

# **D0325 - Phillipsburg**

## **Middle School Wellness Policies**

D0325 - Phillipsburg 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 D0325 - Phillipsburg 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).

##### 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.

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.

##### 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.

Students have at least 15 minutes "seat time" to eat lunch not including time spent walking to/from class or waiting in line.

## **Nutrition**

### **Lunch**

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

### **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)

Participate in two 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 where appropriate.

Students have clear/translucent individual water bottles in the classroom where appropriate.

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.

Schools provide staff information on non-food rewards.

## **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.

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](#) 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**

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.

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.

Active classroom learning experiences are provided such as involving students in food preparation or other hands-on activities at least once a semester.

Active classroom learning experiences are provided such as involving students in food preparation or other hands-on activities at least once each quarter.

District uses qualified personnel or organizations from the community to provide nutrition education to students under the direct supervision of a teacher at least once/year.

## **Nutrition Education**

### **Nutrition Education**

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 that are rotated, updated or changed quarterly.

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.

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.

## **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.

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

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](#) .

Annually partner with local health agencies and community organizations.

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.

## **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.

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.

### **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.

## **Physical Activity**

### **General Guidelines**

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.

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 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.

### **Physical Education**

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

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

Physical education teachers are licensed and have advanced certification and/or 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 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.

Middle school students are offered physical education at all grade levels and receive 120-149 minutes of physical education per week, which includes at least 80 minutes of moderate to vigorous intensity activity.

Middle school students are offered physical education at all grade levels and receive 90-119 minutes of physical education per week, which includes at least 50% of the minutes engaged in moderate to vigorous intensity activity.

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 50% of all students enrolled in physical education and student fitness reports are available to parents.

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.

### **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.

An assessment on walking and/or biking to school has been completed to determine safety and feasibility.

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## **Middle School Wellness Policies**

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

### **Developing Policies**

#### **Nutrition**

##### **Breakfast**

At least five different fruits are offered each week. At least two fruits per week are to be served fresh.

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:

Mike Gower, Chairperson

Cindy Burton

Crystal Laurin

Sherri Orr

Muriel Iman

David King

Cory Jacobs

Mitzi Weinman