

## **Fowler USD #225**

### **Wellness Policies**

#### **Part I. Preamble**

Whereas, children need access to healthful foods and opportunities to be physically active in order to grow, learn, and thrive;

Whereas, good health fosters student attendance and education;

Whereas, obesity rates have doubled in children and tripled in adolescents over the last two decades, and physical inactivity and excessive calorie intake are the predominant causes of obesity;

Whereas, heart disease, cancer, stroke, and diabetes are responsible for two-thirds of the deaths in the United States, and major risk factors for those diseases include unhealthy eating habits, physical inactivity, and obesity, often are established in childhood;

Whereas, 33% of high school students do not participate in sufficient vigorous physical activity and 72% of high school students do not attend daily physical education classes;

Whereas, only 2% of children (2-19 years of age) eat a healthy diet consistent with the five (5) main recommendations from the Food Guide Pyramid;

Whereas, nationally, the items most commonly sold from school vending machines, school stores, and snack bars include low nutrition foods and beverages, such as soda, sports drinks, imitation fruit juices, chips, candy, cookies, and snack cakes;

Whereas, school districts around the country are facing significant fiscal and scheduling constraints; and

Whereas, community participation is essential to the development and implementation of successful school wellness policies;

## **Part 2: Board Policy**

Fowler USD #225 is committed to providing school environments that promote and protect children's health, well being, and ability to learn by supporting healthy eating and physical activity. Therefore, it is the policy of USD #225, Fowler that:

- Wellness guidelines will be implemented as specified in the Kansas State Department of Education's Wellness Policy Report for each school level.
- Students, parents, teachers, food service professionals, health professionals, and other interested community members will be engaged in developing, implementing, monitoring, and reviewing district-wide nutrition and physical activity policies.
- All students in grades K-12 will have opportunities, support, and encouragement to be physically active on a regular basis.
- Foods and beverages sold or served at school will meet the nutrition recommendations of the U.S. Dietary Guidelines for Americans.
- Qualified child nutrition professionals will provide students with access to a variety of affordable, nutritious, and appealing foods that meet the health and nutrition needs of students.
- Students will be provided with adequate time to eat in settings that are clean, safe, and pleasant.
- To the maximum extent practical, all schools in our district will participate in available federal school nutrition programs.
- Schools will provide nutrition education and physical education to foster lifelong habits of healthy eating and physical activity, and will establish linkages between health education, school nutrition programs and related community services.

## **Fowler USD #225 Local Wellness Policy**

“A healthy school is one that integrates community, family, and schools to provide for students a positive continuum of intellectual, physical, social, and emotional development on which to base lifelong decisions.” (Source: National Association of State Boards of Education, Healthy Schools Vision Statement)

As required by the State of Kansas, the fowler USD #225 District’s School Lunch and School Breakfast Programs will follow the U.S. Nutritional Standards and Dietary Guidelines for Americans.

The Board recognizes that childhood obesity has reached epidemic levels in Kansas and throughout the country. Overweight children are at a higher risk of developing severe long-term health problems, and overweight children are affected by discrimination, psychological stress, and low self-esteem. However, research indicated that obesity and subsequent diseases are largely preventable through diet and regular physical activity. Research also indicated that becoming physically active and maintaining a regular physical activity program significantly reduces the risk of some obesity and some cancers, diabetes and other chronic diseases.

Families should be the primary teachers and caregivers for their children. Although the primary mission of schools is education, the present and future health, safety, and well-being of students are also the concern of USD #225, Fowler. The District shares with families and the community the responsibility for the physical, mental, and social well-being of its students.

Children who eat well-balanced meals and are healthy are more likely to learn in the classroom. The Board supports increased emphasis on nutrition as well as physical activity at all grade levels to enhance the well-being of our district’s youth. Therefore, it is the policy of the Board to:

- A. Provide students access to nutritious food;
- B. Provide opportunities for physical activity and developmentally appropriate exercise; and
- C. Provide accurate information related to these topics.

### **Food Service**

The Board authorizes the Superintendent to administer the Food Service Program, provided that any decisions to enter into a contract with a private management company will require the approval of the Board.

The Superintendent shall establish rules for the sale of foods sold during the school day consistent with this policy and the goals of the district.

The District will provide free and reduced price meals to students according to the terms of the National School Lunch Program, federal law, and the rules of the state. The District will inform parents of the eligibility standards for free and reduced priced meals. Reasonable efforts will be made to protect the identity of students receiving such meals. A parent has the right to appeal any decisions with respect to his/her application for free or reduced priced meals to the Superintendent.

The Board may establish a program whereby school meals may be provided to anyone other than students of the district at the greatest price charged any student plus an amount representing the portion of the lunch cost paid for from state and federal assistance (cash and/or food).

Food Services shall aim to be self supporting.

### **Nutrition – Food and Beverages**

#### **National School Lunch/Breakfast Program:**

- Meals must meet the USDA Nutritional Standards and the American Dietary Guidelines.
- Meals must contain calories according to age group with 30% or less calories from fat and 10% or less calories derived from saturated fat.
- Meals will be planned to encourage the consumption of nutrient dense foods, i.e.: whole grains, fresh fruits, and vegetables.
- Salad bars and other types of food bars will be encouraged.
- Certified organic foods will be considered.
- Food should be served with consideration toward variety, appeal, taste, and safety to ensure high quality meals.
- The Food Service Program will not accept donations of food without the expressed approval of the Board.
- The District will use food commodities made available under the Federal Food Commodity Program for school meals.
- All food and beverages shall meet federal, state, and local guidelines for safety and sanitation.
- Nutritional meal data is available to parents, staff, and students on request.
- Weekly nutrient averages for school meals will be included on school menus.

#### **Ala Carte, Vending Machines, and other Food Sales:**

- Carbonated beverages cannot be sold to students anywhere on the school campus during breakfast and lunch.

**Elementary Schools:**

- Vending machines will not be available to students. Ala carte sales during breakfast and lunch are limited to milk, a second meal, or an entrée item after the first meals has been received. Milk will be available for purchase to students who bring a sack lunch from home.

**Secondary Schools:**

- Healthy food and beverages, as determined below, may be sold during the school day from vending machines or the Food Service Department. The building Principal will instruct teachers not to allow students to leave class to purchase food or beverages.
- No more than 40% of the total calories in a food product are from fat. This does not apply to sale of nuts or seeds or real cheese snacks.
- No more than 10% of the total calories in a food product are from saturated fat.
- During the school day, individual food items can be no larger than:
  - 1.5 oz. or less – snacks and sweets
  - 2 oz. – cookies and cereal bars
  - 3 oz. – bakery item
  - 3 oz. – frozen desserts
  - 8 oz. – yogurts
  - 1 oz – nuts and seeds
- Sales will be limited to those foods that make a nutritional contribution such as fruit, corn chips, beef jerky, plain popcorn, cheese and crackers, juices, peanuts, nuts and seeds, ice cream, granola bars, yogurt, pretzels, trail mix, etc.
- Pricing of products to give healthful items a competitive edge will be implemented.
- All food and beverages must meet federal, state, and local guidelines for safety and sanitation.
- Vending sales of candies and chewing gum will not be permitted on the school grounds.
- Non-vending sales of candy will be permitted only at the conclusion of the instructional day.
- Foods sold as fundraisers that deviate from the nutritional standards must have the prior approval of the building administrator or designee.

**School Stores:**

- No candy or beverages will be sold in school stores.

**Eating Environment:**

- Meals are scheduled at appropriate times with adequate time and space to eat and socialize in a pleasant environment, which has attractive serving and eating areas. It is recommended that at least 20 minutes be allotted for lunch.
- Lunch periods are scheduled as near the middle of the day as possible.
- Convenient access to hand-washing facilities before meals will be available. Students will wash their hands before eating.

**Teacher-to-Student Incentive:**

- Strong consideration should be given to nonfood items as part of any teacher-to-student incentive programs. Teachers who feel compelled to utilize food items as an incentive shall adhere to the District Nutritional Standards.

**Physical Activity:**

- A quality physical education program is an essential component for all students to learn about and participate in physical activity. Physical activity should be included in the daily school educational program from grades Pre-K through 12. Physical activity should include regular instructional physical education, co-curricular activities, and recess. Substituting any one of these components for the other is not appropriate.
- The school district will also adhere to the state requirements concerning the amount of time student receive Physical Education weekly.
- It is recommended that the school district provide a family activity program opportunity for families that need additional attention to their health. It should specifically be available to those families who have students that are identified through Physical Education, Health Education, medical exams, or other professionally run health appraisals as needing additional physical education beyond that attained through the typical school day.
- It is also recommended that the school provide brief exercise breaks through the school day to enhance student focus and attention.
- Physical activity unrelated to misconduct including the denial of recess at the elementary level should not be used or withheld as a form of discipline.

**Education:**

- All instructional staff are encouraged to integrate positive health promotion themes into daily lessons when appropriate. The benefits of good health and physical activity should be emphasized.
- Nutrition and health education should be provided to parent in the form of handouts, postings, on the district website, newsletters, or presentations that focus on healthy lifestyles.
- The District will develop and teach a health and physical education curriculum that meets Kansas standards and is articulated K-12.

**Wellness Policy Evaluation:**

The Superintendent will provide an annual report to the Board of Education on the implementation and progress of this policy and provide recommendations to the Board for policy revision.

**Staff Wellness:**

- The Board believes that opportunities for school staff to improve their health status through activities such as health assessments, health education, and health-related fitness activities will encourage school staff to pursue a healthy lifestyle that contributes to their improved health status, improved morale, and a greater personal commitment to the school's overall comprehensive health program. This personal commitment often transfers into greater commitment to the health of students and creates positive role modeling. Health promotion activities have improved productivity, decreased absenteeism, and reduced health insurance costs.
- In fulfillment of this belief, the board encourages staff to use the health assessment, exercise and recreation equipment throughout the district, to maintain a balanced work schedule, and to enjoy opportunities to rejuvenate themselves through healthy recreational activities. Healthy diet choices will be provided to staff.

**2013-2014 Committee Members**

Bobbi Williams, superintendent  
Lisa Rosebeary, food service director  
Mickey Stout, PE teacher  
Donna Norman, elementary teacher  
Pam Brack, elementary teacher  
Marshall Marrs, student  
Lane Lundeen, student  
Jessica Dierking, parent/community

**2015-16 Committee Members**

**Tom Dolenz, superintendent**  
Lisa Rosebeary, food service director  
Mickey Stout, PE teacher  
Donna Norman, elementary teacher  
Lane Lundeen, student  
Heather Shaw, after school grant coordinator

Please feel free to contact Lisa Rosebeary at 620-646-5234