

## **D0445 - Coffeyville Wellness Policies**

D0445 - Coffeyville 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 D0445 - Coffeyville that:

### **Elementary School Policies in Place**

#### **Nutrition**

##### **General Atmosphere**

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.

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

The dining area has adult supervision.

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.

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

One "Smarter Lunchroom" or a Behavioral Economics technique is used on the serving line to encourage healthy choices by students.

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

Serve a locally procured product in the school meals program at least one time per week.

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

##### **Breakfast**

All school breakfasts comply with USDA regulations and state policies.

At least five different fruits are offered each week. At least two fruits per week are 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).

"Grab n Go" Breakfast, "Breakfast in the Classroom" or "Breakfast After First Period" is available.

##### **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.

Offer one additional 1/2 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**

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

##### **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 three of the 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.

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.

All food provided in during the school day must be approved by the school principal. Rewards and celebrations or any food provided that competes or takes the place of school meals must be approved by the school principal and child nutrition director or district wellness coordinator.

Rewards and celebrations involving food must take place at least one hour after the class lunch period.

Fundraising within the school day meets "All Foods Sold in Schools" Standards (sans the exempted fundraisers).

## **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.

Students provide input on foods offered in the cafeteria.

### **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.

School administrators inform teachers and other school personnel about opportunities to attend training on nutrition and encourage them to attend training on teaching nutrition.

Include nutrition education as part of health education classes and/or stand-alone courses for all grade levels, including curricula that promote skill development.

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

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.

School personnel discuss with students the nutrition education materials displayed.

Offer information to families at least once per month that encourages them to teach their children about health and nutrition, and assists them in planning nutritious meals for their families.

## **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 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.

### **Physical Activity**

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 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.

Structured physical activity opportunities, in addition to physical education and recess (where applicable), are encouraged for all students.

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.

Structured physical activities are planned 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.

### **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.

Physical education curriculum encourages a multi-dimensional fitness assessment.

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 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.

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.

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**

### **Integrated School Based Wellness**

Each semester provide 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.

Each semester, health education is provided to families via handouts, postings on the school website, newsletters, presentations and workshops.

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

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.

## **Middle School Policies in Place**

### **Nutrition**

#### **General Guidelines**

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.

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.

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

Serve a locally procured product in the school meals program at least one time per week.

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

## **Breakfast**

All school breakfasts comply with USDA regulations and state policies.

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).

"Grab n Go" Breakfast, "Breakfast in the Classroom" or "Breakfast After First Period" is available.

## **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.

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**

All foods and beverages sold in schools 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.

## **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 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**

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.

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.

All food provided during the school day must be approved by the school principal. Rewards and celebrations or any food provided that competes or takes the place of school meals must be approved by the school principal and child nutrition director or district wellness coordinator.

Fundraising within the school day meets "All Foods Sold in Schools" Standards (sans the exempted fundraisers).

# **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.

Students provide input on foods offered in the cafeteria.

## **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.

School administrators inform teachers and other school personnel about opportunities to attend training on nutrition and encourage them to attend training on teaching nutrition.

Include nutrition education as part of health education classes and/or stand-alone courses for all grade levels, including curricula that promote skill development.

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

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.

School personnel discuss with students the nutrition education materials displayed.

Offer information to families at least once per month that encourages them to teach their children about health and nutrition, and assists them in planning nutritious meals for their families.

## **Physical Activity**

### **Physical Activity 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 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 prohibits the use of physical activity as a punishment. Schools prohibit withholding physical activity, including recess and physical education, as punishment.

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**

Structured physical activity opportunities, in addition to physical education and recess (where applicable), are encouraged for all students

Structured physical activities are planned 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.

### **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.

Middle school students are offered physical education at all grade levels and receive 150+ minutes of physical education per week, which includes at least 100 minutes of moderate to vigorous intensity activity.

Physical education curriculum encourages a multi-dimensional fitness assessment.

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

### **Family & Community – PE**

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

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

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

Offer information via multiple channels and provide opportunities for physical activity at least once per month 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**

### **Integrated School Based Wellness**

Each semester, health education is provided to families via handouts, postings on the school website, newsletters, presentations and workshops.

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

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.

# **High School Policies in Place**

## **Nutrition**

### **General Guidelines**

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.

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

High School: Closed campus. Students must remain at school during lunch periods.

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.

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

Serve a locally procured product in the school meals program at least one time per week.

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

### **Breakfast**

All school breakfasts comply with USDA regulations and state policies.

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).

"Grab n Go" Breakfast, "Breakfast in the Classroom" or "Breakfast After First Period" is available.

### **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.

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**

All foods and beverages sold in schools 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.

No energy drinks are sold on school property from midnight before to 30 minutes after the end of the official school day.

### **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.

Students are allowed to have clear/translucent individual water bottles in the classroom.

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.

All food provided in during the school day must be approved by the school principal. Rewards and celebrations or any food provided that competes or takes the place of school meals must be approved by the school principal and child nutrition director or district wellness coordinator.

Fundraising within the school day meets "All Foods Sold in Schools" Standards (sans the exempted fundraisers).

## **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.

Students provide input on foods offered in the cafeteria.

### **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.

School administrators inform teachers and other school personnel about opportunities to attend training on nutrition and encourage them to attend training on teaching nutrition.

Include nutrition education as part of health education classes and/or stand-alone courses for all grade levels, including curricula that promote skill development.

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

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.

School personnel discuss with students the nutrition education materials displayed.

Offer information to families at least once per month that encourages them to teach their children about health and nutrition, and assists them in planning nutritious meals for their families.

## **Physical Activity**

### **Physical Activity General Guidelines**

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 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.

### **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.

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.

### **Before & After School**

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

### **Family & Community – PE**

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

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**

Each semester, health education is provided to families via handouts, postings on the school website, newsletters, presentations and workshops.

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

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.