

D0500 - Kansas City

Elementary Wellness Policies

D0500 - Kansas City 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 D0500 - Kansas City 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.

All school food service personnel receive food safety training annually.

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.

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.

Two "Smarter Lunchroom" or Behavioral Economics techniques are used on the serving line to encourage healthy choices by students.

Three "Smarter Lunchroom" or Behavioral Economics techniques are used on the serving line to encourage healthy choices by students.

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 has implemented alternative 2nd Chance Breakfast service options. "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.

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

Nutrition

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.

District develops nutritional standards for non-sold food and beverages made available on school campus during the 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 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)

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, 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.

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.

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.

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

Nutrition Promotion

Students provide input on foods offered in the cafeteria.

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 (Schools are not required to allow food or beverage marketing on campus).

District allows marketing (oral, written, or graphics) of only those foods and beverages that meet the requirements set forth in the Smart Snacks Rule on the school campus during school activities at all times.

Physical Activity

General Guidelines

District encourages extra physical activity time as an option for classroom rewards.

Physical Activity

Throughout the Day

School policy outlines guidance on conditions regulating indoor and outdoor recess during extreme weather conditions. Professional development on integrating physical activity into core/non-core subjects is provided to licensed physical education teachers, school nurses, and building administrators.

Before & After School

Extracurricular physical activity programs, such as a physical activity club or intramural programs, are offered. An assessment on walking and/or biking to school has been completed to determine safety and feasibility.

Family & Community

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

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.

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.

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.

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.

Annual 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 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 quarter 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.

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

Results of the School Health Index are shared with the public.

District Wellness Committee will discuss the development of a farm to school program.

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

Integrated School Based Wellness

D0500 - Kansas City

Elementary Wellness Policies

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

Developing Policies

Nutrition

General Guidelines

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 students are allowed to converse with one another at least part of the meal time.

Students being disciplined are NOT seated at tables separated from other students in the dining area.

Students being disciplined are NOT seated in a separate location.

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.

Nutrition Education

Nutrition Education

Teachers and other school personnel participate in nutrition education-related professional development at least once a year.

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/semester.

Integrate age-appropriate nutrition education into two or more core subjects such as math, science, language arts, and social sciences as well as in two or more non-core and elective subjects.

Integrate age-appropriate nutrition education into all core subjects such as math, science, language arts, and social sciences as well as in three or more non-core and elective subjects.

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

Nutrition Promotion

Students learn about the nutrition requirements for school meals and some students are involved in helping plan menus.

District implements marketing and advertising of nutritious foods and beverages consistently through a comprehensive and multi-channel approach by school staff, teachers, parents and students .

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

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 3 or more times per week 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.

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 30 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.

Each school provides equipment, instruction and supervision for active indoor recess.

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

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 activity opportunities, in addition to physical education and recess (where applicable), are offered to all students at least 2 times daily. School staff are encouraged to participate.

Professional development on integrating physical activity into core/non-core subjects is provided to most staff.

Structured physical activities are planned by a licensed physical education teacher and integrated into health education and one or more core subjects, such as math, science, language arts, and social sciences, as well as in non-core and elective subjects.

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.

Structured physical activities are planned by a licensed physical education teacher and integrated into all core curriculum subjects, such as math, science, language arts, and social sciences, as well as in non-core and elective subjects.

Before & 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.

The school has developed a walk and/or bike to school plan and encourages students to walk and/or bike to school based on safety and feasibility assessment.

The school has implemented a walk and/or bike to school plan or implemented an alternative plan based on a safety and feasibility assessment and has communicated it to the community.

Family & Community

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.

Offer information via multiple channels and provide opportunities for physical activity at least once per quarter to all families that encourages them to teach their children about physical activity, and assists them in planning physical activity for their families.

Physical Activity

Family & Community

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.

Physical Education

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

Elementary students receive 90-119 minutes of physical education per week, which includes at least 50% of the minutes engaged in moderate to vigorous physical activity.

Elementary students receive 120-149 minutes of physical education per week, which includes at least 50% of the minutes engaged in moderate to vigorous physical activity.

Elementary students receive 150+ minutes of physical education per week, which includes at least 50% of the minutes engaged in moderate to vigorous physical activity.

Integrated School Based Wellness

General Guidelines

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

Complete the CDC School Health Index biannually.

Results of the CDC School Health Index are shared with the district administration and local school board.

Facilitate the integration of a farm to school program and curricular activities including hands-on activities as appropriate to facilitate the nutritional and educational goals in 50% of the schools.

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:

Josh Mathiasmeier, Chairperson
Stephanie Conner

D0500 - Kansas City Middle School Wellness Policies

D0500 - Kansas City 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 D0500 - Kansas City 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.

All school food service personnel receive food safety training annually.

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.

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.

Two "Smarter Lunchroom" or Behavioral Economics techniques are used on the serving line to encourage healthy choices by students.

Three "Smarter Lunchroom" or Behavioral Economics techniques are used on the serving line to encourage healthy choices by students.

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 has implemented alternative 2nd Chance Breakfast service options. "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.

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

Nutrition

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.

District develops nutritional standards for non-sold food and beverages made available on school campus during the school day.

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.

Fundraising within the school day meets USDA's Smart Snacks in School "All Foods Sold in Schools" Standards (sans the exempted fundraisers).

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)

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, 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.

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.

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.

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

Nutrition Promotion

Students provide input on foods offered in the cafeteria.

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 (Schools are not required to allow food or beverage marketing on campus).

District allows marketing (oral, written, or graphics) of only those foods and beverages that meet the requirements set forth in the Smart Snacks Rule on the school campus during school activities at all times.

Nutrition Education

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 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.

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.

District prohibits the use of physical activity as a punishment. District prohibit withholding physical activity, including recess and physical education, as punishment.

Throughout the Day

Professional development on integrating physical activity into core/non-core subjects is provided to licensed physical education teachers, school nurses, and building administrators.

Before & After School

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

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

Family & Community

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

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.

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.

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.

Annual 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 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 quarter 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.

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

Results of the School Health Index are shared with the public.

District Wellness Committee will discuss the development of a farm to school program.

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

D0500 - Kansas City Middle School Wellness Policies

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

Developing Policies

Nutrition

General Guidelines

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 students are allowed to converse with one another at least part of the meal time.

Students being disciplined are NOT seated at tables separated from other students in the dining area.

Students being disciplined are NOT seated in a separate location.

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

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

Nutrition Education

Nutrition Education

Teachers and other school personnel participate in nutrition education-related professional development at least once a year.

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/semester.

Integrate age-appropriate nutrition education into two or more core subjects such as math, science, language arts, and social sciences as well as in two or more non-core and elective subjects.

Integrate age-appropriate nutrition education into all core subjects such as math, science, language arts, and social sciences as well as in three or more non-core and elective subjects.

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

Nutrition Promotion

Students learn about the nutrition requirements for school meals and some students are involved in helping plan menus.

District implements marketing and advertising of nutritious foods and beverages consistently through a comprehensive and multi-channel approach by school staff, teachers, parents and students .

Physical Activity

General Guidelines

District encourages extra physical activity time as an option for classroom rewards.

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 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 activity opportunities, in addition to physical education and recess (where applicable), are offered to all students at least 2 times daily. School staff are encouraged to participate.

Professional development on integrating physical activity into core/non-core subjects is provided to most staff.

Structured physical activities are planned by a licensed physical education teacher and integrated into health education and one or more core subjects, such as math, science, language arts, and social sciences, as well as in non-core and elective subjects.

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.

Structured physical activities are planned by a licensed physical education teacher and integrated into all core curriculum subjects, such as math, science, language arts, and social sciences, as well as in non-core and elective subjects.

Before & 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.

The school has developed a walk and/or bike to school plan and encourages students to walk and/or bike to school based on safety and feasibility assessment.

The school has implemented a walk and/or bike to school plan or implemented an alternative plan based on a safety and feasibility assessment and has communicated it to the community.

Family & Community

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.

Offer information via multiple channels and provide opportunities for physical activity at least once per quarter to all families that encourages them to teach their children about physical activity, and assists them in planning physical activity for their families.

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.

Physical Education

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

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.

Integrated School Based Wellness

General Guidelines

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

Complete the CDC School Health Index biannually.

Integrated School Based Wellness

General Guidelines

Results of the CDC School Health Index are shared with the district administration and local school board.

Facilitate the integration of a farm to school program and curricular activities including hands-on activities as appropriate to facilitate the nutritional and educational goals in 50% of the schools.

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:

Josh Mathiasmeier, Chairperson
Stephanie Conner

D0500 - Kansas City

High School Wellness

Policies

D0500 - Kansas City 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 D0500 - Kansas City 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.

All school food service personnel receive food safety training annually.

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.

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

The dining area has adequate adult supervision.

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.

Two "Smarter Lunchroom" or Behavioral Economics techniques are used on the serving line to encourage healthy choices by students.

Three "Smarter Lunchroom" or Behavioral Economics techniques are used on the serving line to encourage healthy choices by students.

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 has implemented alternative 2nd Chance Breakfast service options. "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.

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

Nutrition

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.

District develops nutritional standards for non-sold food and beverages made available on school campus during the school day.

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.

Fundraising within the school day meets USDA's Smart Snacks in School "All Foods Sold in Schools" Standards (sans the exempted fundraisers).

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)

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, 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.

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.

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.

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

Nutrition Promotion

Students provide input on foods offered in the cafeteria.

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 (Schools are not required to allow food or beverage marketing on campus).

District allows marketing (oral, written, or graphics) of only those foods and beverages that meet the requirements set forth in the Smart Snacks Rule on the school campus during school activities at all times.

Nutrition Education

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 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.

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.

District prohibits the use of physical activity as a punishment. District prohibit withholding physical activity, including recess and physical education, as punishment.

Throughout the Day

Professional development on integrating physical activity into core/non-core subjects is provided to licensed physical education teachers, school nurses, and building administrators.

Before & After School

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

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

Family & Community

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

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.

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.

High school students are provided structured physical education in at least 1 course required for graduation.

Additional opportunities for physical education as an elective are offered.

Physical education curriculum encourages a multi-dimensional fitness assessment.

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.

Integrated School Based Wellness

General Guidelines

Annual 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 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 quarter 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.

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

Results of the School Health Index are shared with the public.

District Wellness Committee will discuss the development of a farm to school program.

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

D0500 - Kansas City

High School Wellness

Policies

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

Developing Policies

Nutrition

General Guidelines

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 students are allowed to converse with one another at least part of the meal time.

Students being disciplined are NOT seated at tables separated from other students in the dining area.

Students being disciplined are NOT seated in a separate location.

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

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

Nutrition Education

Nutrition Education

Teachers and other school personnel participate in nutrition education-related professional development at least once a year.

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/semester.

Integrate age-appropriate nutrition education into two or more core subjects such as math, science, language arts, and social sciences as well as in two or more non-core and elective subjects.

Integrate age-appropriate nutrition education into all core subjects such as math, science, language arts, and social sciences as well as in three or more non-core and elective subjects.

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

Nutrition Promotion

Students learn about the nutrition requirements for school meals and some students are involved in helping plan menus.

District implements marketing and advertising of nutritious foods and beverages consistently through a comprehensive and multi-channel approach by school staff, teachers, parents and students .

Physical Activity

General Guidelines

District encourages extra physical activity time as an option for classroom rewards.

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 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 activity opportunities, in addition to physical education and recess (where applicable), are offered to all students at least 2 times daily. School staff are encouraged to participate.

Professional development on integrating physical activity into core/non-core subjects is provided to most staff.

Structured physical activities are planned by a licensed physical education teacher and integrated into health education and one or more core subjects, such as math, science, language arts, and social sciences, as well as in non-core and elective subjects.

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.

Structured physical activities are planned by a licensed physical education teacher and integrated into all core curriculum subjects, such as math, science, language arts, and social sciences, as well as in non-core and elective subjects.

Before & 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.

The school has developed a walk and/or bike to school plan and encourages students to walk and/or bike to school based on safety and feasibility assessment.

The school has implemented a walk and/or bike to school plan or implemented an alternative plan based on a safety and feasibility assessment and has communicated it to the community.

Family & Community

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.

Offer information via multiple channels and provide opportunities for physical activity at least once per quarter to all families that encourages them to teach their children about physical activity, and assists them in planning physical activity for their families.

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.

Physical Education

Physical education teachers are licensed and have advanced certification and/or 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 education curriculum includes fitness assessment of at least 90% of all students enrolled in physical education and student fitness reports are available to parents.

Integrated School Based Wellness

General Guidelines

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

Complete the CDC School Health Index biannually.

Results of the CDC School Health Index are shared with the district administration and local school board.

Facilitate the integration of a farm to school program and curricular activities including hands-on activities as appropriate to facilitate the nutritional and educational goals in 50% of the schools.