

School Wellness Policy
D0315 Colby Public Schools, School Year 2014-2015
High School - Grouped by Guideline Status

The following information was reported by **USD 315** 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 315**.

Guidelines Achieved

Nutrition Guidelines

General Atmosphere

- 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 accomodate 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.
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Breakfast

- B - All school breakfasts comply with USDA regulations and state policies.
 - B - Students have at least 10 minutes to eat breakfast not including time spent walking to/from class or waiting in line.

 - E - Foods containing whole grains are offered daily.
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Lunch

- B - All school lunches comply with USDA regulations and state policies.

 - E - At least 4 fruit and/or vegetable choices are offered daily.
 - A - Fresh fruits or vegetables are offered at least 3 days per week.
 - A - At least 5 different fruits and 5 different vegetables are offered weekly.

 - E - Low-fat (1% or ½%) and/or skim (nonfat) milk are offered exclusively.
 - B - Some salad dressings contain more than 12 g. of fat per ounce.
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A La Carte

- 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.
 - 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.
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Vending

- B - The sale of "foods of minimal nutritional value" is not allowed where school meals are served or eaten during the meal period.

B = Basic A = Advanced E = Exemplary

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E - The sale of foods of minimal nutritional value is not allowed in areas accessible to students until after the end of the school day.

E - Water (non-caloric) is sold in vending machines or school stores.

A - Electrolyte replacement beverages that contain 48 g. or less of sweetener per 20-ounce selling unit will be offered only in drink machines located near high school athletic training centers.

During the School Day

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.

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.

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.

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Nutrition Education Guidelines

General Guidelines & Classroom

- 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.
- B - At least 5 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 - The nutrition education curriculum will be sequential and consistent with the current Kansas State Board of Education approved health education teaching standards.
- 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.

Cafeteria

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

Events During the School Day

- 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.

Family & Community -NE

- 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 - Nutrition information will be provided to the broader community.

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Staff Wellness

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.

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Physical Activity Guidelines

General Guidelines & Physical Education Classes

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.

B - The school(s) 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 - 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.

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.

Throughout the Day

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.

Punishment

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.

Before & After School

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.

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

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Family & Community - PE

- B - Information will be provided to help families incorporate physical activity into the lives of all household members.
 - 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.
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Guidelines In Progress

Nutrition Guidelines

During the School Day

- B - Foods and beverages for classroom rewards, parties and celebrations will meet the Basic level guidelines for a la carte foods and beverages.
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Nutrition Education Guidelines

Events During the School Day

- 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.
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Family & Community -NE

- 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.
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Physical Activity Guidelines

Before & After School

- 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.
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Family & Community - PE

- A - Families and community members will be encouraged to institute programs that support physical activity, such as a walk to school program.
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New Goals

Nutrition Guidelines

Lunch

- E - At least 10 different fruits and 10 different vegetables are offered monthly.
 - A - All salad dressings contain 12 g. or less of fat per ounce.
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Guidelines that are Not Applicable

The guidelines listed below are the highest level for each group of related items.

Nutrition Guidelines

General Atmosphere

A - Lunch hour is closed. Students must have permission to leave school campus.

Lunch

E - Fresh fruits or vegetables are offered daily.

E - All salad dressings contain 6 g. or less of fat per ounce.

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).

Vending

E - The sale of foods of minimal nutritional value is not allowed in areas accessible to students.

E - Only low-fat (1% or ½%) and/or skim (nonfat) milk with 35% or less of weight from total sugar (or less than 9 g. per 100 calories) is sold in vending machines or school stores.

A - Soy or rice beverages with 35% or less of weight from total sugar (or less than 9 g. per 100 calories) are sold in vending machines or school stores.

During the School Day

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Nutrition Education Guidelines

General Guidelines & Classroom

- 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 eating patterns in various cultures.
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Cafeteria

- A - Teachers will discuss with students the nutrition education materials displayed in the dining areas.
 - 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.
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Events During the School Day

- 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.
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Family & Community -NE

- E - Community members will be encouraged to become actively involved in school programs that provide nutrition education.
 - A - Opportunities will be provided for parents to share their healthful food practices with the school and community.
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Staff Wellness

- 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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Physical Activity Guidelines

General Guidelines & Physical Education Classes

Throughout the Day

- 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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Before & After School

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

- 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.
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