

# X0850 - Leavenworth Catholic Schools

## Middle School Wellness Policies

X0850 - Leavenworth Catholic Schools 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 X0850 - Leavenworth Catholic Schools that:

### **Policies in Place**

#### **Nutrition**

##### General Guidelines

Substitutions are provided for students with medical disabilities identified by a licensed physician that require meal modifications per the signed Meal Modification Form.

Substitutions are provided for students with allergies and intolerances that do not rise to the level of a disability, identified by a Recognized Medical Authority on the signed Meal Modification Form.

The food service area is clean, orderly, and has an inviting atmosphere.

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.

All school food service personnel receive required food safety training at a minimum of every 3 years.

All school food service personnel receive food safety training annually.

The dining area has seating to accommodate all students during each serving period.

The dining area has 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.

Reimbursable meals and/or parts of a reimbursable meal are not withheld or denied as a disciplinary action.

Identify content of reimbursable lunch and breakfast near or at the beginning of the serving line(s).

##### Lunch

All school lunches comply with USDA regulations and state policies.

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

Offer one additional 1/2 cup\* vegetable offering weekly from any of three vegetable subgroups (dark-green, red/orange, dry beans and peas).

Students have at least 15 minutes "seat time" to eat lunch not including time spent walking to/from class or waiting in line.

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

No foods or beverages are sold except reimbursable schools meals or snacks.

#### 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.

Students have clear/translucent individual water bottles in the classroom.

Teachers and parents are provided with information on healthy options for classroom rewards, parties and celebrations that meet Smart Snacks in School "All Foods Sold in Schools" Standards.

Foods and beverages for classroom rewards, parties and celebrations will not be provided within one hour before or after the end of the last lunch period.

Fundraising within the school day meets "All Foods Sold in Schools" Standards (sans the exempted fundraisers).

Meals purchased at fast food outlet to be consumed at school must not be brought to school in their original containers. Caffeinated beverages are not allowed in sack lunches to be consumed in the cafeteria. (Elementary/Middle School)

### **Nutrition Education**

#### Nutrition Promotion

School 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.

#### Nutrition Education

School administrators inform teachers and other school personnel about opportunities to attend training on nutrition and encourage them to attend training on teaching nutrition.

Teachers and other school personnel participate in nutrition education-related training at least once a year.

Include nutrition education as part of health education classes and/or stand-alone courses for all grade levels, including curricula that promote skill development.

Integrate nutrition education into other core subjects such as math, science, language arts, and social sciences, as well as in non-core and elective subjects.

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.

School personnel discuss with students the nutrition education materials displayed.

School personnel collaborate with the school nutrition staff to use the cafeteria as a learning laboratory that allows students to apply critical thinking skills.

Offer information to families at least once per semester that encourages them to teach their children about health and nutrition, and assists them in planning nutritious meals for their families.

Offer information to families at least once per quarter that encourages them to teach their children about health and nutrition, and assists them in planning nutritious meals for their families.

## **Physical Activity**

### Physical Activity General Guidelines

All students in grades K - 12, including those with disabilities, special health care needs and in alternative education settings, have the opportunity to participate in moderate to vigorous physical activity at least 2 times per week during the entire school year.

All students in grades K - 12, including those with disabilities, special health care needs and in alternative education settings, have the opportunity to participate in moderate to vigorous physical activity 3 or more times per week during the entire school year.

All students in grades K - 12, including those with disabilities, special health care needs and in alternative education settings, have the opportunity to participate in moderate to vigorous physical activity every day during the entire school year.

Physical activity facilities in and on school property are safe with sufficient age-appropriate equipment for all students, including those with disabilities. Adequate adult supervision is provided.

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

School encourages extra physical activity time is an option for classroom rewards.

School offers lifetime physical activity that teaches basic motor skills, enhances knowledge of concepts related to movement needed to achieve and maintain health. Students learn the benefits of and an appreciation for regular physical activity.

### Throughout the Day

Structured physical activity opportunities, in addition to physical education and recess (where applicable), are encouraged for all students

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

### Physical Activity 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.

Middle school students are offered physical education at all grade levels and receive 90-119 minutes of physical education per week, which includes at least 60 minutes of moderate to vigorous intensity activity.

Middle school students are offered physical education at all grade levels and receive 120-149 minutes of physical education per week, which includes at least 80 minutes of moderate to vigorous intensity 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.

Physical education is taught by teachers licensed by the Kansas State Department of Education.

Physical education teachers participate in physical education and/or physical activity specific professional development every 2 years.

#### Before & After School

Extracurricular physical activity programs, such as a physical activity club or intramural programs, are offered.

Extracurricular physical activity programs, such as a physical activity club or intramural programs, are offered, with input from students, and meet the needs, interest and abilities of a diverse student body.

#### Family & Community - PE

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

Offer information via multiple channels at least once per semester to all families that encourages them to teach their children about physical activity, and assists them in planning physical activity for their families.

Offer information via multiple channels and provide opportunities for physical activity at least once per quarter to all families that encourages them to teach their children about physical activity, and assists them in planning physical activity for their families.

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.

### **Integrated School Based Wellness**

#### Integrated School Based Wellness

Annual staff wellness activities and/or professional development opportunities related to nutrition, physical activity and abstaining from tobacco 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.

Annually partner with community health agencies/organizations and/or allow community use of school facilities for wellness activities.

Each semester, health education is provided to families via handouts, postings on the school website, newsletters, presentations and workshops.

Quarterly, culturally relevant health education is provided to families via handouts, postings on the school website, newsletters, presentations and workshops.

Monthly, culturally relevant health education is provided to families via handouts, postings on the school website, newsletters, presentations and workshops.

The school wellness policy and progress toward meeting the State Model Wellness Policy are made available to the public, including parents, students and the community.

The wellness policy and progress toward meeting the State Model Wellness Policy are presented to the local school board and school staff.

# X0850 - Leavenworth Catholic Schools

## Middle School Wellness Policies

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

### **Developing Polices**

#### **Nutrition**

##### Lunch

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

##### During the School Day

All foods and beverages provided by teachers and the school for classroom rewards, parties and celebrations meet Smart Snacks in School "All Foods Sold in Schools" Standards.

All foods and beverages brought in for classroom parties and celebrations meet Smart Snacks in School "All Foods Sold in Schools" Standards. The focus of classroom celebratinos is not on food.

Foods and beverages provided for students participating in school events adhere to the Smart Snacks in School "All Foods Sold in Schools" Standards.

Food is not used as a reward.

Fundraising within the school day and until 5 pm meets "All Foods Sold in Schools" Standards (sans the exempted fundraisers).

Fundraising activities involving the sale of food or beverages that meet "All Foods Sold in Schools" Standards and/or exempted fundraisers will not take place until after the end of last lunch period.

No exempted fundraisers. All fundraisers involving foods or beverages meet the "All Foods Sold in Schools" Standards.

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

#### **Nutrition Education**

##### Nutrition Promotion

Marketing and advertising of nutritious foods and beverages to students is implemented consistently through a comprehensive and multi-channel approach by school staff, teachers, parents, students and the community.

##### Nutrition Education

All students in grades K-12, including those with disabilities, special health care needs and in alternative education settings, will have the opportunity to participate in culturally relevant participatory activities 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.

Active learning experiences are provided such as involving students in food preparation or other hands-on activities.

Integrate nutrition education into two or more core subjects such as math, science, language arts, and social sciences as well as in two or more non-core and elective subjects.

Offer information to families at least once per month that encourages them to teach their children about health and nutrition, and assists them in planning nutritious meals for their families.

## **Physical Activity**

### Throughout the Day

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.

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.

Structured physical activities are planned by a licensed physical education teacher and integrated into health education and one or more core subjects, such as math, science, language arts, and social sciences, as well as in non-core and elective subjects.

Structured physical activities are planned by a licensed physical education teacher and integrated into two or more core curriculum subjects, such as math, science, language arts, and social sciences, as well as in non-core and elective subjects.

Structured physical activities are planned by a licensed physical education teacher and integrated into all core curriculum subjects, such as math, science, language arts, and social sciences, as well as in non-core and elective subjects.

### Before & After School

The school has developed a walk and/or bike to school plan and encourages students to walk and/or bike to school.

The school has implemented a walk and/or bike to school plan and has communicated it to the community.

## **Integrated School Based Wellness**

### Integrated School Based Wellness

The local school wellness policy team 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:

Evie Porter, Chairperson

Aaron Lamar

Lisa Forge

School Nurse

Shannon Holcomb

Traci Baker

Tracy Heim