

Chanute Public Schools

Local Wellness Policy

The board shall promote and monitor a local wellness program. The program shall:

- Include goals for nutrition education, physical activity and other school-based activities designed to promote student wellness in a manner that the board determines is appropriate;
- Include nutrition guidelines for all foods available in each school during the school day; the objectives of the guidelines shall be to promote student health and to reduce childhood obesity;
- Assure that guidelines for reimbursable school meals shall not be less restrictive than regulations and guidance issued by the Secretary of Agriculture, as those regulations and guidance apply to schools;
- Establish a plan for measuring implementation of the local wellness policy, including designation of one or more district employees who shall be charged with operational responsibility for ensuring the wellness policy is effectively enforced; and
- Involve parents, students, representatives of the school food authority, the school board, administrators and the public in the development of the school wellness policy.

DISTRICT WELLNESS PLAN Chanute USD 413

In accordance with the district policy, 413 Local Wellness Policy, the Chanute School District has developed a wellness plan that will:

- Include goals for nutrition education, physical activity and other school-based activities designed to promote student wellness in a manner that the board determines is appropriate;
- Include nutrition guidelines for all foods available in each school during the school day; the objectives of the guidelines shall be to promote student health and to reduce childhood obesity;
- Assure that guidelines for reimbursable school meals shall not be less restrictive than regulations and guidance issued by the Secretary of Agriculture, as those regulations and guidance apply to schools;
- Establish a plan for measuring implementation of the local wellness policy, including designation of one or more district employees who shall be charged with operational responsibility for ensuring the wellness policy is effectively enforced; and

- Involve parents, students, representatives of the school food authority, the school board, administrators and the public in the development of the school wellness policy.

The USD 413 District Wellness Plan (developed by a committee of parents, community representatives, students, teachers, administrators and food service personnel) will address three main areas: Nutrition, Nutrition Education and Physical Activity. The Wellness Plan is developed for all students in grades K-12, including students with disabilities, special healthcare needs and those in alternative education settings, to ensure that they have the opportunity to participate in a variety of learning experiences that support the development of healthful eating habits and engage students in physical activity on a regular basis.

I. NUTRITION

School meals comply with USDA regulations and state policies, meeting basic guidelines and continue to move into advanced and exemplary levels (see attached KSDE wellness guidelines), with attention to the following:

- Vended foods and beverages are sold in compliance with USDA regulations prohibiting the sale of “foods of minimal nutritional value” where school meals are served or eaten during the meal period.
- Foods and beverages are offered in compliance with USDA regulations prohibiting the sale of “foods of minimal nutritional value” where school meals are served or eaten during the meal period.
- Snacks served under the USDA After School Care Snack Program comply with all applicable federal regulations and state policies.

II. NUTRITION EDUCATION

The nutrition education curriculum, as outlined in the attached guidelines, is sequential and consistent with the current Kansas State Board of Education approved health education teaching standards for pre-kindergarten through grade 12.

- Nutrition education is based on the most recent Dietary Guidelines for Americans.
- Active learning experiences will be provided for students. Whenever feasible, the active learning involves the students in food preparation.
- As KSDE provides updates, nutrition resources will be provided to each school. Teachers are able to secure recommended nutrition education resources in adequate quantities for their students.
- Nutrition education instruction involves hands-on activities that engage students in enjoyable, developmentally-appropriate, culturally relevant, participatory activities.
- Every student has the opportunity of experiencing a minimum of 5 hours of nutrition education each year, either as part of a comprehensive health education

curriculum or as learning experiences integrated throughout other areas of the curriculum such as math, science, language arts and social studies.

- Schools are encouraged to use qualified personnel and resources to provide nutrition education from organizations such as the Kansas State Department of Education, K-State Research and Extension, health and agriculture organizations, universities and consulting registered dietitians.

III. PHYSICAL ACTIVITY

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 activity during physical education and/or recess meets the following criteria:

- Students receive 60-150 minutes of physical education per week.
- During physical education classes, students engage in moderate to vigorous physical activity at least 15 minutes per day and/or 75 minutes per week.
- Physical education classes have a student/teacher ratio that is determined appropriate for the activity and comparable to other classes in the school.
- The school provides a physical and social environment that encourages safe and enjoyable physical activity for all students, including those who are not athletically gifted. Students have the opportunity to participate in lifetime physical activities (e.g. walking, Pilates, swimming, golf, tennis, etc.).
- Physical activity facilities on school grounds are safe.
- Explore alternatives to physical activity used (e.g. running laps, pushups) or withheld (e.g. recess, physical education) as punishment. This guideline does not apply to extracurricular sports teams.
- Elementary school students have at least 15 minutes a day of supervised recess, preferably outdoors.
- Moderate to vigorous physical activity is encouraged verbally and through the provision of adequate space and age-appropriate equipment during physical education classes and recess.

SCHOOLWIDE WELLNESS PROMOTION

Nutrition education for students and their families is promoted through the following:

- Students are encouraged to start each day with a healthful breakfast and to choose nutritious foods throughout the day.
- Parents are invited to join students for school meals.
- Families are provided with information to teach their children about health and nutrition, and to provide nutritious meals for their families.
- The school encourages each member of the staff (both certified and non-certified) to serve as a healthy role model for students.
- After School programs will promote and support healthy lifestyles by engaging students in physical activity, nutrition education and healthy snacks.

Information is provided to help families incorporate physical activity into the lives of all household members:

- Classroom health education reinforces the knowledge and self-management skills needed to maintain a physically active lifestyle and to reduce time spent on sedentary activities, such as watching television.
- Schools are encouraged to offer extracurricular physical activity programs, such as physical activity clubs or intramural programs.
- Families and community agencies are encouraged to institute programs that support physical activity, such as a walk to school program or intramural programs.
- Access is provided for the community to use the school's physical activity facilities outside the normal school day. School policies concerning safety will apply at all times.

IMPLEMENTATION PLAN

The Assistant Superintendent for Curriculum and Instruction and the authorized representative for Food Service will monitor the implementation of the Wellness Plan by involving administrators, teachers, parents, community representatives and students. The plan for implementation (attached) will be reviewed and updated annually, and submitted to the Board for their approval.