

2015-2016

USD 435 Abilene Public Schools

2015-2016

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TO IMPROVE THE HEALTH AND WELL-BEING OF EVERY
STUDENT BY CREATING AN ENVIRONMENT THAT SUPPORTS
HEALTH, NUTRITION, AND PHYSICAL FITNESS.

ALL FOOD & BEVERAGE ITEMS SOLD ON THE SCHOOL CAMPUS DURING THE SCHOOL DAY

All Food Sold in Schools Must:

- Be a “whole grain-rich” product; **or**
- Have as the first ingredient a fruit, a vegetable, a dairy product, or a protein food; **or**
- Be a combination food that contains at least ¼ cup of fruit and/or vegetable.

100% of items offered must also meet all of the following criteria per selling unit (the entire contents of the individual package or container including accompaniments ie. ketchup or dressings)

- Total fat ≤35% of calories and saturated fat <10% of calories, except for nuts, seeds and nut butters and reduced fat cheese (including part-skim mozzarella). Must contain 0 trans fats.
- Total sugar ≤ 35% by weight.
- Calories ≤200 for snack items and ≤350 for entrée items.
- Sodium ≤200mg for snack items and ≤480 mg for entrée

Any entrée item offered as part of the lunch program or the breakfast program is *exempt* from all competitive food standards if it is sold as a competitive food on the day of service or the day after service in the lunch or breakfast program.

Beverages are limited to:

- Plain water (without carbonation)
- Unflavored low fat milk
- Unflavored or flavored fat free milk and milk alternatives permitted by National School Lunch/School Breakfast Programs (NSLP/SBP).
- 100% fruit or vegetable juice with no added sweeteners
- **Middle and high schools** may sell up to 12-ounce portions of milk and juice. **Elementary schools** may sell up to 8-ounce portions of milk.

FUNDRAISERS

Any food items sold by a school organization that meets the smart snack guidelines may be sold anytime during they day.

Fundraisers that sell food and/or beverages items that **do not** meet the smart snack guidelines must be approved by the School Board and follow the Kansas State Board of Education Exempt Fundraiser Policy.

“One exempt fundraiser per school organization per semester that does not meet the Nutrition Standards for All Foods Sold in School during the school day on the school campus will be allowed. An organization is defined as a school group that is approved by the local board of education. Length of the organization’s exempt fundraiser cannot exceed 2 days.”

1. Exempted fundraisers must be approved by the School Board, Building Principal and Food Service Department
2. Exempt Fundraisers will be tracked by the Food Service Department
3. Exempt fundraisers cannot take place during meals times. (Breakfast or lunch)

SNACK VENDING: VENDING MACHINE & SCHOOL STORES

1. Vended snacks are **not** available to students in elementary schools.
2. Vended snacks sold in schools must meet the Smart Snack guidelines.
3. ALL district vending machines in all attendance centers must meet these guidelines. This does exclude vending machines that students do not have access to. Such as staff lounges vending machines are not required to meet these guidelines.

BEVERAGE VENDING

Vended beverages are not available to elementary students

Middle Schools may sell during the school day:

- Plain water (**without** carbonation)
- No more than 12-ounce unflavored low fat milk
- No more than 12-ounce unflavored or flavored fat free milk and milk alternatives permitted by NSLP/SBP
- No more than 12-ounce 100% fruit or vegetable juice with no added sweeteners

High Schools may sell during the school day:

- Plain water (**without** carbonation)
- No more than 12-ounce unflavored low fat milk
- No more than 12-ounce unflavored or flavored fat free milk and milk alternatives permitted by NSLP/SBP
- No more than 20-ounce portions of calorie-free flavored water (without carbonation)
- No more than 12-ounce 100% fruit or vegetable juice with no added sweeteners (with or without carbonation)

No soft drinks or other drinks that do not meet the guidelines will be available to any students during school day. (*The school day is defined as the period from the midnight before to 30 minutes after the end of the official school day*). Drink machines will have timers set to be turned off from midnight before until 30 minutes after the end of the official school day.

Machines offering approved beverages, including juice and water, may be turned on throughout school day. Plain water will be offered at a lower price than other beverages.

NUTRITION

GENERAL GUIDELINES

4. The food service area is clean, orderly, and has an inviting atmosphere.
5. 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.
6. The dining area has seating to accommodate all students during each serving period.
7. Food service personnel and supervisory staff use positive communication cues with students to promote consumption of foods served as part of Child Nutrition Programs.
8. Adults model healthy eating in the dining areas and encourage students to taste new and/or unfamiliar foods.
9. The students are allowed to converse with one another at least part of the mealtime.
10. Reimbursable meals and/or parts of a reimbursable meal are not withheld or denied as a disciplinary action.
11. Identify content of reimbursable lunch and breakfast near or at the beginning of the serving line(s).
12. Substitutions are provided for students with allergies and intolerances that do not rise to the level of a disability, identified by a Recognized Medical Authority on the signed Meal Modification Form.

NUTRITION-BREAKFAST

1. All school breakfasts comply with USDA regulations and state policies.
2. At least three different fruits are offered each week on three different days. At least one fruit per week is served fresh.
3. Students have at least 10 minutes "seat time" to eat breakfast (not including time spent walking to and from class or waiting in line).

NUTRITION-LUNCH

1. All school lunches comply with USDA regulations and state policies.
2. Students have at least 15 minutes "seat time" to eat lunch not including time spent walking to/from class or waiting in line.

NUTRITION-OTHER CHILD NUTRITION PROGRAMS

Meals and snacks served under the USDA 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

1. 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.
2. Students are allowed to have clear/translucent individual water bottles in the classroom.
3. Teachers and parents are provided with information on healthy options for classroom rewards, parties and celebrations that meet the Smart Snacks in School "All Food Sold in Schools" Standards.

DURING THE SCHOOL DAY CONTINUED

4. Foods and beverages for classroom rewards, parties and celebrations will not be provided within **one hour before or after the end of the last lunch period.**
5. Faculty and staff are encouraged to use non-food items as rewards.
6. School discourages meals purchased at a fast food outlet to be eaten in the cafeteria. Soft drinks are not allowed to be consumed in the cafeteria. **(Grades: K-8th)**

NUTRITION PROMOTION & EDUCATION

NUTRITION PROMOTION

1. School 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/c distributed to families via another method.
2. Students provide input on foods offered in the cafeteria.
3. Marketing and advertising of nutritious foods and beverages to students is implemented consistently through a comprehensive and multi-channel approach by school staff, teachers, parents, students and the community.

NUTRITION EDUCATION

1. 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 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.

NUTRITION EDUCATION *CONTINUED*

2. Include nutrition education as part of health education classes and/or stand-alone courses for all grade levels, including curricula that promote skill development.
3. Active learning experiences are provided such as involving students in food preparation or other hands-on activities.
4. Integrate nutrition education into other core subjects such as math, science, language arts, and social sciences, as well as in non-core and elective subjects.
5. 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 regularly.

PHYSICAL ACTIVITY

GENERAL GUIDELINES

1. 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.
2. Physical activity facilities in and on school property are safe with sufficient age-appropriate equipment for all students, including those with disabilities. Adequate adult supervision is provided.
3. School prohibits the use of physical activity as a punishment. The school prohibits the withholding of physical activity, including an entire recess (no more than 50% of the recess can be withheld) and physical education class, as punishment.
4. School offers lifetime physical activity that teaches basic motor skills, enhances knowledge of concepts related to movement needed to achieve and maintain health. Students learn the benefits of and an appreciation for regular physical activity.

THROUGHOUT THE DAY

1. Elementary school students have at least two supervised recess periods per day (not including time spent getting to and from the playground), totaling at least 20 minutes. Supervisory staff encourages moderate to vigorous physical activity.
2. The individual school's administration will develop a policy regulating indoor and outdoor recess during extreme weather conditions.
3. Structured physical activity opportunities, in addition to recess and physical education, are encouraged for all students.
4. Faculty/Staff will be encouraged to integrate structured physical activities 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. A licensed physical education teacher should be used as a resource to plan physical activities.

PHYSICAL EDUCATION

1. 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.
2. **Elementary** students receive 60-99 minutes of physical education per week, which includes at least 40 minutes of moderate to vigorous physical activity.
3. **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 60 minutes of moderate to vigorous intensity activity.

PHYSICAL EDUCATION *CONTINUE*

1. **High school** students are provided structured physical education in at least 1.5 courses required for graduation.
2. Physical education curriculum includes fitness assessment of at least 90% of all students enrolled in physical education and student fitness reports are available to parents.
3. Physical education is taught by teachers licensed by the Kansas State Department of Education
4. Physical education teachers participate in physical education and/or physical activity specific professional development every 2 years.

BEFORE & AFTER SCHOOL

3. Extracurricular physical activity programs, such as a physical activity club or intramural programs, are offered.
4. An assessment on walking and/or biking to school has been completed to determine safety and feasibility.

FAMILY & COMMUNITY

4. Community members are provided access to the school's outdoor physical activity facilities.
5. Offer information via multiple channels at least once per semester to all families that encourage them to teach their children about physical activity, and assist them in planning physical activity for their families.

INTEGRATED SCHOOL BASED WELLNESS

GENERAL GUIDELINES

1. 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.
2. School staff is aware of Team Nutrition and the HealthierUS School Challenge Award opportunity.
3. Annually, offer school-sponsored wellness family activities that address one or more components of the Whole School, Whole Community, Whole Child Model.
4. Annually partner with community health agencies/organizations and/or allow community use of school facilities for wellness activities.
5. Support the development of a farm to school program.
6. Each semester, health education is provided to families via handouts, postings on the school website, newsletters, presentations and workshops.
7. The local school wellness policy team meets at least twice per year.
8. The school wellness policy and progress toward meeting the State Model Wellness Policy are made available to the public, including parents, students and the community.