

D0484 - Fredonia

Elementary Wellness Policies

D0484 - Fredonia 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 D0484 - Fredonia that:

Policies in Place

Nutrition

General Atmosphere

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

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

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 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 a reimbursable meal are not withheld or denied as a disciplinary action.

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 to be served fresh.

Students have at least 10 minutes "seat time" to eat breakfast (not including time spent walking to and from class or waiting in line).

Students have at least 15 minutes "seat time" to eat breakfast (not including time spent walking to and from class or waiting in line).

Lunch

Nutrition

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.

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

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

Offer 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.

All Food Sold in Schools

No foods or beverages are sold except reimbursable schools meals or snacks.

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.

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.

Meals purchased at fast food outlet to be consumed at school must not be brought to school in their original containers. Caffeinated beverages are not allowed in sack lunches to be consumed in the cafeteria. (Elementary/Middle School)

Nutrition Education

Nutrition Promotion

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 website and/or distributed to families via another method.

Physical Activity

PE General Guidelines

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 at least 2 times per week during the entire school year.

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

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 every day 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 encourages extra physical activity time is an option for classroom rewards.

School offers lifetime physical activity that teaches basic motor skills, enhances knowledge of concepts related to movement needed to achieve and maintain health. Students learn the benefits of and an appreciation for regular physical activity.

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 20 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.

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

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.

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

Elementary students receive 100-149 minutes of physical education per week, which includes at least 70 minutes of moderate to vigorous physical activity.

Elementary students receive 150+ minutes of physical education per week, which includes at least 100 minutes of moderate to vigorous physical activity.

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 have advanced certification and/or education.

Family & Community - PE

Community members are provided access to the school's outdoor physical activity facilities.

Physical Activity

Community members are provided access to the school's indoor and outdoor physical activity facilities at specified hours.

Integrated School Based Wellness

Integrated School Based Wellness

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

The local school wellness policy team meets at least once per quarter.

The local school wellness policy team meets at least once per month during the school 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.

D0484 - Fredonia

Elementary Wellness Policies

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

Developing Polices

Nutrition

General Atmosphere

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.

Other Child Nutrition Programs

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

During the School Day

Teachers and parents are provided with information on healthy options for classroom rewards, parties and celebrations that meet Smart Snacks in School "All Foods Sold in Schools" Standards.

Nutrition Education

Nutrition Education

All students in grades K-12, including those with disabilities, special health care needs and in alternative education settings, will have the opportunity to participate in culturally relevant participatory activities 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.

Active learning experiences are provided such as involving students in food preparation or other hands-on activities.

Physical Activity

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 curriculum includes fitness assessment of at least 50% of all students enrolled in physical education and student fitness reports are available to parents.

Physical Activity

Physical education curriculum includes fitness assessment of at least 90% of all students enrolled in physical education and student fitness reports are available to parents.

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

Integrated School Based Wellness

Integrated School Based Wellness

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

Each semester, offer school-sponsored wellness family activities that address one or more components of the Whole School, Whole Community, Whole Child Model.

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

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:

Karen Rogers, Chairperson

Aaron Chard

Barb Baker

Brian Smith

Deb Evans

Dee Barnett

Gina Thompson

Jamie Camacho

John Boss

Joyce Whitson

Kaley Hildebrand

Kathy Houchin

Kristin Shields

Laura Fitzmorris

Lindsay Wallace

Marc Svaty

Rex Pope

Sheri Moya

Tricia Couch