USD 483
Wellness Guidelines

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Philosophy

USD 483 is committed to providing intellectually stimulating school environments that promote and protect children's health, social and emotional well-being, and ability to learn by supporting healthy eating, physical activity and other behaviors that contribute to student wellness. Good health fosters student attendance and education. Children and adolescents need access to healthful foods and opportunities to be physically active in order to grow, learn, and thrive.

The link between nutrition and learning is well documented. Healthy eating patterns are essential for students to achieve their full academic potential, full physical and mental growth, and lifelong health and well-being. Healthy eating is demonstrable linked to reduced risk for mortality and development of many chronic diseases as adults. Schools have a responsibility to help students and staff members establish and maintain lifelong, healthy eating patterns. Well-planned and well-implemented school nutrition programs have been shown to positively influence students' eating habits.

Integrating wellness concepts within the required academic curriculum is the preferred way to balance these important concepts with the Kansas Education Systems Accreditation for academic student achievement.

The District Wellness Committee is charged with updating these district guidelines and with promoting wellness throughout the district. School Health Councils' understanding of their own buildings gives them the best advantage to implement the guidelines and promote wellness in their buildings.

Nutrition

Area	Implementing	Transitioning	Modeling
General Guidelines			All school food service personnel receive food safety training annually. Teachers eat in the same area as students and model healthy eating. ***"Silent Lunch" or any other type of meal time isolation should be avoided as a form of disciplinary action.*** "Smarter Lunchroom" behavior economic techniques are used to encourage healthy choices by students and staff including: • Signs show students how to make a reimbursable meal on any service line. • Salad bar is available to all students and is located in a high traffic area. • White milk is offered in all beverage coolers • Sliced or cut fruit is offered • At least two kinds of fruit are offered • Both hot and cold vegetables are offered • Low fat dip such as ranch or salsa is made available for dipping • High School Athletes are involved in modeling healthful eating behaviors to other by eating lunch with grade school students at least once a season • At least two types of fruit are available daily

Area	Implementing	Transitioning	Modeling
Breakfast		Students at the elementary levels have 15 minutes of "seat time" to eat breakfast. Student "seat time" at the JH and HS levels vary according to what time they arrive at school. Cafeteria opens for students at 7:40.	District meals and students are not allowed to leave the campus. 1) At least 50% of pre-packaged cereals offered contain 35% or less of weight from total sugar (or less than 9g per 100 calories), and 1g or more of fiber per serving. 2) Foods containing whole grains are offered at least 3 days a week. 3) Fresh, canned, dried or frozen fruit or vegetables are offered daily. 4) Low-fat (1%) and/or skim (nonfat) milk is/are offered daily. 5) At least five different fruits are offered per week including fresh fruit. Four fruits per week are served fresh. 6) Food allergies and/or intolerances are honored and approved supplemental nutrition is provided.

Second Chance Breakfast			Students 3-12 grade will have an opportunity to participate in Second Chance Breakfast. Food will be available at designated times for the two different buildings. Cafeteria staff will be responsible for the ordering and preparation of the meals. This meal will still be regulated by the state's meal requirements for nutritional standards in the school setting. Teachers will help manage and supervise these meals as students will eat in the classrooms after they pick up from the designated area. All school faculty and staff will help manage trash responsibilities.

Lunch	All school meals comply with USDA regulations and state policies. Barriers to student participation in the Child Nutrition Programs are eliminated. The dining area is clean, orderly and inviting. Adequate seating is available to accommodate all students served during each meal period. Adequate supervision is provided in the dining area. USD 483 schools are "offer" schools. Three of the five MyPlate components must be taken by the students.		Students at all grade levels are given at least 20 minutes of "seat time" to eat lunch. District meals are "closed" and students are not allowed to leave. 1) An entrée choice with total fat of 16g or less per serving is offered at least 4-5 days a week. 2) At least 3 choices of fruits and/or vegetables are offered daily. 3) A food item containing whole grain is offered at least 3 days a week. 4) Low-fat (1%) and/or skim (nonfat) milk are offered daily. 5) Salad dressings contain 16g or less of fat per ounce. 6) Desserts with more than 5g of fat per serving are offered no more than once a week. 7) At least five different fruits are offered each week. Four fruits per week are served fresh. 8) Students are offered an additional 1 cup vegetable offering weekly from any of three vegetable subgroups (dark-green, red/orange, dry beans and peas). 9) Food allergies and/or intolerances are honored and approved supplemental nutrition is provided. Food allergies and/or intolerances are honored and approved supplemental nutrition is provided.

Other Child Nutrition Programs

Area	Implementing	Transitioning	Modeling
Afterschool Snack Program			Students that participate in afterschool events or activities will have the opportunity to receive snacks that meet the state's guidelines and requirements. This will include tutoring and mentoring programs.
Summer Food Service Program			USD 483 and Kismet-Plains Recreation Commissions have combined efforts in order to provide SFSP meals to children. Financial support is given by the recreation commission. USD 483 allows facilities and /or equipment to be borrowed for the program. The program's guidelines and requirements are followed to ensure compliance and nutritional quality. Meals are distributed at Plains Catholic Church and at Kismet Pavilion.

During the School Day

		The district will begin incorporating non-food rewards. Food given out for rewards should meet the Smart Snacks in School "All Foods Sold in Schools" Standards **Candy or pop should not be given out as rewards for AR or Honor Roll.**	Students have individual water bottles in the classroom where appropriate. No meals purchased at fast food outlets are consumed at mealtime in the cafeteria.

All Foods Sold in School (fundraising, school store)

		No energy drinks are sold on school property. Healthier choice items are often encouraged for prizes or rewards: Healthier Choices list: 1) Fresh fruits and vegetables 2) Dried fruits 3) Unsalted sunflower seed kernels 4) Unsalted nuts 5) Pretzels 6) Popcorn, air-popped or low fat 7) Baked chips 8) Lower fat trail mixes 9) Lower fat granola bars 10) Lower fat cereal bars 11) Lower fat whole grain fruit bars 12) Lower cereal snack mix 13) Lower fat yogurt 14) Single serving yogurt 15) Low fat cheese sticks 16) Single serving low fat bagels, and mini bagels 17) Single serving low fat bagel/cream cheese bars 18) Single serving muffins 19) Single serving low fat, low sugar cookies, such as 100 calories packages	

Nutrition Promotion and Education

Nutrition Promotion	Schools promote participation in the National School Lunch Program and School Breakfast Program. Menus are posted on school website and/or distributed to families via other methods such as calendars. Junior High students make posters with nutritional information and healthy food choices. The focus is to inform other students on benefits to the body. These posters are hung in hallways and other visible locations. High School athletes eat lunch with grade school students at least once during the season to help promote healthy food choices and active lifestyles.		

Tobacco Use			USD 483 is a smoke free campus. Smoking is not allowed inside the school or on school grounds, including the football/track field and parking lots. Education and information is given to students about the dangers of vaping and information on how to quit vaping. Anti-Vaping posters are posted in high traffic areas.

Nutrition Education			School uses qualified personnel or organizations from the community to provide nutrition education to students such as the Kansas State Department of Education, K-State Research and Extension, health and agriculture organizations, universities and consulting registered dietitians or other qualified individuals or organizations. Education should be provided under the direct supervision of a teacher or licensed professional. **Examples include:** Field trips to local nutrition education are: FFA ag day, SCCC ag day, local dairy, Artesian well, Pedro's Chips, and Extension sponsored trips. K-State Extension Office gives nutrition education at the grade school levels on a monthly basis. Have also utilized Power Panther Pals funding and materials and Body Venture. Eighth Grade students will participate in the Ignite program during PE. Students will learn hands on meal preparation and nutritional education with the use of a kitchen lab. High School nutrition education is done during P.E., in Health class, and incorporated through programs such as agriculture and life management. Teacher and food service personnel participate in nutrition education-related professional development at least once a year.

Physical Activity

Area	Implementing	Transitioning	Modeling
General Guidelines **Physical Education**			All students in grades K-12, including those with disabilities, special, health care needs and in remote settings, have the opportunity to participate in moderate to vigorous physical activity every day during the entire school year. PE teachers send links for workouts during remote settings. Wellness and weight rooms are available for students after school hours with supervision. A variety of extracurricular sports are offers throughout the school year as well as free community recreation sports. District uses extra physical activity time as a classroom reward. **Examples:** AR parties, Ignite time, "Free Friday," Physical education teachers are licensed and have advanced certification and/or education. JH students participate in Ignite which incorporates physical fitness in alternative ways such as dancing, Mixed Martial Arts, obstacle courses, and/or night games. 1) Physical Education classes are required K-8, with one credit required for graduation in grades 9-12. 2) MyPlate, reading nutrition labels, calculating biomass, tracking and analyzing food intake with respect to the food groups, recommended quantities and calories are to be integrated within the required K-12 curriculum.

			• Nutrition education is done by teachers, school nurse, or outside programs such as K-State Extension Office. 3) Availability of secondary courses/programs for the non-athletes is encouraged to help these students address their significant weight/wellness issues. 4) Development of voluntary staff and student physical activities and programs are encouraged within the building/district, recess/lunch walks, miles walked recognition programs, etc. 5) Teachers are encouraged to integrate physical activity and movement of students within their classroom and instruction. Teachers will be provided suggestions of ways to accomplish this. • Xbox Kinect game systems are now available at PES and SWH Library to check out for staff or student wellness. Systems may be utilized for P.E., reward parties, or for exercise. • Staff will have wellness programs such as biggest loser, Power Panther Pals, and other programs. • Staff wellness will be directed the wellness committee • TEAM Mustangs is an employee program intended to encourage healthy nutrition and physical activity habits. This program is supported by administration with prizes and other incentives. • An encourage and support group is established via Google "Hangouts" 6) Physical activity is encouraged for recesses. 7) Teachers have been involved in events and activities including Ignite activities and FFN events. 8) Students & Parents are encouraged to participate in "Walk Kansas" each year.

			9) P.E. activities include programs that encourage or promote wellness to students and community. • Little Olympics • Jump Rope for Heart • Hoops for Heart • Lift-A-Thon • Speed Stacks • Family Fun and Fitness Nights • KS Kids Fitness Day for 3rd Graders • Body Venture • Walk-A-Thon • National Guard Obstacle Course • Ignite • Brain Breaks are available to all schools in the district drive • Kinect game systems

Area	Implementing	Transitioning	Modeling
Throughout the Day			Elementary school students have two supervised recess periods per day, totaling at least 30 minutes, with one being offered in the morning. Supervising staff encourage moderate to vigorous physical activity. Junior High students get daily recess time as well as PE daily. Students that participate in indoor recess are provided moderate to vigorous physical activity opportunities such as "Brain Breaks," X-Box Kinect game systems, and/or gym games.

Area	Implementing	Transitioning	Modeling
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. **Sports include:** Football, volleyball, cross-country, basketball, softball, track, golf, and baseball.	The local recreation commission has the following programs that district students and community members are encouraged to participate in: • Swimming Lessons • Summer League baseball/softball • Soccer • Football • Volleyball

Area	Implementing	Transitioning	Modeling
Family and Community			Family members are encouraged to attend events such as FFN and Ignite events. **Examples include:** TEAM Mustangs Wellness Program. This district wide employee initiative works as a 9 week point system program that encourages healthy choices both physically and nutritionally. Each semester community activity programs are done at the grade school and JH levels. These include Family Fun Night and Ignite events. Information is sent about physical activity programs such as FFN and Ignite via text

			alert, Facebook, Dojo, school website, and posters/fliers. Farm to school initiatives include: Field trips to local dairy, ag day field trips, collaboration with SCCC ag department, garden beds at all school building and the hands-on activities involved with those garden beds. Local providers include Pedro's Chips, and Apple Hutch orchard. Mustangs Mentors is a program designed to give grade school students a "big brother" or "big sister" type of mentor. This program is designed to give extra time and attentions to students who have who have been nominated by a teacher or principal. High school students will lead a lesson plan and have various activities and games to play with the grade school students. The benefits from this program include social and emotional health. This program will be facilitated at SWH JH and they will participate in the after school snack program.

USD 483 District Wellness Committee Members

1) Representatives from Food Service, District Administration, Faculty and School Nurse.
2) Meet once to twice a school year.
3) Maintain a Healthier Choices List of approved food and beverage products based on fat, sugar and sodium content. This list and the criteria will need to be updated as new healthier product become available and as wellness attitudes continue to improve.
4) Evaluate effectiveness and recommend changes in USD 483 Wellness Guidelines to the BOE.
5) Promote wellness for students and staff in the district.
6) Evaluate changes in wellness within the district and adjust USD 483 Wellness Guidelines
7) Work toward goals set by the Wellness Committee and community

School Board
Administrator – Kurt Stanfield, Ryan Kisner
School Nurse - Norma Sanchez, R.N. Wellness Committee Coordinator
Food Service –Silvia Olvera, Angelica Mercado
Teachers – Nefro Saucedo, Paul Grilliot, Amanda Kisner
Community Members –Danny Sanchez