thinking skills.
 - 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.
 - Offer information to families at least once per month that encourages them to teach their children about health, nutrition, and agriculture education and assists them in planning nutritious meals for their families.

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.
- 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](#).
- Complete the [CDC School Health Index](#) biannually.
- Annually partner with local health agencies and community organizations.
- District Wellness Committee will discuss the development of a [farm to school program](#).

- 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.

Developing Policies

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

Nutrition

★ General Guidelines

- The dining area had adults model healthy eating in the dining areas and encourage students to taste new and/or unfamiliar foods.

★ Lunch

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

Nutrition Education

★ Nutrition Education

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

Physical Activity

★ Throughout the Day

- Elementary school students have two supervised recess periods per day, totaling at least 30 minutes (not including time spent getting to and from the playground), with one being offered in the morning. Supervisory staff encourage moderate to vigorous physical activity.
- Professional development on integrating physical activity into core/non-core subjects is provided to licensed physical education teachers, school nurses, and building administrators.
- Structured physical activities are approved by a licensed physical education teacher and integrated into health education and one or more core subjects, such as math, science, language arts, and social sciences, as well as in non-core and elective subjects.

★ Physical Education

- Physical education teachers are licensed and have advanced certification and/or education.
- 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 wellness policy assessment and progress toward meeting the State Model Wellness Policy are presented to school and district staff.
- Each semester provide 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](#).
- 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 annually in one or more schools.
- Farm to school activities conducted each semester in one or more schools.
- Each semester, culturally relevant health education information is provided to families via handouts, postings on the school website, newsletters, presentations and workshops.

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:

Laura Fails, Chairperson

Teri Dow

Amy Flinn

Brad Couture

Julie Schrum

Courtney Simpson

Cathe Ira

Chrissy Burgess

Kati Wolfgang

Kristin Katt

Rob McKim

Brian McIntosh

Travis Graber

Beth Courtney