

# **D0389 - Eureka**

## **High School Wellness Policies**

D0389 - Eureka 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 D0389 - Eureka that:

### **Policies in Place**

#### **Nutrition**

##### General Guidelines

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 food service area is clean, orderly, and has an inviting atmosphere that encourages meal consumption.

High School: Closed campus. Students must remain at school during lunch periods.

The dining area has adequate adult supervision.

The students are allowed to converse with one another at least part of the meal time.

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

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

##### Breakfast

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

At least three different fruits are offered each week on three different days. At least one fruit per week is 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 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.

##### 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](#) from the midnight before to 30 minutes after the end of the official school day.

No energy drinks are sold on school property from midnight before to 30 minutes after the end of the official school day.

Fundraising within the school day meets [USDA's Smart Snacks in School "All Foods Sold in Schools" Standards](#) (sans the exempted fundraisers).

## **Nutrition**

### **Other Child Nutrition Programs**

[Meals and snacks served under the USDA At-Risk Afterschool Meals, Afterschool Care Snack Program, Fresh Fruit & Vegetable Program and/or Summer Food Service Program comply with all federal regulations and state policies.](#)

Participate in one of four programs. (At-Risk Afterschool Meals, Afterschool Care Snack Program, Fresh Fruit & Vegetable Program or Summer Food Service Program)

### **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 develops nutritional standards for non-sold food and beverages made available on school campus during the school day.

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.

## **Nutrition Education**

### **Nutrition Promotion**

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.

### **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.

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/year.

Include nutrition and health posters, signage, or displays in the cafeteria food service and dining areas 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 at least 2 times per week 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.

### **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.

High school students are provided structured physical education in at least 1 course required for graduation.

Physical education curriculum encourages a multi-dimensional fitness assessment.

## **Physical Activity**

### **Before & After School**

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

An assessment on walking and/or biking to school has been completed to determine safety and feasibility.

### **Family & Community**

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

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

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

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.

## **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](#) .

Annually partner with local health agencies and community organizations.

The local school wellness policy committee meets at least twice per year.

# **D0389 - Eureka**

## **High School Wellness Policies**

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

### **Developing Policies**

#### **Nutrition**

##### General Guidelines

Mealtime conversation is not prohibited for the entire meal time as disciplinary action.

The students are allowed to converse during the entirety of the meal time.

##### Breakfast

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

##### Lunch

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

#### **Nutrition Education**

##### Nutrition Promotion

Students provide input on foods offered in the cafeteria.

#### **Integrated School Based Wellness**

##### General Guidelines

District Wellness Committee will discuss the development of a [farm to school program](#).

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:

Madeline Dehlinger, Chairperson

Michelle Johnson

Stacy Coulter

Cathy Coon

Marilee McCoy

Emily Hansel