

# X0757 - Holy Cross Elementary

## Elementary Wellness Policies

X0757 - Holy Cross Elementary 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 X0757 - Holy Cross Elementary that:

### **Policies in Place**

#### **Nutrition**

##### General Atmosphere

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.

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 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).

##### Breakfast

All school breakfasts comply with USDA regulations and state policies.

At least five different fruits are offered each week on three different days. At least one or two fruits per week is served fresh.

Students have at least 10 minutes "seat time" to eat breakfast (not including time spent walking to and from class or waiting in line).

## **Nutrition**

Students have at least 15 minutes "seat time" to eat breakfast (not including time spent walking to and from class or waiting in line).

### 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.

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.

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.

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

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.

School uses qualified personnel or organizations from the community to provide nutrition education to students such as the Kansas State Department of Education, K-State Research and Extension, health and agriculture organizations, universities and consulting registered dietitians or other qualified individuals or organizations. Education should be provided under the direct supervision of a teacher.

## **Nutrition Education**

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.

## **Physical Activity**

### **PE 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.

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**

Elementary school students have at least 15 minutes a day of supervised recess (not including time spent getting to and from the playground), preferably outdoors. Supervisory staff encourage moderate to vigorous physical activity.

School policy outlines guidance on conditions regulating indoor and outdoor recess during extreme weather conditions.

Students that participate in indoor recess are provided moderate to vigorous physical activity opportunities.

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

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.

## **Physical Activity**

### **Physical 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.

Elementary students receive 60-99 minutes of physical education per week, which includes at least 40 minutes of moderate to vigorous physical activity.

Physical education curriculum encourages a multi-dimensional fitness assessment.

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.

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 KAPHERD professional development every 2 years.

Physical education teacher has advanced certification and/or education.

### **Before & After School**

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

### **Family & Community - PE**

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

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

Offer information via electronic and paper 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, including the annual Family Fitness Night.

## **Integrated School Based Wellness**

### **Integrated School Based Wellness**

Annually, offer school-sponsored wellness family activities that address one or more components of the Whole School, Whole Community, Whole Child Model.

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.

## **X0757 - Holy Cross Elementary Elementary Wellness Policies**

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

## **Developing Polices**

### **Nutrition**

#### General Atmosphere

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

The dining area had adults model healthy eating in the dining areas and encourage students to taste new and/or unfamiliar foods.

One "Smarter Lunchroom" or a Behavioral Economics technique is used on the serving line to encourage healthy choices by students.

Identify Kansas food products that are served as part of the school meals program at the beginning or on the serving line.

Serve a locally procured product in the school meals program at least one time per week.

#### Breakfast

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

#### Lunch

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

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

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

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.

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.

### **Nutrition**

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

## **Nutrition Education**

### Nutrition Promotion

Students provide input on foods offered in the cafeteria.

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

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

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.

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

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.

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.

## **Physical Activity**

### PE 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 every day during the entire school year.

### Throughout the Day

Elementary school students have two supervised recess periods per day (not including time spent getting to and from the playground), totaling at least 20 minutes. Supervisory staff encourage moderate to vigorous physical activity.

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

Elementary students receive 100-149 minutes of physical education per week, which includes at least 70 minutes of moderate to vigorous physical activity.

## **Physical Activity**

### Before & After School

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 made aware of opportunities to access the school'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 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.

Each semester provide 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.

Support the development of a farm to school program.

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

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:

Brad Hollinger, Chairperson

Deanna Samms

Kelsey Martin

Kevin Hedrick