

USD 473 Student and Staff School Wellness Policy

Chapman Public Schools are committed to providing school environments that promote and protect children's health, well-being, and ability to learn by supporting healthy eating, physical activity, and health education. The healthy school environment will provide students and staff with consistent, reliable health instruction and will reinforce healthy behaviors.

The school district will support, strengthen, or work with the existing District Wellness Committee to develop, implement, monitor, review, and as necessary, revise school nutrition, physical activity, and other health related policies. The Committee will serve as a resource to school sites for implementing those policies. (The District Wellness Committee consists of a group of individuals representing the school and community, and includes parents, students, representatives of the school food authority, school administrators, teachers, health professionals

Local Wellness Policy

In compliance with state and federal regulations, and recognizing the factors that contribute to wellness in our society, USD 473 supports the following wellness guidelines:

*Wellness guidelines will be implemented as far as possible 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.

*As much as finances, schedules, and facilities allow, all students in grades K-12 will have opportunities, support and encouragement to be physically active on a regular basis. The district will work toward the recommended goal levels presented in the KSDE Wellness Policy Builder.

*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. Food Service guidelines implemented and enforced through OPAA Food Service Program.

*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, nutrition programs and related community services.

*Students K-12 will be allowed and encouraged to have water bottles throughout the day to hydrate their bodies.

*Pop and Candy will not be given as rewards or incentives to students. Alternative rewards and incentives will be provided when needed.

Chapman USD 473

Daily Physical Education (P.E.) K-12 All student in grades K-12, including students with disabilities, special health-care needs, and in alternative education settings, will receive daily physical education (or its equivalent of 100 minutes/week for elementary school students and 200 minutes/week for middle and high school students) for the entire school year. A certified physical education teacher will teach all physical education classes. Student involvement in other activities involving physical activity (e.g., interscholastic or intermural sports) will not be substituted for meeting the physical education requirement. Students will spend at least 50 percent of physical education class time participating in moderate to vigorous physical activity.

Physical Activity and Punishment

Teachers and other school and community personnel should not use physical activity (e.g., running laps, push-ups) as punishment during scheduled school hours. Opportunities for physical activity such as Physical Education and Recess will not be withheld as punishment. Athletic activities will abide by KSHSAA regulations and guidelines for all activities and events, inclusive of practice and conditioning.

Daily Recess All elementary school students will have at least two 10-15 minutes a day of supervised recess, preferably outdoors, during which school should encourage moderate to vigorous physical activity verbally and through the provision of space and equipment. Recess will not be withheld as punishment.

Schools should discourage extended periods (i.e., periods of two or more hours) of inactivity. When activities, such as mandatory school-wide testing, make it necessary for students to remain indoors encourage standing and being moderately active.

Physical Activity Before and After School

USD 473 will offer extracurricular physical activity programs, such as physical activity clubs or youth sports programs. Schools will offer a range of activities that

meet the needs, interests, and abilities of all students, including boys, girls, students with disabilities, and student with special health-care needs.

Use of School Facilities Outside of School Hours School spaces and facilities should be available to students, staff, and community members before, after school day, on weekends, and during school vacations **whenever possible and practical**. These spaces and facilities also should be available to community agencies and organizations offering physical activity and nutrition programs. The proper form must be filled out and approved by administration for use of facilities. School policies concerning safety will apply at all times.

Staff Wellness

Staff members will be encourage to engage in a health lifestyle through activity, nutrition, and healthy habits. Staff will be encouraged to participate in staff health screenings and flu clinics. They will receive monthly health and wellness information and healthy lifestyle tips. Fitness opportunities are offered to staff free of charge. Staff will be made aware of discounted memberships available locally. USD 473 employees will have a minimum of one health and wellness activity during the school year.

WORKING ON WELLNESS	POLICY	IMPLEMENTATION	PLAN for nutrition/nutrition ed/physical activity
Action Steps	Begin & End Dates	Responsible Person or Group	Measures of Success
Jump For Heart-Elementary	2013-2014	PE Teacher	Increased Physical Activity
Fitness Testing Elem/Middle/HS	2013-2014	PE Teacher	Evaluation of Fitness level and strategies to work on
Walk to School Day-Enterprise	2013-2014	Ent Staff	Increased Physical Activity/Safety
Water Bottles Allowed in Elementary/HS	2013-2014	Teacher/Admin	Healthy Habit/Prevents dehydration/Decrease H.
Fitness Night-Middle School	2013-2014	Middle School PE Teachers	Increased Physical Activity
Mile Run-Middle School/HS	2013-2014	PE Teacher	Increased Physical Activity
Heart Rate Monitors	2013-2014	PE Teachers	Evaluated Physical Activity
Field Day-K-5	2013-2014	PE Teachers/Staff	Increased Physical Activity
Offer Extra-curricular activities	2013-2014	Coach/Admin/Staff	Increased Physical Activity
Dance and Cheer Clinic	2013-2014	Coaches	Increased Physical Activity and Participation
Youth sporting clinics volleyball/basketball/football	2013-2014	Coaches	Increased Physical Activity and Participation
Weekly Walk/Run/Jog-High School PE	2013-2014	PE Teachers	Increased Physical Activity
OPAA elementary/Middle/High School	Ongoing	School Lunch Coordinator	Establish Healthy Lifestyle-choosing fruits/veggy
Snack Food Vending Machines not avail to students	2013-2014	Administration	Promote students eating healthy snacks and lunch
The Healthy Kansas Plate Program		Teacher etc...	Promotes Healthy eating and knowledge of food grp
Konza Prairie Clinic Dental Screening/Fluoride	2013-2014	Nurse	Increased Knowledge of Teeth and Health Care
Konza Prairie Clinic Dental Sealant Program	2013-2014	Nurse	Preventative measures at no cost to family
Dickinson County Health Department Flu Clinic	2013-2014	Nurse	Preventative Health Care
Hygiene Class 6th/7th/8th	2013-2014	Nurse	Increase knowledge of taking care of self
Growth/Development Class 4th/5th	2013-2014	Nurse/PE Teacher	Increase knowledge of body and taking care of self
Health Units 6/7/8	2013-2014	Middle School Health Teacher	Increase knowledge of body and taking care of self
Health Units High School	2013-2014	High School Health Teacher	Increase knowledge of body and taking care of self
Happy Bear K/1/2	2013-2014	Nurse/Teacher	Increased Knowledge of body and safety

