

Great Bend USD 428 Wellness Plan

“Our mission is to educate and prepare all students to become responsible citizens and lifelong learners.” To complete this mission we also are focusing on Wellness for Life. In order for our students and staff to lead a healthy lifestyle we have to set up a sound policy and set good examples throughout the district.

Great Bend 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.

State Law

The 2005 Kansas Legislature passed SB154 which is now KSA 72-5128. This law supports the federal requirement for local wellness policies by directing the Kansas State Board of Education to “develop nutrition guidelines for all foods and beverages made available to students in Kansas public schools during the school day...In developing such guidelines, particular attention shall be given to providing healthful foods and beverages, physical activities and wellness education with the goals of preventing and reducing childhood obesity.”

The state law also requires that “When establishing the wellness policy of the school district, the board of education of each district shall take into consideration the guidelines developed by the state board...”

The Kansas State Board of Education approved the updated Kansas School Model Wellness Policy Guidelines in June 2014. *Sited from Kansas School Wellness Policy Model Guidelines.*



Nutrition

All schools will provide breakfast and lunch through the USDA School Meal Programs. When required for a grant, after school, the USDA After School Snack Program will administer snacks. All School meals are required to meet or exceed standards set forth by the USDA.

General Guidelines

Substitutions are provided for students with medical disabilities identified by a licensed physician that require meal modifications per the signed Meal Modification Form.

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.

The food service area is clean, orderly, and has an inviting atmosphere.

All school food service personnel receive food safety training annually.

The dining area has seating to accommodate all students during each serving period.

The dining area has 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.

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

Identify content of reimbursable lunch and breakfast near or at the beginning of the serving line(s).

USDA Meal Program Requirements:

School Breakfast Program, three components must be offered to meet minimum meal pattern requirements: Grains, Fruit and Milk. To implement an "Offer" program, the school must offer the three components in at least 4 food items. A food item is the daily required minimum amount of each food component needed to meet the meal pattern requirements. In an "Offer" program, a reimbursable meal must contain 3 items, one of which must be ½ cup fruit. A reimbursable breakfast, in a "Serve" program, must contain all items offered as part of the reimbursable breakfast.

Great Bend Schools:

- All schools breakfast comply with USDA regulations and state policies
- At least five different fruits are offered each week at all schools. Middle School and High School offer fresh fruit daily as well.
- Students have at least 15 minutes "seat time" to eat breakfast

National School Lunch Program, all meals must provide the five components, meeting the minimum meal pattern requirements for the age/grade group being served. The

five components offered at lunch are: Meat/Meat Alternate, Grains, Fruit, Vegetables and Milk. For Sponsor's operating an "Offer" program, students must select ½ cup of fruit or vegetable, and two other full components in order for the meal to be reimbursable. In an "Offer" program students must be allowed to take full servings of all five components, if they choose. A reimbursable lunch, in a "Serve" program must contain full servings of all five components for the age/grade group being served.

Great Bend Schools:

- All school lunches comply with USDA regulations and state policies.
- At least five different fruits are offered each week at all schools. Middle School and High School offer fresh fruit daily as well.
- Students have at least 20 minutes "seat time" to eat lunch not including time spent walking to/from class or waiting in line.

Nutrition Standards for All Foods Sold in School:

The Healthy, Hunger-Free Kids Act requires that USDA establish nutrition standards for all foods and beverages sold in school – beyond the Federal child nutrition programs. This law applies to all foods sold outside the school meal programs; on the school campus; and at any time during the school day, which is 12:00AM – 30 minutes after the last bell rings.

To be allowable, a competitive food item must:

1. Meet all nutrition standards
2. Have 50% or more whole grain by weight (if a grain product)
3. If it is a non-grain food, its first ingredient has to be out of the main food groups: fruits, vegetables, dairy, or protein foods.
4. Be a combination food that contains at least ¼ cup fruit and/or vegetable.
5. Contain 10% of the Daily Value of a calcium, potassium, vitamin D or fiber.
6. Have less than 35% calories from fat, less than 10% from saturated fats and Trans fat free.
7. Have less than 35% of weight from sugar.
8. Have less than 230 mg sodium for snacks and 480 mg sodium for entrees.
9. Have less than 200 calories for snacks and 350 calories for entrees.

To be allowable, beverages must:

Elementary School

- Plain water or plain carbonated water (no size limits)
- Low fat milk, unflavored (≤ 8oz) • Non fat milk, flavored or unflavored (≤ 8oz)
- 100% fruit or vegetable juice (≤ 8oz)
- No caffeinated beverages

Middle School

- Plain water or plain carbonated water (no size limit)
- Low fat milk, unflavored (≤ 12oz)
- Non fat milk, flavored or unflavored (≤ 12oz)
- 100% fruit or vegetable juice (≤ 12oz) • No caffeinated beverages

High School

- Plain water or plain carbonated water (no size limit)
- Other flavored and/or carbonated beverages ≤ 20 fl oz, that have ≤ 5 calories per 8 fl oz. or ≤ 10 calories per 12 fl oz.

- Other flavored and/or carbonated beverages ≤ 12 fl oz, that have ≤ 40 calories per 8 fl oz. or ≤ 60 calories per 12 fl oz.
- Low fat milk, unflavored (≤ 12oz)
- Non fat milk, flavored or unflavored (≤ 12oz)
- 100% fruit or vegetable juice (≤ 12oz)
- Beverages that meet above criteria may also contain caffeine

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. Currently USD 428 provides Afterschool Care Snacks and Summer Feeding.

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.

Fundraising with the school day meets “All Foods Sold in Schools” Standards (sans the exempted fundraisers).

Fundraising within the school day and until 5 pm meets “All Foods Sold in Schools” Standards (sans the exempted fundraisers).

Fundraising activities involving the sale of food or beverages that meet “All Foods Sold in Schools” Standards and/or exempted fundraisers will not take place until after the end of last lunch period.

Food rewards or incentives are discouraged in the classrooms. Teachers will be provided with classroom rewards that meet Smart Snacks in School “All Foods Sold in School” Standards.

Nutrition Education

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 websites and/or distributed to families via another method.

Allow marketing (oral, written, or graphics) of only those foods and beverages sold on the school campus during the school day that meet the requirements set forth in the Smart Snacks Rule.

Grades K-6 receive information encouraging parents to teach their kids about health and nutrition to provide nutritious meals/snacks for their families will be provided to parents through newsletters and handouts sent home with their children on a monthly basis.

USD 428 staff is encouraged to serve as healthy role models for students.

Physical Activity

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 3 or more times per week during the entire school year.

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.

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

Throughout the Day

Structured physical activities are planned by a licensed physical education teacher and integrated into health education and one or more core subjects as math, science, language arts, and social sciences, as well as in non-core and elective subjects.

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.

Physical Activity 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.

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

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.

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

Physical education curriculum encourages a multi-dimensional fitness assessment.

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

Physical education teachers participate in physical education and/or physical activity specific professional development every 2 years.

Before and After School

Extracurricular physical activity programs, such as a physical activity club or intramural programs, are offered, with input from students, and meet the needs, interest and abilities of a diverse student body.

Walking and/or biking to school has been assessed, developed, and implemented. Plan has determined safety and feasibility, encourages students to participate, and has been communicated to the community.

Family & Community – PE

Community members are made aware of opportunities to access the school’s indoor and outdoor physical activity facilities at specified hours.

Integrated School Based Wellness

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.

School staff are aware of Team Nutrition and the Healthier US School Challenge Award opportunity.

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

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.