

**School Wellness Policy**  
**X0785 Sacred Heart - Colby, School Year 2014-2015**  
**Elementary - Grouped by Content Area**

The following information was reported by **USD 785** on the Kansas State Department of Education's Wellness Policy Reporting System. It reflects the current status of the Kansas Model Wellness Policy Guidelines as implemented by **USD 785**.

**A La Carte Guidelines**

**A La Carte**

**Guidelines Achieved**

B - A la carte items are offered in compliance with USDA regulations prohibiting the sale of "foods of minimal nutritional value" during the meal service period where school meals are served or eaten.

E - All other a la carte items meet all of the following criteria: Fat – Except for nuts, seeds and nut butters, 35% or less of total calories from fat (or less than 4 g. per 100 calories) Sugar – Except for fruit without added sugar, 35% or less of weight from total sugar (or less than 9 g. per 100 calories) Calories – 200 or less calories per selling unit.

E - All milk sold a la carte is low-fat (1% or ½%) and/or skim (nonfat) with 35% or less of weight from total sugar (or less than 9 g. per 100 calories).

**Guidelines that are Not Applicable**

A - The same portion size of any food items served in the school breakfast or lunch are sold a la carte.

E - Fruits and/or vegetables are sold a la carte.

E - Only low-fat/nonfat yogurt is sold a la carte.

E - Water (non-caloric) is sold a la carte.

A - All soy or rice beverages sold a la carte contain 35% or less of weight from total sugar (or less than 9 g. per 100 calories).

E - All juice products sold a la carte contain 100% juice.

**Before & After School Guidelines**

**Before & After School**

**Guidelines Achieved**

B - Daily periods of moderate to vigorous physical activity for all students will be encouraged by providing adequate space, equipment and opportunities.

B - The school(s) will comply with Quality Performance Accreditation Regulation 91-31-34: Local Board of Education Requirement (g) Athletic Practice: 1. Any elementary or middle school that includes any of the grades six through nine may conduct athletic practice during the school day only at times when one or more elective academic courses or a study period is offered to students 2. A high school shall not conduct athletic practice during the school day, and athletic practice shall not be counted for credit or as a part of the school term. A school shall neither offer credit for athletic practice nor count athletic practice as a physical education course.

A - Extracurricular physical activity programs will be offered, such as physical activity clubs or intramural programs.

E - A range of physical activities will be offered that meet the needs, interests and abilities of all students, including boys, girls, students with disabilities and students with special health-care needs.

E - The school district will assess and, if necessary and to the extent possible, make needed improvements to make it safer and easier for students to walk and bike to school. When appropriate, the district will work with local public works, public safety and/or police departments in those efforts.

E - All students will be provided the opportunity to be moderately to vigorously physically active each day.

B = Basic    A = Advanced    E = Exemplary

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**Cafeteria Guidelines**

**Cafeteria**

**Guidelines Achieved**

- E - Teachers will collaborate with the school nutrition staff to use the cafeteria as a learning laboratory that allows students to apply critical thinking skills.
- B - Students will be encouraged to start each day with a healthful breakfast and to choose nutritious foods throughout the day.
- A - Students will participate in taste tests and/or surveys to obtain their input on foods offered in the cafeteria.

**Guidelines In Progress**

- B - Attractive, current nutrition education materials will be prominently displayed in dining areas and changed at least every 9 weeks.
- A - Teachers will discuss with students the nutrition education materials displayed in the dining areas.
- E - Students will learn about the nutrition requirements for school meals and some students will be involved in helping plan menus.

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**During the School Day Guidelines**

**During the School Day**

**Guidelines Achieved**

- B - All 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.
- E - Students are encouraged to have individual water bottles in the classroom.
- B - Foods and beverages for classroom rewards, parties and celebrations will meet the Basic level guidelines for a la carte foods and beverages.
- A - Foods and beverages for classroom rewards, parties and celebrations will not be provided until at least one hour after the end of the last lunch period.
- E - At least 75 percent of fundraising activities will NOT involve the sale of food and/or beverages.
- A - Fundraising activities involving the sale of food or beverages will not take place until after the end of the last lunch period.
- B - Refreshments provided for students participating in school events adhere to the Basic guidelines for vended foods and beverages.
- A - Parents, teachers and organizations are informed about the guidelines and are encouraged to follow them.

**Guidelines that are Not Applicable**

- E - Foods and beverages for classroom rewards, parties and celebrations will meet the Exemplary level guidelines for a la carte foods and beverages.
- E - Refreshments provided for students participating in school events adhere to the Exemplary guidelines for vended foods and beverages.

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**Events During the School Day Guidelines**

**Events During the School Day**

**Guidelines Achieved**

- B - Each year, some individual classrooms will participate in one or more events that are either centered on nutrition or include nutrition as a main component.
- A - Each year, at least one school-wide interactive event will be conducted that is either centered on nutrition or contains nutrition as a main component. After the event, related lessons will be used to reinforce learning of the information presented at the event.
- E - A community or media partner will be involved in at least one school-wide event by helping with planning or actively participating in the event. Both before and after the event, related lessons will be used to reinforce learning of the information presented at the event.

**Family & Community - PE Guidelines**

**Family & Community - PE**

**Guidelines Achieved**

- B - Information will be provided to help families incorporate physical activity into the lives of all household members.
- A - Families and community members will be encouraged to institute programs that support physical activity, such as a walk to school program.
- E - Community members will be provided access to the school's physical activity facilities outside the normal school day. School policies concerning safety will apply at all times.
- E - School resources (such as a back-pack containing physical activity equipment) will be loaned to families to support their efforts to be physically active.

**Family & Community -NE Guidelines**

**Family & Community -NE**

**Guidelines Achieved**

- B - Parents will be invited to join students for school meals.
- A - Family members will be encouraged to become actively involved in programs that provide nutrition education.
- E - Community members will be encouraged to become actively involved in school programs that provide nutrition education.
- B - Families will be provided with information that encourages them to teach their children about health and nutrition, and to provide nutritious meals for their families.
- E - Nutrition information will be provided to the broader community.

**Guidelines In Progress**

- A - Opportunities will be provided for parents to share their healthful food practices with the school and community.

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**General Atmosphere Guidelines**

**General Atmosphere**

**Guidelines Achieved**

- B - The dining area is clean.
  - B - The dining area is orderly.
  - B - The dining area has a reasonable noise level.
  - B - The dining area has an inviting atmosphere.
  - B - The dining area has adequate seating to accommodate all students during each serving period.
  - B - The dining area has adequate adult supervision.
  - B - Students are allowed to converse with one another while they eat their meals.
  - B - Lunch hour is closed. Students must have permission to leave school campus.
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**General Guidelines & Classroom Guidelines**

**General Guidelines & Classroom**

**Guidelines Achieved**

- B - All students, including those with disabilities, special health care needs and in alternative education settings, will have the opportunity to participate in a variety of learning experiences that support development of healthful eating habits.
- A - School administrators will inform teachers about opportunities to attend training on nutrition and the importance of role modeling healthful habits for students.
- A - School administrators will encourage teachers to attend nutrition-related training at least once a year and will support their participation.
- A - At least 10 hours of classroom nutrition education will be provided each year for all students.
- B - At least 25 percent of nutrition education instruction will be comprised of hands-on activities that engage students in enjoyable, developmentally-appropriate, culturally relevant, participatory learning.
- B - Classroom nutrition education covers basic food safety (e.g. storing, cleaning).
- B - Nutrition education will be taught by a teacher licensed by the Kansas State Department of Education or under the direct supervision of such a teacher.
- B - The licensed teacher will approve the instructional materials and method; and have ongoing, open communication with the individual providing instruction.
- B - Schools will be encouraged to use qualified personnel 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.
- B - Nutrition education will be based on the most recent Dietary Guidelines for Americans.
- B - Active learning experiences will be provided for students; and whenever feasible, the active learning will involve the students in food preparation.
- B - Annually, an updated list of nutrition resources will be provided to each school principal by KSDE and this list will be given to the teachers.
- B - Teachers will be able to secure recommended nutrition education resources in adequate quantities for their students.

**Guidelines In Progress**

- E - At least 15 hours of classroom nutrition education will be provided each year for all students.
- A - At least 50 percent of nutrition education instruction will be comprised of hands-on activities that engage students in enjoyable, developmentally-appropriate, culturally relevant, participatory learning.
- B - Classroom nutrition education covers feeling full and chewing thoroughly.
- B - The nutrition education curriculum will be sequential and consistent with the current Kansas State Board of Education approved health education teaching standards.

**Guidelines that are Not Applicable**

- B - Classroom nutrition education covers choosing healthful foods using cafeteria meals, vended items and a la carte items as examples.
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**General Guidelines & Physical Education Classes Guidelines**

**General Guidelines & Physical Education Classes**

**Guidelines Achieved**

- B - All students, including those with disabilities, special health care needs and in alternative education settings, will have the opportunity to participate in moderate to vigorous physical activity on a regularly scheduled basis each school week during the entire school year.
- B - Students will receive 100-150 minutes of physical education per week.
- A - During physical education classes, students will engage in moderate to vigorous physical activity at least 20 minutes per day and/or 100 minutes per week.
- B - The school will provide a physical and social environment that encourages safe and enjoyable physical activity for all students, including those who are not athletically gifted. Students will have the opportunity to participate in lifetime physical activities (e.g. walking, Pilates, swimming, golf, tennis, etc.).
- B - Physical education teachers are licensed by the Kansas State Department of Education.
- B - Physical education classes will have a student/teacher ratio that is the same as other classes in the school.
- B - Adequate age-appropriate equipment will be available for all students to participate in physical activity.
- B - Physical activity facilities on school grounds are safe.

**Guidelines In Progress**

- B - The physical education curriculum will be sequential and consistent with Kansas State Board of Education approved physical education teaching standards for Pre-Kindergarten through grade 12.

**Guidelines that are Not Applicable**

- E - Students will receive more than 200 minutes of physical education per week.
- E - During physical education classes, students will engage in moderate to vigorous physical activity at least 30 minutes per day and/or 150 minutes per week.

**Lunch Guidelines**

**Lunch**

**Guidelines Achieved**

- B - All school lunches comply with USDA regulations and state policies.
- A - Desserts with more than 5 g. of fat per serving are offered no more than 2 times per week.
- A - Time allowed for students to eat lunch (NOT including time spent walking to/from class or waiting in line) is at least 20 minutes.
- B - An entrée choice with total fat of 16 g. or less per serving is offered fewer than 3 days per week.
- A - At least 3 fruit and/or vegetable choices are offered daily.
- A - Fresh fruits or vegetables are offered at least 3 days per week.
- E - A food item containing whole grain is offered daily.
- E - Low-fat (1% or ½%) and/or skim (nonfat) milk are offered exclusively.
- E - All salad dressings contain 6 g. or less of fat per ounce.

**Guidelines that are Not Applicable**

- E - An entrée choice with total fat of 16 g. or less per serving is offered daily.
- E - At least 4 fruit and/or vegetable choices are offered daily.
- E - Fresh fruits or vegetables are offered daily.

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**Punishment Guidelines**

**Punishment**

**Guidelines In Progress**

B - Physical activity will not be used (e.g. running laps, pushups) or withheld (e.g. recess, physical education) as punishment. This guideline does not apply to extracurricular sports teams.

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**Recess Guidelines**

**Recess**

**Guidelines Achieved**

B - Elementary school students will have at least 20 minutes a day of supervised recess, preferably outdoors.

B - Moderate to vigorous physical activity will be encouraged verbally and through the provision of adequate space and age-appropriate equipment.

**Guidelines In Progress**

E - Elementary school students will have two 15-minute supervised recess periods daily.

**Guidelines that are Not Applicable**

A - Recess will provide at least one moderate to vigorous physical activity led by trained staff.

E - Recess will provide a variety of moderate to vigorous physical activities led by trained staff.

E - Recess will be offered before lunchtime.

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**Staff Wellness Guidelines**

**Staff Wellness**

**Guidelines Achieved**

B - The school will encourage each member of the staff (both certified and non-certified) to serve as a healthy role model for students.

A - The school will have a staff wellness committee to plan and implement ongoing activities for school staff that promote health and wellness.

E - At least one school-wide activity will be conducted each year that promotes staff wellness.

**Guidelines In Progress**

E - The school's staff wellness committee will develop, promote and oversee a multi-faceted plan to promote staff health and wellness including healthful eating, physical activity and other elements of a healthful lifestyle.

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**Throughout the Day Guidelines**

**Throughout the Day**

**Guidelines Achieved**

B - Classroom health education will reinforce 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.

A - When circumstances make it necessary for students to remain indoors and inactive for two or more hours, the students will be given periodic breaks during which they will be encouraged to stand and be moderately active.

E - Opportunities for physical activity will be regularly incorporated into other subject areas (i.e. math, language arts, social studies, etc.).

E - Classroom teachers will provide short physical activity breaks between lessons or classes, as appropriate.

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