

# D0505 - Chetopa - St. Paul High School Wellness Policies

D0505 - Chetopa - St. Paul 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 D0505 - Chetopa - St. Paul 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.

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.

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.

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.

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#### 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.

## **Nutrition**

### During the School Day

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

### Lunch

All school lunches comply with [USDA regulations](#) and [state policies](#).

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

### All Food Sold in Schools

All food and beverages 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)

## **Nutrition Education**

### Nutrition Promotion

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.

## **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.

### 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.

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 Activity**

### Physical Education

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

### Family & Community

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

# D0505 - Chetopa - St. Paul High 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.

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#### During the School Day

Schools begin incorporating non-food rewards.

Food is not used as a reward in district schools unless the food meets [Smart Snacks in School "All Foods Sold in Schools" Standards](#)

#### Lunch

At least three different fruits are offered each week. Two fruits per week are served fresh.

## Integrated School Based Wellness

### General Guidelines

The school wellness committee makes appropriate updates or modifications 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, 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](#).

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

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:

Terri Ross, Chairperson

Craig Bagshaw

Jaunc Bradshaw

Jolene Hall

Keaton McCracken

Pam Midgett

Regina Johnson