

Guidelines Implementing Board Policy

Piper USD 203 is committed to providing a school environment that promote and protect children's health, well-being and ability to learn by supporting healthy eating and physical activity. Research has shown that good nutrition and exercise is associated with healthier bodies, improved memory, fewer absences and better moods.

School Board Policy JGCA will be implemented by combined efforts of the school district and community including Healthy Kansans 2020.

Nutrition

A. General Atmosphere

1. The dining area will be clean, orderly and inviting atmosphere.
2. Adult supervision will be provided.
3. The dining area will have seating to accommodate all students during each period.
4. The campus will be closed for the lunch
5. Staffing and organization will be such that student will have at least 15 minutes to sit and eat.

B. School Meals – Breakfast

1. A breakfast program will be offered only if a waiver cannot be obtained.
2. Items offered for sale before school shall meet USDA Smart Snack Guidelines.

C. School Meals – Lunch

1. All meals will comply with USDA regulations and state policy.
 - Foods served will have zero trans-fat.
 - Fresh fruits and vegetables will be offered daily.
 - Milks served are skimmed flavored or low fat.
 - 100% whole grain foods will be offered daily.
2. All foods shall be handled in accordance with the Kansas Department of Health approved codes for safe food handling.
3. School meals shall strive to achieve and maintain the highest level of nutrition as set by the Kansas State Department of Education Child Wellness section.
4. Parents will be invited to join students for schools meals.

D. A la Carte

1. All foods sold as a la carte must meet USDA Smart Snack Guidelines.
 - Total Fat - < 35% of total calories from fat per item as packaged/served.
 - Saturated Fat - < 10% of total calories per item as packaged/served
 - Trans Fat – Zero grams trans-fat per portion as packaged
 - Sodium - < 230 mg after July 1, 2016.

2. Packaged a la carte snack items may contain no more than 200 calories, and entrée items < 350 calories.

E. Vending/Classroom Options

1. Beverage vending machines available during the school day may contain only unflavored water, sports drinks or juice drinks with at least 100% juice.
2. All vending items must meet USDA Smart Snack Guidelines.
3. Bottled water is allowed in the classes only when appropriate.
4. Foods offered to students as part of celebrations or parties must originate in companies with health department licenses and must contain ingredient labels.
5. Foods given to students during parties or celebrations should be of “minimum nutritional value.” The food service director can assist in providing acceptable nutritional snacks.

F. Staff and Communication

1. All food service staff will be provided at least 20 hours annually of continuing education in the food service field.
2. Information on nutrition and physical activities will be included in the monthly “Progress Report”.
3. The food service website will be updated regularly.
4. Provide communication regarding community opportunities for nutrition education and activities.

G. Nutritional Goal

1. Explore more media options and utilize technology for the purpose of promoting and encouraging good nutrition and healthier lifestyles.
2. Work together with Healthy Kansans 2020 to implement exemplary wellness policy for nutrition.

Physical Activity

A. Physical Education Classes

1. All students in grades K-12 will have the opportunity to participate in appropriately strenuous physical activity on a regularly scheduled basis.
2. During physical education classes, students will engage in appropriately strenuous physical activity for at least 15 minutes per day or 75 minutes per week.
3. The school will foster an environment that encourages safe and enjoyable physical activities for all students, regardless of athletic ability.
4. Physical education classes will have a student/teacher ratio consistent with the activities involved.
5. Appropriate equipment will be available for all students who participate in physical activity.
6. The school will provide adequate, safe spaces for physical activities.

B. Throughout the Day

1. Health education will emphasize a physically active lifestyle and discourage sedentary activities not required by school or work.
2. Every attempt will be made to allow standing and moderate activity at least every two hours during the school day.
3. Teachers will be encouraged to look for appropriate physical activities that may be incorporated into course work other than addition to physical education classes.

C. Punishment – Physical activity will not be used as punishment

D. Recess

1. Schedule permitting, elementary students in grades K-2 will have two 15-minute supervised recess periods daily and students in grades 3-5 will have at least one 15-minute supervised recess period daily.
2. Encouragement of appropriately strenuous physical activity will be accomplished through the provision of adequate space and time with appropriate equipment.

E. Before and After School

1. Finances permitting, extracurricular physical activity programs, such as PE clubs, intramural programs and appropriate sports camps will be considered.
2. The school district will assess and, if necessary to the extent possible, make needed improvements that encourage walking and riding bicycles to school. When appropriate, the district will work with local governments to foster these activities.

F. Family and Community

1. Information will be provided to help families incorporate physical activity into the lives of all household members.
2. Families and community members will be encouraged to consider programs that support physical activity.

G. Physical Activity Goals

1. Research funding opportunities to finance community based activities such as walking/exercise trails, bike trails, open gyms and swimming pool.
2. Explore more media options and utilize technology for the purpose of promoting and encouraging physical fitness and healthier lifestyles.
3. Work together with Healthy Kansans 2020 to implement exemplary wellness policy for physical activity.

Nutrition Education

A. Classroom

1. The nutrition education curriculum will be taught by qualified personnel, primarily certified instructor in the Family and Consumer Science, Science and PE and Health departments. These personnel may supplement their instruction with consultants from other agencies.
2. Nutrition education will be considered an appropriate area for professional development in accordance with district procedures.
3. Topics to be included in the curriculum, but not be limited to:
 - Proper hand washing
 - The importance of drinking adequate amounts of water
 - Basic nutrition requirements
 - The relation of nutrients and good health
 - The risks of unhealthy food selections
 - Dietary guidelines and eating patterns
 - The importance of portion control
 - The importance of family mealtimes
 - A healthy body image
 - The relationship between food intake and physical activity
 - Dieting and eating disorder
 - Basic food safety
 - Understanding the food label

B. Cafeteria

1. Appropriate, current nutrition education materials will be displayed in dining areas, and such displays will be updated regularly.
2. Personnel supervising the cafeteria will discuss these materials with students as opportunities present themselves.

C. Events During the School Day

Nutrition education events that may appropriately be held during the school day shall include but not be limited to:

- Traveling health exhibits
- Health professionals and guest speakers
- Health fairs
- Food production field trips
- School gardens
- Taste-testing

D. Staff Wellness

1. Staff members will be encouraged to model healthy nutritional choices.
2. Activities promoting staff health and wellness will be offered several times during the school year.

E. Nutrition Education Goals

1. Explore more media options and utilize technology for the purpose of promoting and encouraging physical fitness and healthier lifestyles.
2. Work together with Healthy Kansans 2020 to implement exemplary wellness policy for nutrition education.

The guidelines stated above shall be monitored by appropriate personnel and the superintendent shall schedule an annual report to the board concerning performance on these guidelines.