

USD 495 Schools Health Wellness Guidelines

Ft. Larned Elementary Schools

Nutrition Education

- Skill building based on Kansas State Standards (Science Standards)
- Consistent healthy messages modeled and taught throughout school
- Healthy food planning using for lifelong habits in PE and the regular classroom
- Nutrition education integrated across the curriculum
- Lessons planned quarterly
- Lessons coordinated with PE teachers quarterly
- Community Involvement in the classroom and as a resource
- Health lessons/activities planned with outside resources
- Increase health information to students from community organizations

Nutritional Guidelines

- Nutritional guidelines for all foods at schools
- Caffeinated beverages are not to be given by school personnel to students at anytime during the day
- Parties with sweets should be limited to 3-4 times a year per class
- Rewards of candy should be limited

Physical Activity

- Minimum 45 minutes of physical activity per day at the elementary level
- Physical activity focus on skills, cooperation, and healthy habits with high student engagement for all students with a decrease in competitive games with low percentage of student engagement
 - Lesson plans will have units based on skill building and healthy habits
 - Student engagement in physical activities will focus on 50% or more of the classroom at any one time with the goal being 100% engagement
- Opportunities for physical activity throughout the day
- District goal: To have all Physical Education teachers be certified in the area of physical/health education
- Development of after school opportunities for physical activities
 - Jump rope club has been established
 - Promotion of outside physical activities in Larned available to students
- Community Involvement
 - Invite community members to participate, sponsor, and promote physical activities in the school, such as Jump Rope for Heart and Jump Rope Club

Promotion of Student Wellness

- Provide a clean, safe, enjoyable meal environment
 - Cleanliness will follow the Kansas State Guidelines for Health
 - Students will be allowed to talk during meal times in a conversational tone
 - Provide a minimum of 20 minutes to eat meals at appropriate times
 - Provide enough serving and eating space to minimize waiting in line
 - Reduce the use of food as a reward and prohibit use as punishment
 - Restrict loss of physical activity to be used only as a last resort for discipline
- Physical activity, such as running or exercising, will not be used as punishment during the school day
- Ensure school sponsored activities/parties are supportive of healthy eating
 - Reduce high fatty foods, high sugar foods, caffeinated beverages
 - Provide appropriate water at school activities
- Community involvement through promotion of outside physical opportunities in Larned
- Develop strategies for parents, school personnel, and community members to serve as role models
- Invite parents on site council to review health and wellness plan and implementation on a yearly basis
- Invite community members into the schools to talk about health related career fields at a minimum of once a year per grade level

USD 495 Schools Health Wellness Plan Implementation Guide

Strategy/Intervention	Timeline	Documentation	Staff Implementation	Staff Accountability
Nutrition Education				
Based on KS standards	quarterly	copy of lessons	PE teachers	Building Admin.
Healthy habits modeling	yearly	staff handbook	All Staff	Building Admin.
Integration across curriculum	quarterly	copy of lessons	PE teachers	Building Admin.
Community involvement	yearly	copy of lessons & meetings with community	PE Teachers	Building Admin.

Nutritional Guidelines				
Requirements for reimburse. meals	yearly	menus	Cooks	Food Service Admin.
Guidelines for all other foods	yearly	staff handbook	All Staff	Building Admin.

Physical Activity				
Minimum 45 min. daily - elem.	yearly	building schedule	All Staff/PE Staff	Building Admin.
Focus on skills/habits	yearly	quarterly sample of lesson plans	PE Staff	Building Admin.
Opportunities for physical activity	daily	building schedule	All Staff/PE Staff	Building Admin.
Certified PE teachers		Licenses	NA	Building Admin./Supt.
After-School Opportunities	yearly	List of activities	PE teachers	Building Admin.
Community Involvement	yearly	List of activities	PE teachers/All Staff	Building Admin.

Promotion of Student Wellness				
Clean, safe, enjoyable meal	daily	guidelines	All Staff/Cooks/Janitors	Building Admin.
Promote outside opportunities	quarterly	copies of flyers/info	Office Staff	Building Admin.
Site Council review of plan & implementation of plan	yearly	Site Council Minutes	Site Council	Building Admin.
Invite community members in	yearly	Volunteer sign in	PE Staff/All Staff	Building Admin.

**All Staff to be inserviced on plan - beginning of each year at building staff meetings for clear expectations

***All documentation to be kept in 3 ring binder in office, "Usd 495 Health Wellness Plan"
Written June 2006