# District Wellness Guidelines



# D0261 - Haysville

# **Elementary Wellness Policies**

D0261 - Haysville 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 D0261 - Haysville that:

#### Policies in Place

#### 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 students are allowed to converse with one another at least part of the meal time.

Reimbursable meals and/or parts of a reimbursable meal are not withheld or denied as a disciplinary action.

Content of reimbursable lunch and breakfast is identified near or at the beginning of the serving line(s).

#### 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.

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 <u>USDA regulations</u> and <u>state policies</u>.

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).

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.

#### All Food Sold in Schools

All food and beverages are in compliance with <u>USDA's Smart Snacks in School "All Foods Sold in Schools" Standards</u> from the midnight before to 30 minutes after the end of the official school day.

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#### Nutrition

#### All Food Sold in Schools

All food and beverages are in compliance with <u>USDA's Smart Snacks in School "All Foods Sold in Schools" Standards</u> from the midnight before to 5 pm.

No energy drinks are sold on school property from midnight before to 30 minutes after the end of the official school day.

No energy drinks are sold on school property from midnight before to 5 pm after the end of the official school day.

<u>USDA's Smart Snacks in School Beverage Standards</u> for middle schools apply to high school (only 100% juice, water, milk).

Fundraising within the school day meets <u>USDA's Smart Snacks in School "All Foods Sold in Schools" Standards</u> (sans the exempted fundraisers).

Fundraising within the school and until 5 PM meets <u>USDA's Smart Snacks in School "All Foods Sold in Schools"</u> <u>Standards</u> (sans the exempted fundraisers).

Fundraising activities involving the sale of food or beverages that meet <u>USDA's Smart Snacks in School "All Foods Sold in Schools" Standards</u> and/or exempted fundraisers will not take place until after the end of the last lunch period.

#### Other Child Nutrition Programs

Meals and snacks served under the USDA At-Risk Afterschool Meals. Afterschool Care Snack Program. Fresh Fruit & Vegetable Program and/or Summer Food Service Program comply with all federal regulations and state policies.

Participate in one of four programs. (At-Risk Afterschool Meals, Afterschool Care Snack Program, Fresh Fruit & Vegetable Program or Summer Food Service Program)

#### **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.

District adopts <u>Smart Snacks in School "All Foods Sold in Schools" Standards</u> for non-sold food and beverages made available on school campus during the school day.

Non-sold foods and beverages meet <u>Smart Snacks in School "All Foods Sold in Schools" Standards</u> The focus of classroom celebrations is not on food.

#### **Nutrition Education**

#### **Nutrition Promotion**

District promotes participation in the <u>National School Lunch Program (NSLP)</u> and <u>School Breakfast Program (SBP)</u> 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.

#### **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.

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.

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.

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#### **Nutrition Education**

# **Nutrition Education**

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.

#### **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.

All students in grades K - 12 have the opportunity to participate in moderate to vigorous physical activity every day during the entire school year.

#### 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.

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.

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.

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.

#### **Physical Education**

Physical education is taught by teachers licensed by the Kansas State Department of Education.

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.

#### 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.

# 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.

# **Physical Activity**

#### Family & Community

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.

# **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.

Each semester, culturally relevant health education information is provided to families via handouts, postings on the school website, newsletters, presentations and workshops.

Quarterly, culturally relevant health education information is provided to families via handouts, postings on the school website, newsletters, presentations and workshops.

The local school wellness policy committee meets at least twice per year.

10/31/2023

# **D0261 - Haysville**Elementary Wellness Policies

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

# **Developing Policies**

#### **Nutrition Education**

#### **Nutrition Education**

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.

#### **Physical Activity**

#### Physical Education

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.

# **Integrated School Based Wellness**

#### General Guidelines

The wellness policy assessment and progress toward meeting the State Model Wellness Policy are presented to and approved by the local school board.

Monthly, 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:

Carla Wulf

Beth Schutte, Chairperson

Steve Miller

George Kelly

Jarrod Craig

Suzie Cochran

Savannah Wright-Fox

Mary Askren

Colton Flax

Brandon Johnson

Jessica Karr

Jason Hailey

**David Swanson** 

Jarrod Craig

Suzanne Bailey

Jennifer Call

Melanie Moore

# D0261 - Haysville

#### Middle School Wellness Policies

D0261 - Haysville 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 D0261 - Haysville that:

#### **Policies in Place**

#### 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 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.

Students are not being disciplined by being seated in a separate location.

Content of reimbursable lunch and breakfast is identified near or at the beginning of the serving line(s).

#### Breakfast

All school breakfasts comply with <u>USDA regulations</u> and <u>state policies</u>.

At least three different fruits are offered each week on three different days. At least one fruit per week is 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 <u>USDA regulations</u> and <u>state policies</u>.

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).

Students have at least 15 minutes "seat time" to eat lunch not including time spent walking to/from class or waiting in line.

#### Nutrition

#### Lunch

Students have at least 20 minutes "seat time" to eat lunch not including time spent walking to/from class or waiting in line.

#### All Food Sold in Schools

All food and beverages are in compliance with <u>USDA's Smart Snacks in School "All Foods Sold in Schools" Standards</u> from the midnight before to 30 minutes after the end of the official school day.

All food and beverages are in compliance with <u>USDA's Smart Snacks in School "All Foods Sold in Schools" Standards</u> from the midnight before to 5 pm.

No energy drinks are sold on school property from midnight before to 30 minutes after the end of the official school day.

No energy drinks are sold on school property from midnight before to 5 pm after the end of the official school day.

<u>USDA's Smart Snacks in School Beverage Standards</u> for middle schools apply to high school (only 100% juice, water, milk).

Fundraising within the school day meets <u>USDA's Smart Snacks in School "All Foods Sold in Schools" Standards</u> (sans the exempted fundraisers).

Fundraising within the school and until 5 PM meets <u>USDA's Smart Snacks in School "All Foods Sold in Schools"</u> <u>Standards</u> (sans the exempted fundraisers).

Fundraising activities involving the sale of food or beverages that meet <u>USDA's Smart Snacks in School "All Foods Sold in Schools" Standards</u> and/or exempted fundraisers will not take place until after the end of the last lunch period.

#### Other Child Nutrition Programs

Meals and snacks served under the USDA At-Risk Afterschool Meals, Afterschool Care Snack Program, Fresh Fruit & Vegetable Program and/or Summer Food Service Program comply with all federal regulations and state policies.

Participate in one of four programs. (At-Risk Afterschool Meals, Afterschool Care Snack Program, Fresh Fruit & Vegetable Program or Summer Food Service Program)

# **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.

District adopts Smart Snacks in School "All Foods Sold in Schools" Standards for non-sold food and beverages made available on school campus during the school day.

Non-sold foods and beverages meet <u>Smart Snacks in School "All Foods Sold in Schools" Standards</u> The focus of classroom celebrations is not on food.

#### **Nutrition Education**

#### Nutrition Promotion

District promotes participation in the <u>National School Lunch Program (NSLP)</u> and <u>School Breakfast Program (SBP)</u> 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.

#### **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 <u>Dietary Guidelines for Americans</u> and evidence-based information.

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#### **Nutrition Education**

#### **Nutrition Education**

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.

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.

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.

# **Physical Activity**

#### General Guidelines

District prohibits the use of physical activity as a punishment. District prohibit withholding physical activity, including recess and physical education, as punishment.

#### Throughout the Day

Structured physical activity opportunities, in addition to physical education and recess (where applicable), are encouraged for all students.

#### Physical Education

Physical education is taught by teachers licensed by the Kansas State Department of Education.

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.

District offers lifetime sports and fitness classes/opportunities.

#### 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.

# 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.

# **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.

# **Integrated School Based Wellness**

# **General Guidelines**

Each semester, culturally relevant health education information is provided to families via handouts, postings on the school website, newsletters, presentations and workshops.

Quarterly, culturally relevant health education information is provided to families via handouts, postings on the school website, newsletters, presentations and workshops.

The local school wellness policy committee meets at least twice per year.

10/31/2023

# **D0261 - Haysville**Middle School Wellness Policies

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

# **Developing Policies**

#### **Nutrition Education**

#### **Nutrition Education**

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 wellness policy assessment and progress toward meeting the State Model Wellness Policy are presented to and approved by the local school board.

Monthly, 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:

Carla Wulf

Beth Schutte, Chairperson

Steve Miller

George Kelly

Jarrod Craig

Suzie Cochran

Savannah Wright-Fox

Mary Askren

Colton Flax

Brandon Johnson

Jessica Karr

Jason Hailey

David Swanson

Jarrod Craig

Suzanne Bailey

Jennifer Call

Melanie Moore

# D0261 - Haysville

# High School Wellness Policies

D0261 - Haysville 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 D0261 - Haysville that:

#### **Policies in Place**

#### **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.

High School: Closed campus. Students must remain at school during lunch periods.

The dining area has adequate adult supervision.

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.

Students are not being disciplined by being seated in a separate location.

Content of reimbursable lunch and breakfast is identified near or at the beginning of the serving line(s).

#### **Breakfast**

All school breakfasts comply with <u>USDA regulations</u> and <u>state policies</u>.

At least three different fruits are offered each week on three different days. At least one fruit per week is 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).

#### Nutrition

#### Lunch

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.

#### All Food Sold in Schools

All food and beverages are in compliance with <u>USDA's Smart Snacks in School "All Foods Sold in Schools" Standards</u> from the midnight before to 30 minutes after the end of the official school day.

All food and beverages are in compliance with <u>USDA's Smart Snacks in School "All Foods Sold in Schools" Standards</u> from the midnight before to 5 pm.

Fundraising within the school day meets <u>USDA's Smart Snacks in School "All Foods Sold in Schools" Standards</u> (sans the exempted fundraisers).

Fundraising within the school and until 5 PM meets <u>USDA's Smart Snacks in School "All Foods Sold in Schools"</u> <u>Standards</u> (sans the exempted fundraisers).

#### Other Child Nutrition Programs

Meals and snacks served under the USDA At-Risk Afterschool Meals, Afterschool Care Snack Program, Fresh Fruit & Vegetable Program and/or Summer Food Service Program comply with all federal regulations and state policies.

Participate in one of four programs. (At-Risk Afterschool Meals, Afterschool Care Snack Program, Fresh Fruit & Vegetable Program or Summer Food Service Program)

#### **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.

District adopts <u>Smart Snacks in School "All Foods Sold in Schools" Standards</u> for non-sold food and beverages made available on school campus during the school day.

#### **Nutrition Education**

#### **Nutrition Promotion**

District promotes participation in the <u>National School Lunch Program (NSLP)</u> and <u>School Breakfast Program (SBP)</u> 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.

#### **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 <u>Dietary Guidelines for Americans</u> and evidence-based information.

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.

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.

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#### **Nutrition Education**

#### **Nutrition Education**

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.

#### **Physical Activity**

#### **General Guidelines**

District prohibits the use of physical activity as a punishment. District prohibit withholding physical activity, including recess and physical education, as punishment.

#### Throughout the Day

Structured physical activity opportunities, in addition to physical education and recess (where applicable), are encouraged for all students.

#### **Physical Education**

Physical education is taught by teachers licensed by the Kansas State Department of Education.

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.

District offers lifetime sports and fitness classes/opportunities.

High school students are provided structured physical education in at least 1 course required for graduation.

Additional opportunities for physical education as an elective are offered.

#### 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.

#### 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 bours

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.

# **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.

Quarterly, culturally relevant health education information is provided to families via handouts, postings on the school website, newsletters, presentations and workshops.

The local school wellness policy committee meets at least twice per year.

# **Integrated School Based Wellness**

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# **D0261 - Haysville**High School Wellness Policies

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

# **Developing Policies**

#### Nutrition

#### All Food Sold in Schools

No energy drinks are sold on school property from midnight before to 30 minutes after the end of the official school day. No energy drinks are sold on school property from midnight before to 5 pm after the end of the official school day.

#### **Nutrition Education**

#### **Nutrition Education**

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 wellness policy assessment and progress toward meeting the State Model Wellness Policy are presented to and approved by the local school board.

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Monthly, culturally relevant health education information is provided to families via handouts, postings on the school website, newsletters, presentations and workshops.

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Jason Hailey

David Swanson

Jarrod Craig

Suzanne Bailey

Jennifer Call

Melanie Moore