

School Wellness Policy
D0303 Ness City, School Year 2014-2015
Middle School - Grouped by Content Area

The following information was reported by USD 303 on the Kansas State Department of Education's Wellness Policy Reporting System. It reflects the current status of the Kansas Model Wellness Policy Guidelines as implemented by USD 303.

Nutrition Guidelines

General Atmosphere

Guidelines Achieved

- B - The dining area is clean.
- B - The dining area is orderly.
- B - The dining area has a reasonable noise level.
- B - The dining area has an inviting atmosphere.
- B - The dining area has adequate seating to accomodate all students during each serving period.
- B - The dining area has adequate adult supervision.
- B - Students are allowed to converse with one another while they eat their meals.
- B - Lunch hour is closed. Students must have permission to leave school campus.

Breakfast

Guidelines Achieved

- B - All school breakfasts comply with USDA regulations and state policies.
- B - Students have at least 10 minutes to eat breakfast not including time spent walking to/from class or waiting in line.
- A - Foods containing whole grains are offered at least 3 days per week.
- E - Low-fat (1% or ½%) and/or skim (nonfat) milk are offered exclusively.

Guidelines that are Not Applicable

- E - Foods containing whole grains are offered daily.

Lunch

Guidelines Achieved

- B - All school lunches comply with USDA regulations and state policies.
- A - Desserts with more than 5 g. of fat per serving are offered no more than 2 times per week.
- B - An entrée choice with total fat of 16 g. or less per serving is offered fewer than 3 days per week.
- B - At least 2 fruit and/or vegetable choices are offered daily.
- E - At least 10 different fruits and 10 different vegetables are offered monthly.
- A - Low-fat (1% or ½%) and/or skim (nonfat) milk are offered daily.
- A - All salad dressings contain 12 g. or less of fat per ounce.

Guidelines In Progress

- A - At least 3 fruit and/or vegetable choices are offered daily.
- E - Fresh fruits or vegetables are offered daily.

Guidelines that are Not Applicable

- E - An entrée choice with total fat of 16 g. or less per serving is offered daily.
- E - At least 4 fruit and/or vegetable choices are offered daily.
- E - A food item containing whole grain is offered daily.
- E - Low-fat (1% or ½%) and/or skim (nonfat) milk are offered exclusively.
- E - All salad dressings contain 6 g. or less of fat per ounce.

A La Carte

Guidelines Achieved

B = Basic A = Advanced E = Exemplary

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B - A la carte items are offered in compliance with USDA regulations prohibiting the sale of "foods of minimal nutritional value" during the meal service period where school meals are served or eaten.

A - At least 50% of other a la carte items meet all of the following criteria: Fat – Except for nuts, seeds and nut butters, 35% or less of total calories from fat (or less than 4 g. per 100 calories) Sugar – Except for fruit without added sugar, 35% or less of weight from total sugar (or less than 9 g. per 100 calories) Calories – 200 or less calories per selling unit.

E - Water (non-caloric) is sold a la carte.

Guidelines that are Not Applicable

A - The same portion size of any food items served in the school breakfast or lunch are sold a la carte.

E - Fruits and/or vegetables are sold a la carte.

E - Only low-fat/nonfat yogurt is sold a la carte.

E - All other a la carte items meet all of the following criteria: Fat – Except for nuts, seeds and nut butters, 35% or less of total calories from fat (or less than 4 g. per 100 calories) Sugar – Except for fruit without added sugar, 35% or less of weight from total sugar (or less than 9 g. per 100 calories) Calories – 200 or less calories per selling unit.

A - All soy or rice beverages sold a la carte contain 35% or less of weight from total sugar (or less than 9 g. per 100 calories).

Vending

Guidelines Achieved

B - The sale of "foods of minimal nutritional value" is not allowed where school meals are served or eaten during the meal period.

E - All other food items sold in vending machines or school stores meet all of the guidelines below: Fat Except for nuts, seeds and nut butters, 35% or less of total calories from fat (or less than 4 g. per 100 calories) Sugar Except for fruit without added sugar, 35% or less of weight from total sugar (or less than 9 g. per 100 calories) Calories 200 calories or less per selling unit.

E - Water (non-caloric) is sold in vending machines or school stores.

Guidelines In Progress

B - All school employees adhere to the Basic vending guidelines adopted for students.

Guidelines that are Not Applicable

E - Only low-fat (1% or ½%) and/or skim (nonfat) milk with 35% or less of weight from total sugar (or less than 9 g. per 100 calories) is sold in vending machines or school stores.

A - Soy or rice beverages with 35% or less of weight from total sugar (or less than 9 g. per 100 calories) are sold in vending machines or school stores.

E - All juice products sold in vending machines or school stores contain 100% juice.

E - All school employees adhere to the Exemplary vending guidelines adopted for students.

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During the School Day

Guidelines Achieved

B - All foods and beverages are offered in compliance with USDA regulations prohibiting the sale of "foods of minimal nutritional value" where school meals are served or eaten during the meal period.

A - Students are allowed to have individual water bottles in the classroom.

A - Foods and beverages for classroom rewards, parties and celebrations will not be provided until at least one hour after the end of the last lunch period.

B - 50 percent or more of fundraising activities will involve the sale of food and/or beverages.

Guidelines In Progress

E - Students are encouraged to have individual water bottles in the classroom.

A - At least 50 percent of fundraising activities will NOT involve the sale of food and/or beverages.

A - Fundraising activities involving the sale of food or beverages will not take place until after the end of the last lunch period.

New Goals

E - Refreshments provided for students participating in school events adhere to the Exemplary guidelines for vended foods and beverages.

A - Parents, teachers and organizations are informed about the guidelines and are encouraged to follow them.

Guidelines that are Not Applicable

E - Foods and beverages for classroom rewards, parties and celebrations will meet the Exemplary level guidelines for a la carte foods and beverages.

E - At least 75 percent of fundraising activities will NOT involve the sale of food and/or beverages.

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Nutrition Education Guidelines

General Guidelines & Classroom

Guidelines Achieved

- B - All students, 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 development of healthful eating habits.
- B - At least 5 hours of classroom nutrition education will be provided each year for all students.
- B - Classroom nutrition education covers importance of drinking adequate water.

Guidelines In Progress

- A - School administrators will inform teachers about opportunities to attend training on nutrition and the importance of role modeling healthful habits for students.
- B - At least 25 percent of nutrition education instruction will be comprised of hands-on activities that engage students in enjoyable, developmentally-appropriate, culturally relevant, participatory learning.
- B - The licensed teacher will approve the instructional materials and method; and have ongoing, open communication with the individual providing instruction.
- B - Nutrition education will be based on the most recent Dietary Guidelines for Americans.
- B - Annually, an updated list of nutrition resources will be provided to each school principal by KSDE and this list will be given to the teachers.
- B - Teachers will be able to secure recommended nutrition education resources in adequate quantities for their students.

New Goals

- B - Classroom nutrition education covers relationship of food intake (energy input) and physical activity (energy output).
- B - Schools will be encouraged to use qualified personnel to provide nutrition education from organizations such as the Kansas State Department of Education, K-State Research and Extension, health and agriculture organizations, universities and consulting registered dietitians.

Guidelines that are Not Applicable

- A - School administrators will encourage teachers to attend nutrition-related training at least once a year and will support their participation.
- A - At least 50 percent of nutrition education instruction will be comprised of hands-on activities that engage students in enjoyable, developmentally-appropriate, culturally relevant, participatory learning.
- B - The nutrition education curriculum will be sequential and consistent with the current Kansas State Board of Education approved health education teaching standards.
- B - 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.
- B - Active learning experiences will be provided for students; and whenever feasible, the active learning will involve the students in food preparation.

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Cafeteria

Guidelines Achieved

B - Attractive, current nutrition education materials will be prominently displayed in dining areas and changed at least every 9 weeks.

B - Students will be encouraged to start each day with a healthful breakfast and to choose nutritious foods throughout the day.

Guidelines In Progress

A - Teachers will discuss with students the nutrition education materials displayed in the dining areas.

A - Students will participate in taste tests and/or surveys to obtain their input on foods offered in the cafeteria.

Guidelines that are Not Applicable

E - Teachers will collaborate with the school nutrition staff to use the cafeteria as a learning laboratory that allows students to apply critical thinking skills.

E - Students will be about the nutrition requirements for school meals and some students will be involved in helping plan menus.

Events During the School Day

Guidelines Achieved

B - 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.

Guidelines that are Not Applicable

A - Each year, at least one school-wide interactive event will be conducted that is either centered on nutrition or contains nutrition as a main component. After the event, related lessons will be used to reinforce learning of the information presented at the event.

E - A community or media partner will be involved in at least one school-wide event by helping with planning or actively participating in the event. Both before and after the event, related lessons will be used to reinforce learning of the information presented at the event.

Family & Community -NE

Guidelines Achieved

B - Parents will be invited to join students for school meals.

Guidelines In Progress

B - Families will be provided with information that encourages them to teach their children about health and nutrition, and to provide nutritious meals for their families.

Guidelines that are Not Applicable

A - Family members will be encouraged to become actively involved in programs that provide nutrition education.

E - Community members will be encouraged to become actively involved in school programs that provide nutrition education.

A - Opportunities will be provided for parents to share their healthful food practices with the school and community.

E - Nutrition information will be provided to the broader community.

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Staff Wellness

Guidelines Achieved

B - The school will encourage each member of the staff (both certified and non-certified) to serve as a healthy role model for students.

Guidelines In Progress

A - The school will have a staff wellness committee to plan and implement ongoing activities for school staff that promote health and wellness.

Guidelines that are Not Applicable

E - The school's staff wellness committee will develop, promote and oversee a multi-faceted plan to promote staff health and wellness including healthful eating, physical activity and other elements of a healthful lifestyle.

E - At least one school-wide activity will be conducted each year that promotes staff wellness.

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Physical Activity Guidelines

General Guidelines & Physical Education Classes

Guidelines Achieved

- B - All students, 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.
- B - Students will receive 100-150 minutes of physical education per week.
- B - The physical education curriculum will be sequential and consistent with Kansas State Board of Education approved physical education teaching standards for Pre-Kindergarten through grade 12.
- B - Physical education teachers are licensed by the Kansas State Department of Education.
- B - Physical education classes will have a student/teacher ratio that is the same as other classes in the school.
- B - Adequate age-appropriate equipment will be available for all students to participate in physical activity.
- B - Physical activity facilities on school grounds are safe.

Guidelines In Progress

- B - The school(s) will provide a physical and social environment that encourages safe and enjoyable physical activity for all students, including those who are not athletically gifted. Students will have the opportunity to participate in lifetime physical activities (e.g. walking, Pilates, swimming, golf, tennis, etc.).

Guidelines that are Not Applicable

- E - Students will receive more than 200 minutes of physical education per week.
- E - During physical education classes, students will engage in moderate to vigorous physical activity at least 30 minutes per day and/or 150 minutes per week.

Throughout the Day

Guidelines Achieved

- B - Classroom health education will reinforce the knowledge and self-management skills needed to maintain a physically-active lifestyle and to reduce time spent on sedentary activities, such as watching television.
- A - When circumstances 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.

Guidelines that are Not Applicable

- E - Opportunities for physical activity will be regularly incorporated into other subject areas (i.e. math, language arts, social studies, etc.).
- E - Classroom teachers will provide short physical activity breaks between lessons or classes, as appropriate.

Punishment

Guidelines In Progress

- B - Physical activity will not be used (e.g. running laps, pushups) or withheld (e.g. recess, physical education) as punishment. This guideline does not apply to extracurricular sports teams.

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Family & Community - PE

Guidelines In Progress

B - Information will be provided to help families incorporate physical activity into the lives of all household members.

Guidelines that are Not Applicable

A - Families and community members will be encouraged to institute programs that support physical activity, such as a walk to school program.

E - Community members will be provided access to the school's physical activity facilities outside the normal school day. School policies concerning safety will apply at all times.

E - School resources (such as a back-pack containing physical activity equipment) will be loaned to families to support their efforts to be physically active.

B = Basic A = Advanced E = Exemplary