

**UNIFIED SCHOOL  
DISTRICT  
No. 261  
Haysville**

**School Wellness  
Guidelines**

**June, 2006**

With the intention of setting forth guidelines to help make significant progress in improving the wellness of our students, the Unified School District No. 261 School Wellness Committee has created recommendations based on the Kansas State Department of Education's Wellness Policy Guidelines.

When developing these guidelines, particular attention has been given to providing healthful foods and beverages with the goal of preventing and reducing childhood obesity. Many of the committee recommendations contained in these guidelines represent "new goals" or goals "in progress" for schools. District and building-level implementation plans, which include strategies for monitoring the on-going progress of each goal, have been or are currently underway to ensure compliance with KSDE guidelines.

Unified School District No. 261 School Wellness Committee is comprised of the following members:

Lisa Cundiff	USD 261 Director of Instructional Technology
Richard Elliott	Campus HS Assistant Athletic Director
Penny Hobkirk	Director of USD 261 Staff Development Center and Grant Writing
Gina Lee	USD 261 Food Service Director
Mike Maurer	Haysville Middle School Principal
Perry McCabe	USD 261 Assistant Superintendent of Business and Finance
Steve Miller	Ruth Clark Elementary Physical Education Teacher
Tammy Palmer	USD 261 District Nurse
Tonya Roberts	Haysville Middle School Physical Education Teacher
Debie Pile	Wesley Medical Center Administrator
Myron Regier	Campus High School Principal
Barb Walters	USD 261 Board of Education Member
Tonya Roberts	Haysville Middle School Physical Education Teacher

Sub-committees, which include various additional constituency representatives, have also been formed to provide input related to specific nutrition, nutrition education, and physical activity needs and issues.

**UNIFIED SCHOOL DISTRICT No. 261**  
**School Wellness Policies and Plan**

**UNIFIED SCHOOL DISTRICT No. 261's Wellness Policies on Physical Activity and Nutrition.**

**PREAMBLE**

**Whereas**, children need access to healthful foods and opportunities to be physically active in order to grow, learn, and thrive;

**Whereas**, good health fosters student attendance and education;

**Whereas**, obesity rates have doubled in children and tripled in adolescents over the last two decades, and physical inactivity and excessive calorie intake are the predominant causes of obesity;

**Whereas**, heart disease, cancer, stroke, and diabetes are responsible for two-thirds of deaths in the United States, and major risk factors for those diseases, including unhealthy eating habits, physical inactivity, and obesity, often are established in childhood;

**Whereas**, 33% of high school students do not participate in sufficient vigorous activity and 72% of high school students do not attend daily physical education classes;

**Whereas**, only 2% of children (2 to 19 years) eat a healthy diet consistent with the five main recommendations from the Food Guide Pyramid;

**Whereas**, nationally, the items most commonly sold from school vending machines, school stores, and snack bars include low-nutrition foods and beverages, such as soda, sports drinks, imitation fruit juices, chips, candy, cookies, and snack cakes;

**Whereas**, school districts around the country are facing significant fiscal and scheduling constraints; and

**Whereas**, community participation is essential to the development and implementation of successful school wellness policies;

**Thus, USD 261, Haysville is committed to providing** school environments that promote and protect children's health, well-being and ability to learn by supporting healthy eating and physical activity. Therefore it is the policy of the Haysville School District that:

USD 261 is committed to providing school environments that promote and protect children's health, well-being and ability to learn by supporting healthy eating and physical activity. Therefore, it is the policy of the Haysville School District that:

- Wellness guidelines will be implemented as specified in the Kansas State Department of Education's Wellness Policy Report for each school level.
- Students, parents, teachers, food service professionals, health professionals and other interested community members will be engaged in developing, implementing, monitoring and reviewing district-wide nutrition and physical activity policies.
- All students in grades K-12 will have opportunities, support and encouragement to be physically active on a regular basis.
- Foods and beverages sold or served at school will meet the nutrition recommendations of the *U.S. Dietary Guidelines for Americans*.
- Qualified child nutrition professionals will provide students with access to a variety of affordable, nutritious, and appealing foods that meet the health and nutrition needs of students.
- Students will be provided with adequate time to eat in settings that are clean, safe, and pleasant.
- To the maximum extent practicable, all schools in our district will participate in available federal school nutrition programs.
- Schools will provide nutrition education and physical education to foster lifelong habits of healthy eating and physical activity, and will establish linkages between health education, school nutrition programs and related community services.

## Nutritional Quality of Foods and Beverages Sold and Served at School

Meals served through the National School Lunch and Breakfast Programs will:

- Be appealing and attractive to children
- Be served in a clean and pleasant setting
- Meet, at a minimum, nutrition requirements established by local, state and federal statutes and regulations
- Offer a variety of fruits and vegetables
- Serve only low-fat 1 % milk
- Ensure that half of the served grains are whole grain

The implementation of these guidelines shall be the sole responsibility of the food services director. From time to time, the food service director will offer opportunities for students, parents, and staff, a taste test of new entrees and surveys, in selecting foods offered through the school hot lunch and breakfast programs in order to identify new, healthful, and appealing food choices. The nutritional value of the meals served shall be made available upon request from the food service director who shall keep a written record of the nutritional value of all food served.

### Breakfast

To ensure that all students have an opportunity to eat a breakfast that meets their nutritional needs and enhances their ability to learn:

- USD #261 will operate the School Breakfast Program in conjunction with the bus schedules in order to give every student the opportunity to take part in the program

### Free and Reduced Priced Meals

USD #261 will encourage families to take part in the free and reduced priced meal program. Every effort will be made by the district to maintain the confidentiality of those who are eligible for free and reduced price school meals.

### Meal Times and Scheduling USD #261

- Will provide students at least 10 minutes to eat breakfast not including time spent walking to and from class or waiting in line
- Will have at least 15 minutes to eat lunch not including time spent walking to and from class or waiting in line
- Should schedule meal periods at appropriate times
- Should not schedule activities, organizational/class meetings during mealtimes, unless students may eat during such activities
- Should take reasonable steps to accommodate students who have special food needs due to food allergies or special diet and other special needs
- Will provide access to and encourage students to wash or sanitize hands before they eat meals or snacks

### Sharing of Foods and Beverages

USD #261 shall discourage students from sharing their food or beverages with one another during meal or snack times, given concerns about allergies, disease transmission and other restrictions on a child.

### Monitoring Requirements

Building principals have the responsibility of ensuring building compliance with student wellness policies and guidelines. To ensure compliance, principals shall review policies and guidelines with staff at the beginning of each school year. Throughout the year, principals shall routinely monitor for compliance, providing assistance to staff members as needed. Parents, teachers, and organizations will be informed about the guidelines and encouraged to follow them.

### Nutrition Guidelines

The following foods maybe served or sold to students before or during the school day through vending and a la carte.

- **Beverages Allowed:** Water without caloric sweeteners; fruit and vegetable juices that contain at least 50% fruit juice and do not contain additional caloric sweeteners; milk that has 360 calories or less.
- **Beverages Not Allowed:** soft drinks containing caloric sweeteners; iced teas; fruit based drinks that contain less than 50% real fruit juice or that contain additional caloric sweeteners; beverages containing caffeine, excluding low fat 2 % or 1% fat free chocolate milk (which contains trivial amounts of caffeine)
- **Food Items Sold individually and A la Carte:** 50% of food items offered individually meet these guidelines
  - Fat – Except for nuts, seeds, and nut butters, 35% or less of total calories from fat

- Sugar – Except for fruit without added sugar, 35% or less of weight from total sugar
- Calories – 200 calories or less per selling unit

In addition, Food Services may offer a la carte items as follows:

- **Elementary Schools** may offer milk only
- **Middle Schools** may offer the same portion size of any food item served that day in the school breakfast or lunch program. In addition, items that meet the Nutrition Guidelines may be sold.
- **High Schools** may offer the same portion size of any food item served that day in the school breakfast or lunch program. In addition, items that meet the Nutrition Guidelines may be sold.

### Vending

- **Elementary Schools** – no beverage/snack vending machines may be in operation where students may purchase items during the school day.
- **Middle Schools** – where vending or school stores are available to students, items that meet the Nutrition Guidelines may be sold. Food and beverage sales to students before and during the school day shall be prepared and served following all applicable health codes and USDA regulations. USD 261 will not permit food and/or beverages to be served or (vending) during the food service period.
- **High Schools** – where vending or school stores are available to students, at least 50% of the items available in any single location within a building where food/snacks are sold must meet the Nutrition Guidelines. Food and beverage sales to student before and during the schools day shall be prepared and served following all applicable health codes and USDA regulations. USD 261 will not permit food and/or beverages to be served (vending) during the food service period. For sports drinks, only 12 oz drinks will be offered in drink machines located near high school athletic training centers.

### Snacks

Snacks are important for providing children with nutrients to support growth and learning. Parties are an opportunity to celebrate. With a little imagination, snacks and parties can be fun and still provide healthy, nutrient rich foods. Snacks served during the school day, used as reward/reinforcement incentives or school enrichment programs (including summer school) shall make a positive contribution to the child's diet and health. Emphasis will be on healthy snacks and drinks, and must be considered in relationship to the time of breakfast and lunch for the student. Food allergies and special dietary needs, including diabetes, are becoming increasingly common in the general population and should be considered when planning food at school. Food and beverages for classroom rewards, parties, and celebrations should not be provided until at least one hour after the lunch hour. The following are examples of healthy snack or party ideas:

100% fruit snacks	Vegetable tray with low fat dip	Angel food cake with fruit toppings
Fruit Smoothies	Fruit with whipped topping	Fruit and cheese kabobs
Sliced fruit	Apples with caramel dip	Fresh fruit with yogurt dipping sauce
Fruit wedges	Fruit Salad or fruit added to gelatin	Pizza with low fat toppings
Salami, cheese, and whole grain crackers	Nut assortments or trail mix	Low fat beef jerky
Low fat pudding cups	Low fat milk plain or flavored	Cheese quesadillas
String cheese	Yogurts in a cup or in a tube	Pasta Salad
Animal crackers	Low fat pretzels or popcorn	Bread sticks with marinara
Granola bars, graham crackers	Banana, carrot, or zucchini bread	Bagels and cream cheese
Berry parfaits with vanilla yogurt	Salsa and low fat chips	Trail mix or cereal mixes

### What about birthday cake?

Once in awhile a piece of birthday cake can fit into a healthy diet. However, if each student brings in cake for his or her birthday, eating cake becomes a regular occurrence. One suggestion to make cake a "sometimes" food is having a monthly birthday party to celebrate all students' birthdays for that month with one celebration. Work to limit parties with cake and other sugary or high fat foods to once a month or less, and to provide alternative foods for children with special dietary needs, including allergies and diabetes.

### Alternatives to Using Food as a Reward

Teachers, administration, parents, and the community often offer kids food as a reward for good behavior. Typically food rewards have little or no nutritional value, but are used because they are easy, inexpensive treats that are thought to bring about short-term behavior change. Teachers and staff are encouraged to reward students with non food items. Using food as a reward send a mixed message that highlights the conflict between the nutrition education taught in the classroom and the school environment. It encourages over-consumption of foods high in added sugar and fat that can lead to being overweight, and may displace more nutritious foods. Food as

a reward teaches kids to reward themselves with food, even when they are not hungry. Some cost-free alternative rewards might include:

- Sit at the teacher's desk
- Sit by friends
- Eat lunch with the teacher/principal
- Classroom helper privileges
- Read outside
- Extra recess time
- Class walking break
- Free choice time
- Teacher, guest, or staff member performs a special skill (i.e. singing, jumping rope at recess) or reads a book to the class
- Other rewards deemed to be age/grade level appropriate

### **Fundraisers**

Sale of nutritious foods and beverages as fundraisers help create a healthy school environment. Schools can help promote a healthy learning environment by using non-food items as fundraising alternatives. At least 50% of fundraising activities will not involve the sale of food or beverages. The following web sites offer healthy fundraising alternatives:

- California Department of Health Services: <http://departments.oxy.edu/uepi/cfj/publications/CreativeFinancing.pdf>
- Richland County School District One: [http://www.richlandone.org/departments/student\\_nutrition/fundraising\\_ideas.htm](http://www.richlandone.org/departments/student_nutrition/fundraising_ideas.htm)
- Oklahoma State Department of Education: <http://cnp.sde.state.ok.us/documents/FundraisingIdeas.pdf>

### **Nutrition Education and Promotion**

In its efforts to teach, encourage, and support healthy eating by students, USD #261 will provide nutrition education and engage in nutrition promotion that:

- Is offered at each grade level as part of a sequential, comprehensive, standards-based program designed to provide students with the knowledge and skills necessary to promote and protect their health
- Is part of not only health education classes, but also classroom instruction in subjects such as math, science, language arts, social sciences, and elective subjects
- Includes enjoyable, developmentally-appropriate, culturally-relevant, participatory activities, such as contests, promotions, taste-testing, farm visits, and other activities promoting a healthy lifestyle
- Promotes fruits, vegetables, whole grain products, low-fat (2%) and 1% fat-free dairy products, healthy food preparation methods, and health-enhancing nutrition practices
- Emphasizes caloric balance between food intake and energy expenditure (physical activity/exercise)
- Links with school meal programs, other school foods, and nutrition-related community services
- Includes training opportunities for teachers and other staff.

### **Integrating Physical Activity in the Classroom Setting**

For students to receive the nationally-recommended amount of daily physical activity (i.e. at least 60 minutes per day) and for students to fully embrace regular physical activity as a personal behavior, students need opportunities for physical activity beyond physical education class.

Toward that end USD #261:

- Will complement physical education through the classroom health education program by reinforcing 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 and playing video-games
- Will provide short physical activity breaks between lessons or classes, as appropriate

**Communication with Parents:** USD #261 will support parents' efforts to provide a healthy lifestyle for their children. Through a variety of means, USD #261 will provide information to help parents understand how and why USD 261 is working to impact the health of their child(ren). A copy of the district's policy and the food and beverages that meet the district's standards will be made available to parents.

**Staff Wellness:** USD 261 highly values the health and well-being of every staff member and will work to implement activities and policies that support personal efforts by staff to maintain a healthy lifestyle.

### **Physical Activity Opportunities and Physical Education:**

Physical Education (P.E.) K-12: All students in grades K-12 will have opportunities, support and encouragement to be physically active on a regular basis. To meet basic requirements:

- Students will receive a minimum of 100 minutes of physical education per week.
- During physical education classes, students engage in moderate to vigorous physical activity at least 15 minutes per day and/or 75 minutes per week.
- Recess will occur before lunch at the elementary schools and at the middle school level if logistically practical
- Physical education is available as an elective for grades 9-12

In addition, the committee recommends that additional avenues for incorporating physical activity into the daily program be explored at all levels.

**Physical Activity and Punishment:** In USD #261, physical activity will not be used (e.g. laps, pushups) or withheld (e.g. recess, physical education) as punishment. (This guideline does not apply to extracurricular sports teams.)

**Use of School Facilities Outside of School Hours:** USD #261 will work closely with the Haysville Recreation Commission to determine the best use of the school facilities outside regular school hours to promote a healthy and physically fit lifestyle. All use of the facilities must be approved by the building administrator and must follow the local Board of Education guidelines. Special care must be given to insure that no activities are unsupervised at anytime.

### **Monitoring and Policy Review**

**Monitoring:** The superintendent of USD #261 or designee will ensure compliance with established district-wide nutrition and physical activity wellness policies. In each school, the building principal or designee will ensure compliance with these policies in their school and will report on the school's compliance to the superintendent of schools or designee.

School food service staff, at the school level, will ensure compliance with nutrition policies and will report on this matter to the superintendent or designee. This includes reporting on all inspections, changes in guidelines from the Federal Food Program, or other pertinent information regarding the nutrition program. The food service director shall have a list of all nutritional values of the food that is prepared and served upon request.

**Policy Review:** These guidelines will be reviewed and updated on a yearly basis until the 'basic' (or above) goals have been met for nutrition, nutrition education and physical activity. Once the plan is fully in place and operational, an assessment will be repeated every three years to ensure compliance, assess progress and determine areas in need of improvement. Policies will be revised as necessary with plans set forth to facilitate implementation of any new policies or activities.