

USD #347 Kinsley-Offerle 2022-2023 Wellness Policy

Part 1. Preamble

Whereas, children need access to healthful foods and opportunities to be physically active in order to grow, learn, and thrive;

Whereas, good health fosters student attendance and education;

Whereas, obesity rates have doubled in children and tripled in adolescents over the last two decades, and physical inactivity and excessive calorie intake are the predominant causes of obesity;

Whereas, heart disease, cancer, stroke, and diabetes are responsible for two-thirds of deaths in the United States, and major risk factors for those diseases, including unhealthy eating habits, physical inactivity, and obesity, often are established in childhood;

Whereas, 33% of high school students do not participate in sufficient vigorous physical activity and 72% of high school students do not attend daily physical education classes;

Whereas, only 2% of children (2 to 19 years) eat a healthy diet consistent with the five main recommendations from the Food Guide Pyramid;

Whereas, nationally, the items most commonly sold from school vending machines, school stores, and snack bars include low-nutrition foods and beverages, such as soda, sports drinks, imitation fruit juices, chips, candy, cookies, and snack cakes;

Whereas, school districts around the country are facing significant fiscal and scheduling constraints; and

Whereas, community participation is essential to the development and implementation of successful school wellness policies;

Part 2: Board Policy

USD #347 Kinsley-Offerle is committed to providing school environments that promote and protect children's health, well-being and ability to learn by supporting healthy eating and physical activity. Therefore, it is the policy **USD #347 Kinsley-Offerle** that:

- Wellness guidelines will be implemented as specified in the Kansas State Department of Education's Wellness Policy Report for each school level.
- Students, parents, teachers, food service professionals, health professionals and other interested community members will be engaged in developing, implementing, monitoring and reviewing district-wide nutrition and physical activity policies.
- All students in grades K-12 will have opportunities, support and encouragement to be physically active on a regular basis.
- Foods and beverages sold or served at school will meet the nutrition recommendations of the *U.S. Dietary Guidelines for Americans*.
- Qualified child nutrition professionals will provide students with access to a variety of affordable, nutritious, and appealing foods that meet the health and nutrition needs of students;
- Students will be provided with adequate time to eat in settings that are clean, safe, and pleasant.
- To the maximum extent practicable, all schools in our district will participate in available federal school nutrition programs.
- Schools will provide nutrition education and physical education to foster lifelong habits of healthy eating and physical activity, and will establish linkages between health education, school nutrition programs and related community services.

Part 3: Implementation Goals for the 2022-2023 School Year

USD #347 Kinsley-Offerle is committed to providing school environments that promote and protect children's health, well-being and ability to learn by supporting healthy eating and physical activity. Therefore, it is the goal that **USD #347 Kinsley-Offerle**:
Incorporate 5 hours of nutrition education per year in all grade levels.

- Provide new ideas in healthy snacks/food to families at KOES during enrollment, and at one parent-teacher conference at the KJSHS.
- Provide refillable water-bottles to K-6 students.
- Introduce health/nutritional "blurbs" into the morning announcements for the day, over the intercom, once per week.
- Provide current nutrition education resources in adequate quantities for students.
- Maintain elementary recess at 15 min. in length.
- Delegate journalism students to write articles, once per quarter, informing/encouraging the school/public on health/wellness issues.
- Implement Grab and Go Breakfast.
- Encourage healthy drinks/snacks during school events and classroom parties, work towards exemplary standards
- Have students participate in ongoing surveys and/or taste tests to get their input/ideas on breakfast/lunch items, grades 3-6.
- Incorporate new menu items.
- Provide staff in-service, once per year, regarding mental/physical health/wellness.
- Continue to provide salad with the lunch menu.
- Work towards more homemade items, using less pre packaged items on the menu.