D0392 - Osborne County

High School Wellness Policies

D0392 - Osborne County 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. D0392 - Osborne County allows and encourages members of the school community and the general public to participate in the development and assessment of local wellness policies. It is the policy of D0392 - Osborne County 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.

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 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.

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.

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

Students are not being disciplined by separating from other students in the dining area.

Students are not being disciplined by being seated in a separate location.

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

All Food Sold in Schools

All food and beverages are in compliance with <u>USDA's Smart Snacks in School "All Foods Sold in Schools" Standards</u> from the midnight before to 5 pm.

All food and beverages are in compliance with <u>USDA's Smart Snacks in School "All Foods Sold in Schools" Standards</u> 24 hours a day.

No energy drinks are sold on school property from 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 5 pm after the end of the official school day.

<u>USDA's Smart Snacks in School Beverage Standards</u> for middle schools apply to high school (only 100% juice, water, milk).

Fundraising within the school day meets <u>USDA's Smart Snacks in School "All Foods Sold in Schools" Standards</u> (sans the exempted fundraisers).

Fundraising within the school and until 5 PM meets <u>USDA's Smart Snacks in School "All Foods Sold in Schools"</u>
<u>Standards (sans the exempted fundraisers).</u>

Nutrition

All Food Sold in Schools

Fundraising activities involving the sale of food or beverages that meet <u>USDA's Smart Snacks in School "All Foods Sold in Schools" Standards and/or exempted fundraisers will not take place until after the end of the last lunch period.</u>

Breakfast

All school breakfasts comply with <u>USDA regulations</u> and <u>state policies</u>.

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

At least five different fruits are offered each week. At least two fruits per week are be 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 <u>USDA regulations</u> and <u>state policies</u>.

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

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

An additional 1 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.

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.

District develops nutritional 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 <u>National School Lunch Program (NSLP)</u> and <u>School Breakfast Program (SBP)</u> 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

Active classroom learning experiences are provided such as involving students in food preparation or other hands-on activities at least once a semester.

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.

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.

District encourages extra physical activity time as an option for classroom rewards.

Physical Education

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

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

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.

Physical Education teaches basic motor skills, enhances knowledge of concepts related to movement needed to achieve and maintain health for lifetime physical activity.

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

Additional opportunities for physical education as an elective are offered.

High school students are provided structured physical education in at least 2 courses required for graduation.

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.

Family & Community

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

Throughout the Day

Professional development on integrating physical activithy into core/non-core subjects is provided to licensed physical education teachers, shoool nurses, and building administrators.

Before & After School

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

Integrated School Based Wellness

General Guidelines

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

D0392 - Osborne County High School Wellness Policies

Developing Policies

Nutrition

General Guidelines

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.

All Food Sold in Schools

All food and beverages are in compliance with <u>USDA's Smart Snacks in School "All Foods Sold in Schools" Standards</u> from the midnight before to 30 minutes after the end of the official school day.

During the School Day

Students are allowed to have clear/translucent individual water bottles in the classroom where appropriate.

Nutrition Education

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 <u>Dietary Guidelines for Americans</u> and evidence-based information.

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

Offer information to families at least once per month that encourages them to teach their children about health, nutrition, and agriculture education 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 encouraged for all students.

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.

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:



Integrated School Based Wellness

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D0392 - Osborne County

Middle School Wellness Policies

D0392 - Osborne County 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. D0392 - Osborne County allows and encourages members of the school community and the general public to participate in the development and assessment of local wellness policies. It is the policy of D0392 - Osborne County 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.

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

The dining area has adequate adult supervision.

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.

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

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

Students are not being disciplined by separating from other students in the dining area.

Students are not being disciplined by being seated in a separate location.

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

Breakfast

All school breakfasts comply with <u>USDA regulations</u> and <u>state policies</u>.

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

At least five different fruits are offered each week. At least two fruits per week are be 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 <u>USDA regulations</u> and <u>state policies</u>.

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

Nutrition

Lunch

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

An additional 1 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.

All Food Sold in Schools

All food and beverages are in compliance with <u>USDA's Smart Snacks in School "All Foods Sold in Schools" Standards</u> from the midnight before to 5 pm.

All food and beverages are in compliance with <u>USDA's Smart Snacks in School "All Foods Sold in Schools" Standards</u> 24 hours a day.

No energy drinks are sold on school property from 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 5 pm after the end of the official school day.

<u>USDA's Smart Snacks in School Beverage Standards</u> for middle schools apply to high school (only 100% juice, water, milk).

Fundraising within the school day meets <u>USDA's Smart Snacks in School "All Foods Sold in Schools" Standards</u> (sans the exempted fundraisers).

Fundraising within the school and until 5 PM meets <u>USDA's Smart Snacks in School "All Foods Sold in Schools"</u> <u>Standards</u> (sans the exempted fundraisers).

Fundraising activities involving the sale of food or beverages that meet <u>USDA's Smart Snacks in School "All Foods Sold in Schools" Standards</u> and/or exempted fundraisers will not take place until after the end of the last lunch period.

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.

District develops nutritional 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 <u>National School Lunch Program (NSLP)</u> and <u>School Breakfast Program (SBP)</u> 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

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.

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.

District encourages extra physical activity time as an option for classroom rewards.

Physical Education

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

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

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.

Physical Education teaches basic motor skills, enhances knowledge of concepts related to movement needed to achieve and maintain health for lifetime physical activity.

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 50% fo the minutes engaged in moderate to vigorous intensity 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.

Family & Community

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

Throughout the Day

Professional development on integrating physical activithy into core/non-core subjects is provided to licensed physical education teachers, shoool nurses, and building administrators.

Before & After School

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

Integrated School Based Wellness

General Guidelines

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

D0392 - Osborne CountyMiddle School Wellness Policies

Developing Policies

Nutrition

General Guidelines

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.

All Food Sold in Schools

All food and beverages are in compliance with <u>USDA's Smart Snacks in School "All Foods Sold in Schools" Standards</u> from the midnight before to 30 minutes after the end of the official school day.

During the School Day

Students are allowed to have clear/translucent individual water bottles in the classroom where appropriate.

Nutrition Education

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 <u>Dietary Guidelines for Americans</u> and evidence-based information.

Active classroom learning experiences are provided such as involving students in food preparation or other hands-on activities at least once a semester.

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

Offer information to families at least once per month that encourages them to teach their children about health, nutrition, and agriculture education 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 encouraged for all students.

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.

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:

Beth Schultze, Chairman
Kathy Grabast
Susan Windel
Becky Lackey
Anthony Blair
Jenny Burch
Troy Langdon
Brenda Langdon
Jason Wilson
Grethen Curry

Integrated School Based Wellness

General Guidelines

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 Child Model.

11/16/2023

D0392 - Osborne County

Elementary Wellness Policies

D0392 - Osborne County 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. D0392 - Osborne County allows and encourages members of the school community and the general public to participate in the development and assessment of local wellness policies. It is the policy of D0392 - Osborne County 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.

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

The dining area has adequate adult supervision.

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.

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

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

Students are not being disciplined by separating from other students in the dining area.

Students are not being disciplined by being seated in a separate location.

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

Breakfast

All school breakfasts comply with <u>USDA regulations</u> and <u>state policies</u>.

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

At least five different fruits are offered each week. At least two fruits per week are be 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 <u>USDA regulations</u> and state policies.

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

Nutrition

Lunch

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

An additional 1 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.

All Food Sold in Schools

All food and beverages are in compliance with <u>USDA's Smart Snacks in School "All Foods Sold in Schools" Standards</u> 24 hours a day.

No energy drinks are sold on school property from 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 5 pm after the end of the official school day.

<u>USDA's Smart Snacks in School Beverage Standards</u> for middle schools apply to high school (only 100% juice, water, milk).

Fundraising within the school day meets <u>USDA's Smart Snacks in School "All Foods Sold in Schools" Standards (sans the exempted fundraisers).</u>

Fundraising within the school and until 5 PM meets <u>USDA's Smart Snacks in School "All Foods Sold in Schools"</u> <u>Standards</u> (sans the exempted fundraisers).

Fundraising activities involving the sale of food or beverages that meet <u>USDA's Smart Snacks in School "All Foods Sold in Schools" Standards</u> and/or exempted fundraisers will not take place until after the end of the last lunch period.

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.

District develops nutritional 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 <u>National School Lunch Program (NSLP)</u> and <u>School Breakfast Program (SBP)</u> 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.

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.

District encourages extra physical activity time as an option for classroom rewards.

Physical Activity

Physical Education

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

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

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.

Physical Education teaches basic motor skills, enhances knowledge of concepts related to movement needed to achieve and maintain health for lifetime physical activity.

Elementary students receive 90-119 minutes of physical education per week, which includes at least 50% of the minutes engaged in 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.

Family & Community

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

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.

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.

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

Each school provides equipment, instruction and supervision for active indoor recess.

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.

Professional development on integrating physical activithy into core/non-core subjects is provided to licensed physical education teachers, shoool nurses, and building administrators.

Integrated School Based Wellness

General Guidelines

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

D0392 - Osborne County Elementary Wellness Policies

Developing Policies

Nutrition

General Guidelines

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.

Lunch

Students are offered recess before lunch and at least 20 minutes seat time to eat.

All Food Sold in Schools

All food and beverages are in compliance with <u>USDA's Smart Snacks in School "All Foods Sold in Schools" Standards</u> from the midnight before to 30 minutes after the end of the official school day.

During the School Day

Students are allowed to have clear/translucent individual water bottles in the classroom where appropriate.

Nutrition Education

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 <u>Dietary Guidelines for Americans</u> and evidence-based information.

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.

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

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

Physical Activity

General Guidelines

All students in grades K - 12 have the opportunity to participate in moderate to vigorous physical activity 3 or more times per week during the entire school year.

. 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 Child Model .

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:

