

D0103 - Cheylin

Middle School Wellness Policies

D0103 - Cheylin 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 D0103 - Cheylin that:

Policies in Place

Nutrition

General Guidelines

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 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 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.

Students are not being disciplined by being seated in a separate location.

Content of reimbursable lunch and breakfast is identified near or at the beginning of the serving line(s).

One or more Kansas food products served as a part of the school meals program and identified at the beginning of the serving line each week.

Breakfast

At least five different fruits are offered each week. At least two fruits per week are to be 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.

Lunch

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

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

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

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](#) 24 hours a day.

[USDA's Smart Snacks in School Beverage Standards](#) for middle schools apply to high school (only 100% juice, water, milk).

Nutrition

All Food Sold in Schools

Fundraising activities support nutrition support nutrition, nutrition education and physical activity messaging.

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 adopts [Smart Snacks in School "All Foods Sold in Schools" Standards](#) for non-sold food and beverages made available on school campus during the school day.

Schools begin incorporating non-food rewards.

Nutrition Education

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](#) on the school campus at all times.

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Nutrition Education

All students in grades K-12 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.

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.

Active classroom learning experiences are provided such as involving students in food preparation or other hands-on activities at least once a semester.

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 other core subjects such as math, science, language arts, and social sciences, as well as into at least one non-core/elective subject.

Include nutrition and health posters, signage, or displays in the cafeteria food service and dining areas, classrooms, hallways, gymnasium, and/or bulletin boards that are rotated, updated or changed quarterly.

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.

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

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Throughout the Day

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 licensed physical education teachers, school nurses, and building administrators.

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

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.

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.

Before & After School

Extracurricular physical activity programs, such as a physical activity club or intramural programs, are offered through partnerships with community organizations and resources.

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.

Family & Community

Community members are encouraged to access the district's indoor and outdoor physical activity facilities at specified hours.

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.

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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, 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](#) .

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.

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Middle School Wellness Policies

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

Developing Policies

Nutrition Education

Nutrition Promotion

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

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Nutrition Education

District administrators inform teachers and other school personnel about opportunities to participate in professional development on nutrition and teaching nutrition.

Physical Activity

General Guidelines

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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.

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:

Keshia Walden, Chairperson

Jim Reece

Chad Baker

Heather McPherson

Bridget Pochop

Jared Boone

Gabrielle Pochop