

D0351 - Macksville

Wellness Policy

D0351 - Macksville 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. D0351 - Macksville 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 D0351 - Macksville 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.

The dining area has adults model healthy eating in the dining areas and encourage students to taste new and/or unfamiliar foods.

Breakfast

All school breakfasts comply with USDA regulations and state policies

Lunch

All school lunches comply with USDA regulations and state policies

All Food Sold in Schools

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

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

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

Fundraising within the school day meets USDA's Smart Snacks in School "All Foods Sold in Schools" Standards.

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.

Nutrition Education

Nutrition Promotion

District promotes participation in the National School Lunch Program (NSLP) and School Breakfast Program (SBP) 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.

District allows marketing (oral, written, or graphics) of only those foods and beverages sold on the school campus during the school day that meet the requirements set forth in the Smart Snacks Rule (Schools are not required to allow food or beverage marketing on campus).

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Nutrition Education

Include nutrition and health posters, signage, or displays in the cafeteria food service and dining areas that are rotated, updated or changed quarterly.

School personnel collaborate with the school nutrition staff to use the cafeteria as a learning laboratory that allows students to apply critical thinking skills.

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.

Physical Education

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

Throughout the Day

Elementary school students have two supervised recess periods per day (not including time spent getting to and from the playground), preferably outdoors. Supervisory staff encourage moderate to vigorous physical activity.

Integrated School Based Wellness

General Guidelines

The school wellness committee makes appropriate updates or modifications 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.

Monthly, culturally relevant health education information is provided to families via handouts, postings on the school website, newsletters, presentations and workshops.

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

Developing Policies

Nutrition

Breakfast

District has implemented alternative 2nd Change Breakfast service options. "Breakfast in the Classroom" or "Breakfast After First Period" is available.

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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:

Danielle Acosta
Tanner Wedel
Kelly Benzel
Candi Teichman
Michelle Blaske
Crystal Lamb
Mike Sanders, Chairperson
Kay Stimatze
Caressa Herbert