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.

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.

The dining area had adults model healthy eating in the dining areas and encourage students to taste new and/or unfamiliar foods.

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).

One or more Kansas food products served as a part of the school meals program and identified at the beginning of the serving line each week.

Two or more Kansas products served as a part of the school meals program and identified at the beginning of the serving line each week.

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.

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.

All Food Sold in Schools

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

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

All food and beverages are in compliance with USDA's Smart Snacks in School "All Foods Sold in Schools" Standards 24 hours a day.

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.

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

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

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

No exempted fundraisers. All fundraisers involving foods or beverages meet the USDA's Smart Snacks in School "All Foods Sold in Schools" Standards .

Fundraising activities involving the sale of food or beverages that meet USDA's Smart Snacks in School "All Foods Sold in Schools" Standards 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.

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 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).

An additional 1 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 Education

Nutrition Promotion

District 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/or distributed to families via another method.

District allows 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 (Schools are not required to allow food or beverage marketing on campus).

District allows 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 on the school campus during school activities.

District allows 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 on the school campus at all times.

Nutrition Education

District administrators inform teachers and other school personnel about opportunities to participate in professional development on nutrition and teaching nutrition.

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.

Integrate age-appropriate nutrition education into two or more core subjects such as math, science, language arts, and social sciences as well as in two or more non-core and elective subjects.

Include nutrition and health posters, signage, or displays in the cafeteria food service and dining areas 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.

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

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.

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

Before & After School

Extracurricular physical activity programs, such as a physical activity club or intramural programs, are offered.

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.

Extracurricular physical activity programs, such as a physical activity club or intramural programs, are offered through partnerships with community organizations and resources.

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.

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.

Students that participate in indoor recess are provided moderate to vigorous physical activity opportunities.

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.

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.

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.

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.

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.

Annually partner with local health agencies and community organizations.

District Wellness Committee will discuss the development of a farm to school program.

Farm to school activities conducted annually in one or more schools.

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.

Monthly, 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.

D0299 - Sylvan Grove
Elementary Wellness Policies

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

Developing Policies

Nutrition

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 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 Smart Snacks in School "All Foods Sold in Schools" Standards The focus of classroom celebrations is not on food.

Lunch

At least five different fruits are offered each week. Four fruits per week are served fresh.

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

Nutrition Education

Nutrition Promotion

Students provide input on foods offered in the cafeteria.

Students learn about the nutrition requirements for school meals and some students are involved in helping plan menus annually.

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.

The Wellness Committee, teachers and other school personnel participate in nutrition education-related professional development at least once a year.

Integrate age-appropriate nutrition education into other core subjects such as math, science, language arts, and social sciences, as well as into at least one non-core/elective subject.

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, shcool 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.

Structured physical activities are approved by a licensed physical education teacher and integrated 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.

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

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 Community, 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 School, 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 School, Whole Community, Whole Child Model .

Complete the CDC School Health Index bianually.

Results of the School Health Index are shared with the public.

Results of the School Health Index are shared with the public.

Each semester, partner with local health agencies and community organizations.

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.

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