

# USD 368 Wellness Guidelines

## Philosophy

These guidelines are designed to promote the understanding, application and personal adoption of wellness concepts with respect to nutrition, physical activity and prevention of risk taking behavior. Guidelines will focus on creating and promoting healthier choices for students and staff.

## Nutrition: Food & Drink Offerings

### General Atmosphere

The dining area is clean, orderly and inviting. Adequate seating and supervision is available to accommodate all students served during each meal period. Students are allowed to converse with one another at reasonable levels. The School Campus is closed during meal times. Students must have permission to leave the school grounds.

### School Meals – Healthy Hungry Free Kids Act for Breakfast

All school breakfasts comply with USDA regulations and state policies.

### School Meals – Healthy Hungry Free Kids Act for Lunch

All school lunches comply with USDA regulations and state policies.

### Snack Bars, Drinks & Food - Smart Snack in School Regulations

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

## Nutrition Education

Wellness and healthy eating concepts are to be integrated into the curriculum standards and instructional activities.

## Physical Activity

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.

- Availability of secondary courses/programs for all students is encouraged to help students address their wellness needs.
- Development of voluntary staff and student physical activities and programs are encouraged.
- Teachers are encouraged to integrate physical activity and movement of students within their classroom and instruction.

## Integrated School Based Wellness

Staff wellness activities and/or professional development opportunities are encouraged. Partnerships with community health agencies/organizations are encouraged.

The Wellness Guidelines are made available to the public through the district website at [www.usd368.org](http://www.usd368.org).

Director of Food Service is responsible for compliance of regulations.