D0299 - Sylvan Grove

Elementary Wellness Policies

D0299 - Sylvan Grove 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 D0299 - Sylvan Grove that:

Policies in Place Nutrition

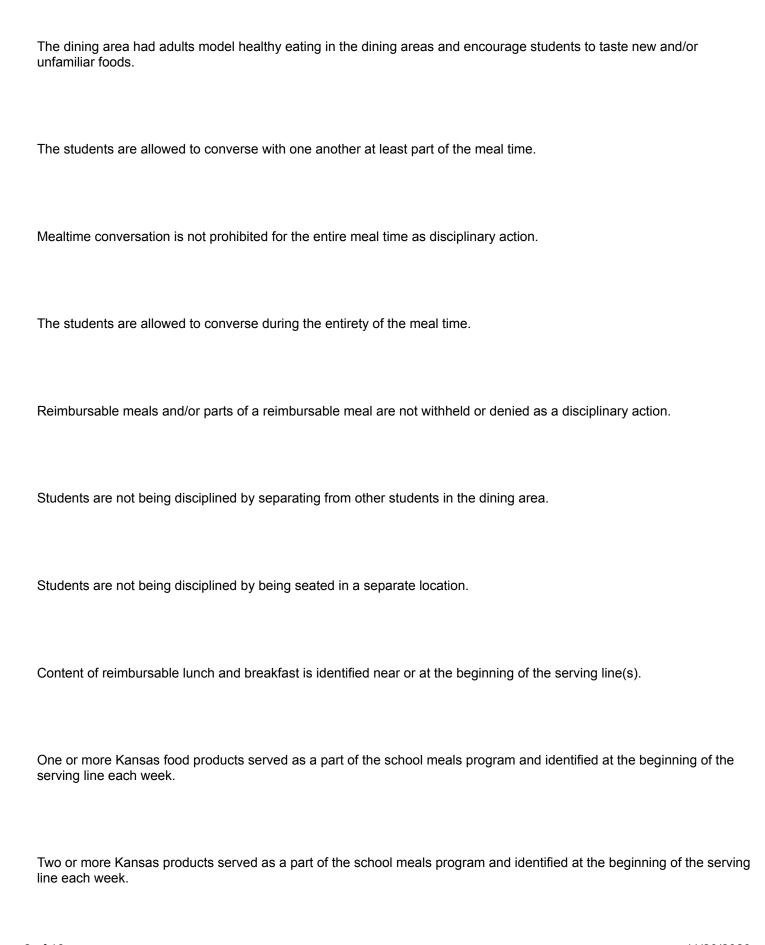
General Guidelines

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.
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.

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The dining area has food service personnel and supervisory staff use positive communication cues with students to

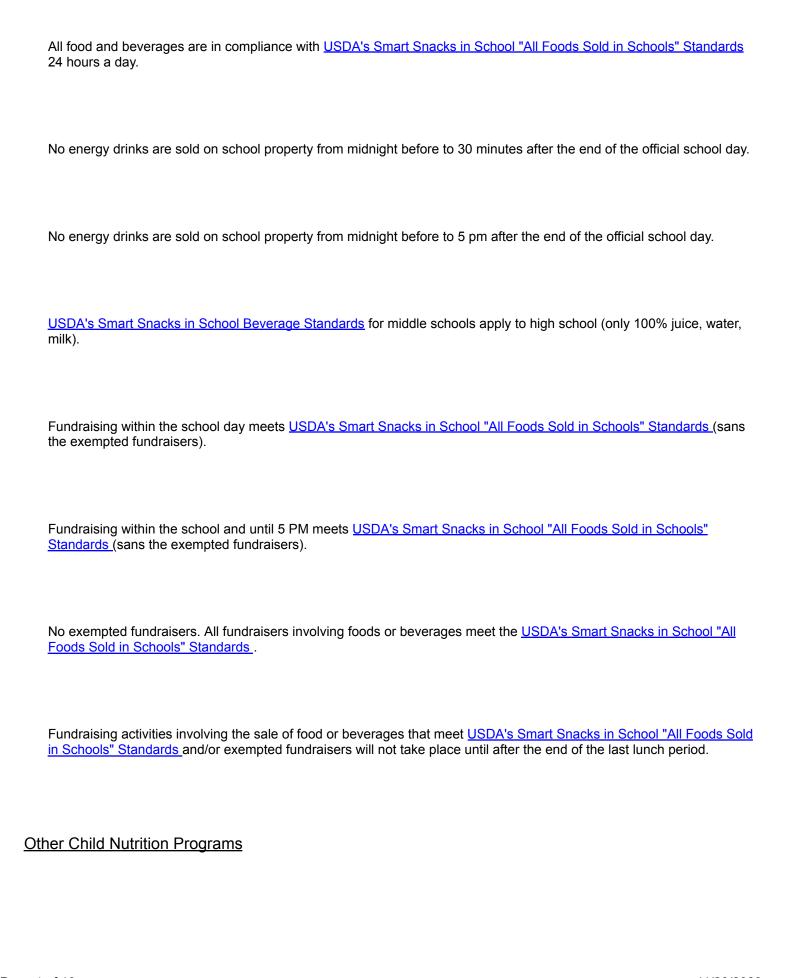
promote consumption of foods served as part of Child Nutrition Programs.



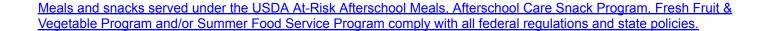
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<u>Bre</u>	<u>eakfast</u>
	All school breakfasts comply with <u>USDA regulations</u> and <u>state policies</u> .
	At least three different fruits are offered each week on three different days. At least one fruit per week is served fresh.
	At least five different fruits are offered each week. At least two fruits per week are be 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.
<u>All</u>	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.

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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.

District develops nutritional standards for non-sold food and beverages made available on school campus during the school day.

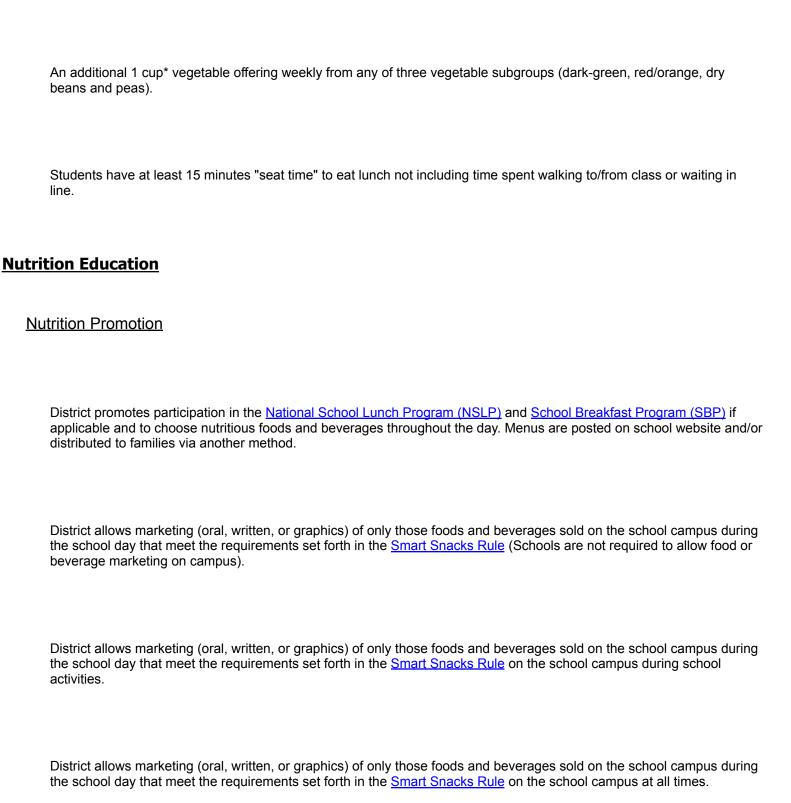
Lunch

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.

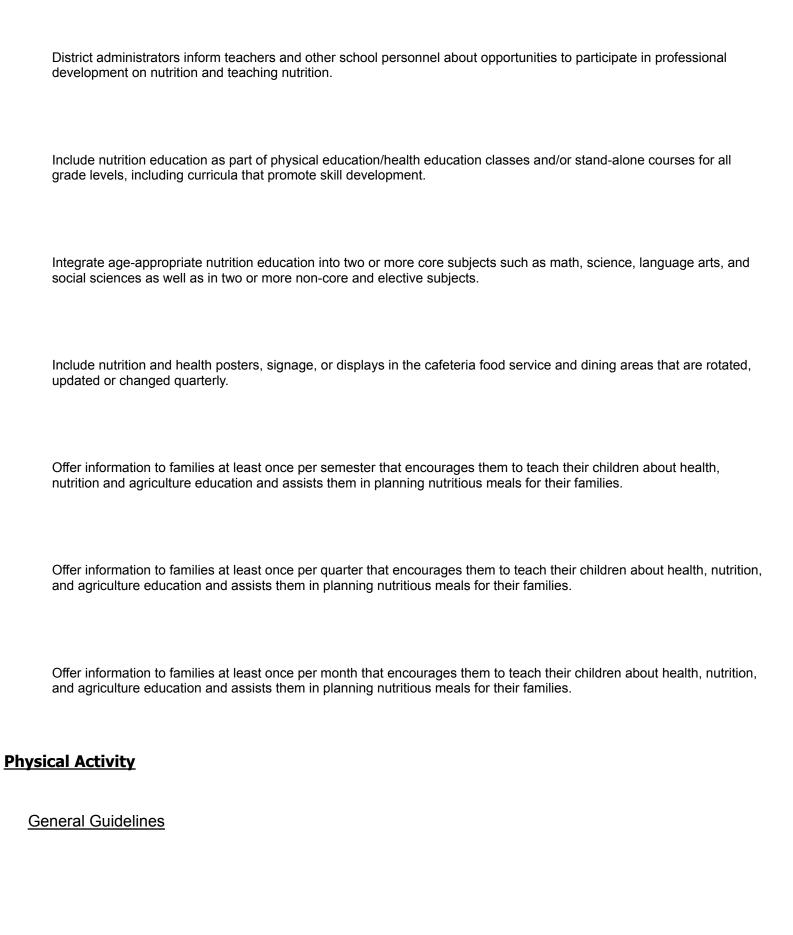
One additional 1/2 cup* vegetable offering weekly from any of three vegetable subgroups (dark-green, red/orange, dry beans and peas).

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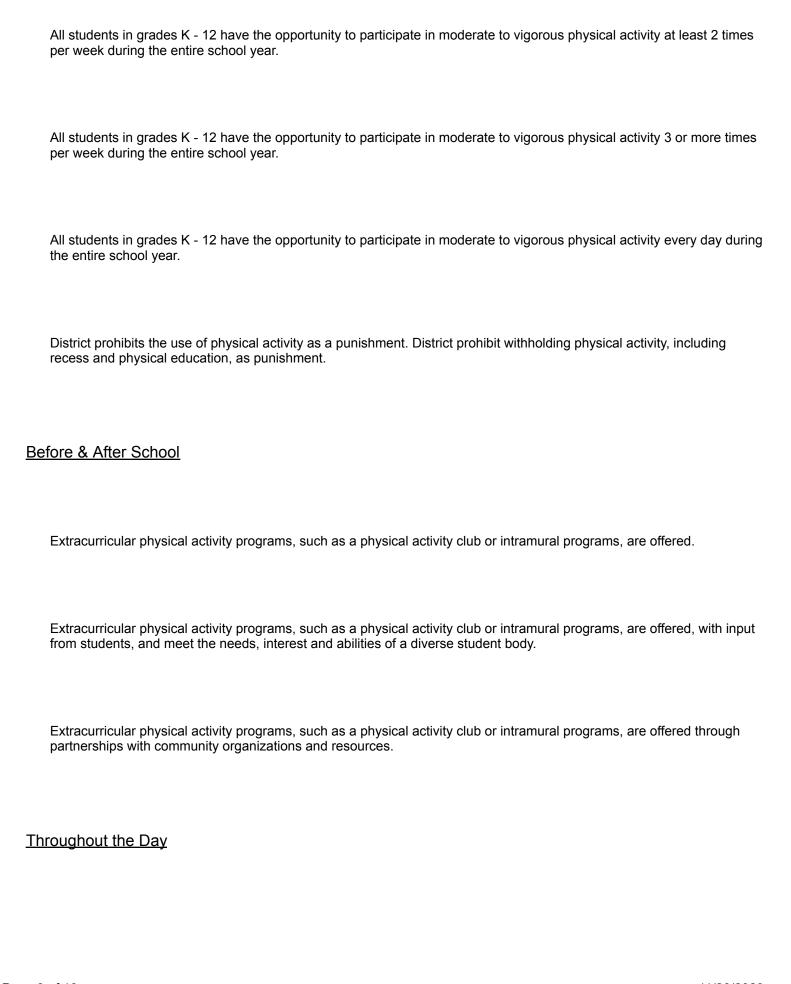


Nutrition Education

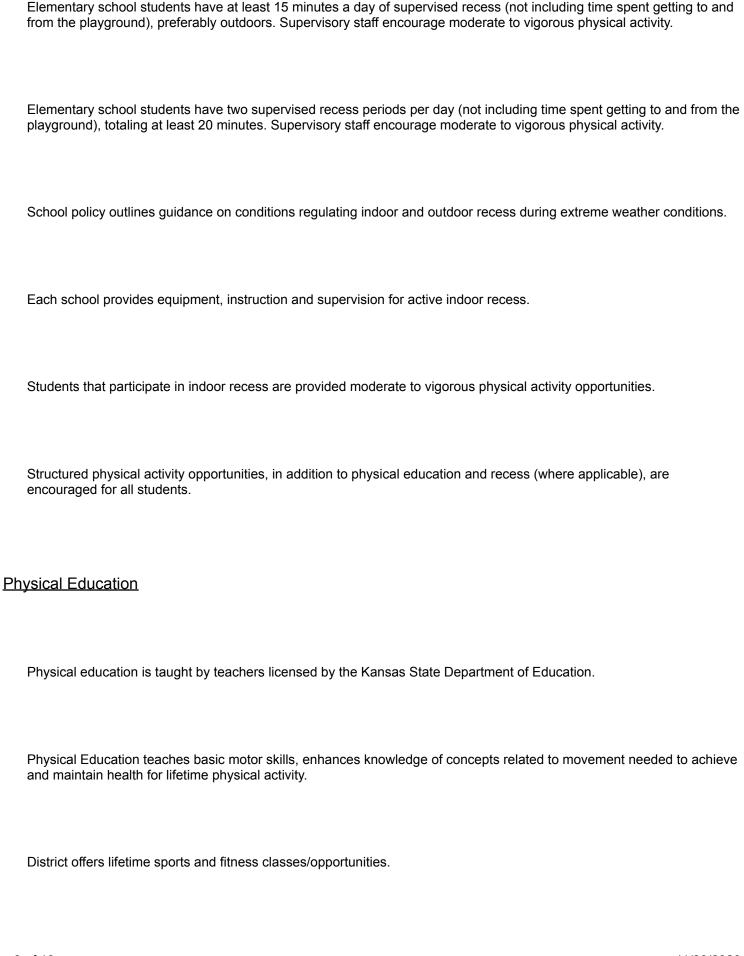
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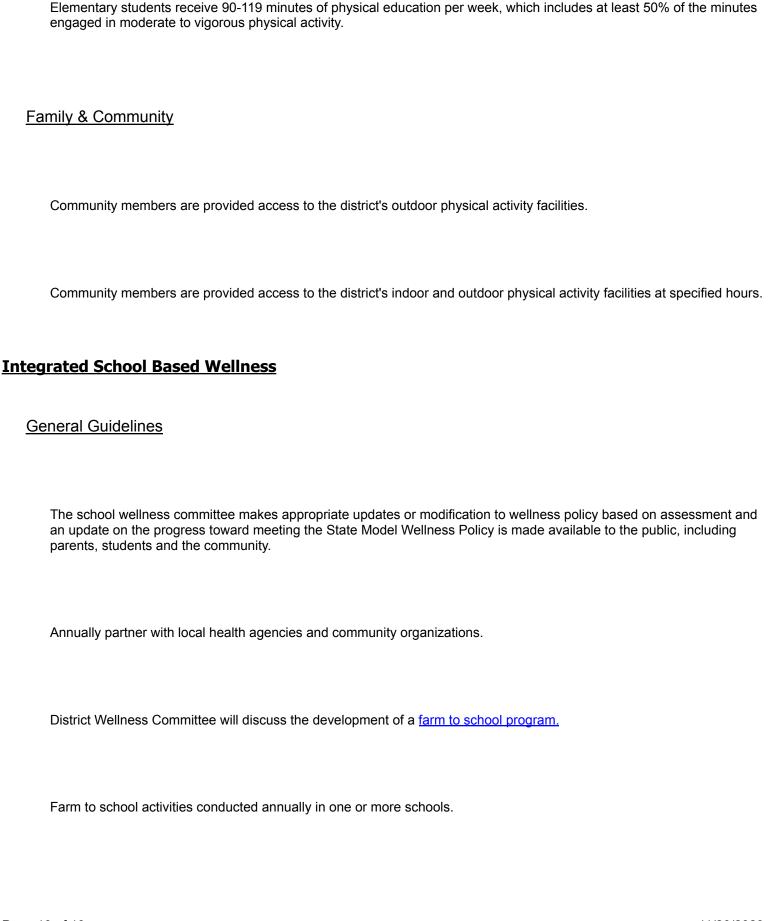
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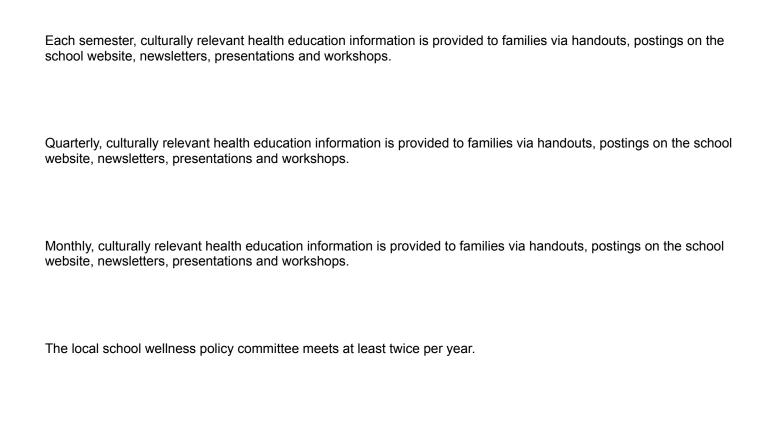
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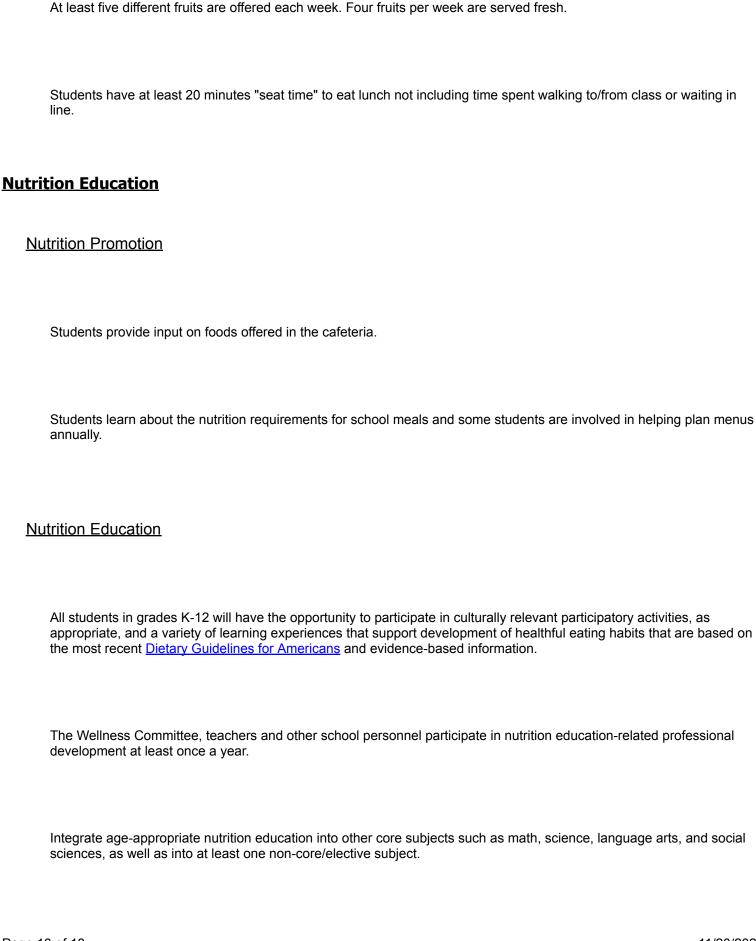
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D0299 - Sylvan Grove Elementary Wellness Policies

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

Developing Policies <u>Nutrition</u>
All Food Sold in Schools
Fundraising activities support nutrition support nutrition, nutrition education and physical activity messaging.
During the School Day
Students have clear/translucent individual water bottles in the classroom where appropriate.
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.
<u>Lunch</u>

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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.

Physical Activity

General	Guidelines

District encourages extra physical activity time as an option for classroom rewards.

District uses extra physical activity time as a classroom reward.

Throughout the Day

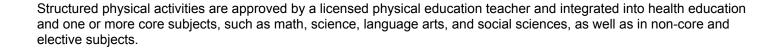
Structured physical activity opportunities, in addition to physical education and recess (where applicable), are offered to all students at least 1 time daily. School staff are encouraged to participate.

Professional development on integrating physical activithy into core/non-core subjects is provided to licensed physical education teachers, shool nurses, and building administrators.

Professional development on integrating physical activity into core/non-core subjects is provided to most staff.

Professional development on integrating physical activity into core/non-core subjects is provided to all staff.

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

Structured physical activities are approved by a licensed physical education teacher and integrated into all core curriculum subjects, such as math, science, language arts, and social sciences, as well as in non-core and elective subjects.

Physical 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.

Family & Community

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

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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.
Annual staff wellness activities and/or professional development opportunities related to nutrition, physical activity, mental health, and abstaining from tobacco and e-cigarettes 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 Child Model .
Each semester provide staff wellness activities and/or professional development opportunities related to nutrition, physical activity, mental health, and abstaining from tobacco and e-cigarettes 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 Community , Whole Child Model .
Each quarter provide staff wellness activities and/or professional development opportunities related to nutrition, physical activity, mental health, and abstaining from tobacco and e-cigarettes 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 Child Model . Whole Community, Whole Child Model .
Complete the CDC School Health Index bianually.
Results of the School Health Index are shared with the public.
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Each semester, partner with local health agencies and community organizations.

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Quarterly, partner with local health agencies and community organizations.

Farm to school activities conducted each semester in one or more schools.

The local school wellness policy committee or subcommittee(s) meets at least once per quarter.

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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:

Pam Schneider, Chairperson
Dawn Bush
Jeff Starkey
Jason Seehafer
Coleen Ancell
Brady Ryan
Ashley Schneider

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