



# Kansas School Wellness Policy Model Guidelines

Child Nutrition & Wellness  
Kansas State Department of Education

**SY 2014-15**

---

## Kansas School Wellness Policy Model Guidelines



### **Child Nutrition & Wellness Kansas State Department of Education**

Landon State Office Building  
900 SW Jackson Street, Suite #251  
Topeka, Kansas 66612  
785-296-2276  
FAX: 785-296-0232  
[www.kn-eat.org](http://www.kn-eat.org)

For further information, please contact  
Cheryl Johnson, Director, Child Nutrition & Wellness at the phone number above or [csjohnson@ksde.org](mailto:csjohnson@ksde.org).  
Published September 2014

This project has been funded at least in part with Federal funds from the U.S. Department of Agriculture. The contents of this publication do not necessarily reflect the view or policies of the U.S. Department of Agriculture, nor does mention of trade names, commercial products, or organizations imply endorsement by the U.S. Government.

The U.S. Department of Agriculture prohibits discrimination against its customers, employees, and applicants for employment on the bases of race, color, national origin, age, disability, sex, gender identity, religion, reprisal, and where applicable, political beliefs, marital status, familial or parental status, sexual orientation, or all or part of an individual's income is derived from any public assistance program, or protected genetic information in employment or in any program or activity conducted or funded by the Department. (Not all prohibited bases will apply to all programs and/or employment activities.)

If you wish to file a Civil Rights program complaint of discrimination, complete the USDA Program Discrimination Complaint Form, found online at [http://www.ascr.usda.gov/complaint\\_filing\\_cust.html](http://www.ascr.usda.gov/complaint_filing_cust.html), or at any USDA office, or call (866) 632-9992 to request the form. You may also write a letter containing all of the information requested in the form. Send your completed complaint form or letter to us by mail at U.S. Department of Agriculture, Director, Office of Adjudication, 1400 Independence Avenue, S.W., Washington, D.C. 20250-9410, by fax (202) 690-7442 or email at [program.intake@usda.gov](mailto:program.intake@usda.gov).

Individuals who are deaf, hard of hearing or have speech disabilities may contact USDA through the Federal Relay Service at (800) 877-8339; or (800) 845-6136 (Spanish).

**USDA is an equal opportunity provider and employer.**

The following person has been designated to handle inquiries regarding the non-discrimination policies at the Kansas State Department of Education: Office of General Counsel, Landon State Office Building, 900 SW Jackson St, Suite #102, Topeka, KS 66612, (785)296-3201.

---

# Kansas School Wellness Policy Model Guidelines

---

## Healthy School Environments Enhance Academic Success

**We can't make kids smarter, but with improved nutrition and physical activity, we can put a better student in the chair.**

**-Robert Murray, MD, Department of Pediatrics, The Ohio State University**



The academic achievement and physical well-being of our students in Kansas today will impact the success of our communities, our state and the nation in the future. For all our sakes, we must provide these students with the tools they need to achieve and succeed. The good health that results from good nutrition and physical activity, and the learning that is made possible as a result, is primary among those tools

Research continues to demonstrate the positive correlation between health and learning. Good health that results from adequate nutrition and physical activity is a pre-requisite, **perhaps the pre-requisite**, for optimal learning.

Health promoting behaviors cultivated in students can and must be turned into life-long positive habits.

**School wellness – that environment in which every child can access good nutrition and regular physical activity – is achievable. IT'S TIME TO ACT!**

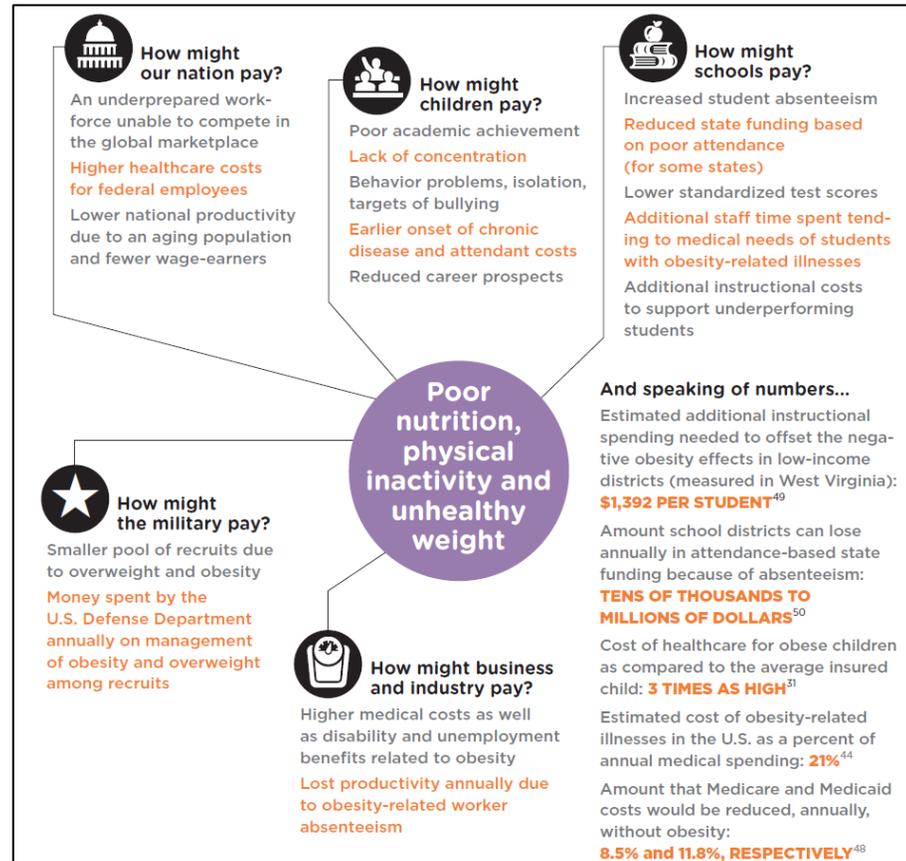
Good nutrition supports cognitive development. Nutrition also affects daily cognition in the classroom. Research links poor nutrition quality with absenteeism, hunger symptoms and psychosocial problems.

Physical activity, regardless of whether it's during recess, in the classroom or in physical education class, may improve school performance and achievement. Student fitness has been linked to higher test scores and lower absenteeism in Kansas schools

Students with health-promoting behaviors perform better academically than those with poor health behaviors. Simply put healthy students are better students.

## Picking up the Tab – Everyone Pays the Price

The costs of ignoring school wellness are virtually incalculable. Everybody pays the price when nutrition and physical activity are ignored, though in different ways. At the end of the day, someone pays. It's just a question of who and how.



**The Bottom Line...Many of these costs could very possibly be reduced, halted or reversed with the right attention put toward creating health-promoting school environments – and many schools are already doing just that.**

## School Wellness Policies – Laws and Regulations

### Federal Law

Public Law 108-265 reauthorized federal Child Nutrition Programs which include the National School Lunch Program and School Breakfast Program. Section 204 of this law required that not later than the beginning of the 2006-2007 school year, local educational agencies participating in the school meal programs establish a local school wellness policy.

Section 204 of the Healthy Hunger-Free Kids Act of 2010 (Public Law 111-296) added a new section 9A to the Richard B. Russell National School Lunch Act which expands the scope of wellness policies; brings additional stakeholders into the development, implementation and review of local school wellness policies; and requires public updates on the content and implementation of the wellness policies. Local educational agencies are required to establish local school wellness policies which, at a minimum, include:

- Goals for nutrition promotion and education, physical activity, and other school-based activities that promote student wellness;
- Nutrition guidelines for all foods available on each school campus during the school day consistent with USDA's meal pattern requirements and the nutrition standards for competitive foods, and designed to promote student health and reduce childhood obesity;
- Designate one or more school officials to ensure that each school complies with the local wellness policy;

- Permit parents, students, representatives of the school food authority, teachers of physical education, school health professionals, the school board, school administrators, and the general public to participate in the development, implementation, and periodic review and update of the local school wellness policy, and
- Periodically measure and make available to the public an assessment on the implementation of the local school wellness policy.

### State Law

The 2005 Kansas Legislature passed SB154 which is now KSA 72-5128. This law supports the federal requirement for local wellness policies by directing the Kansas State Board of Education to “develop nutrition guidelines for all foods and beverages made available to students in Kansas public schools during the school day...In developing such guidelines, particular attention shall be given to providing healthful foods and beverages, physical activities and wellness education with the goals of preventing and reducing childhood obesity.”

The state law also requires that “When establishing the wellness policy of the school district, the board of education of each district shall take into consideration the guidelines developed by the state board...”

The Kansas State Board of Education approved the updated Kansas School Model Wellness Policy Guidelines in June 2014.

## Wellness Policies: A Collaborative Effort

Child Nutrition & Wellness of the Kansas State Department of Education (KSDE) began working in January 2005 to develop model wellness policy guidelines that were:

- Built upon the best wellness policies from across our state and the nation;
- Reflected input from more than 120 national and Kansas experts in the fields of school food service, nutrition education, physical education and health;
- Considered feedback from the many groups impacted by the wellness policy guidelines; and
- Provided for consensus, flexibility and local control.

In school year 2005-2006, KSDE and partners provided a series of 15 regional workshops on local wellness policies for school personnel. Districts sent teams of representatives to these workshops to begin working on their local wellness policies. By school year 2006-2007, all Kansas school districts had a local wellness policy in place. Annual updating of this policy is incorporated into each district's School Nutrition Program renewal agreement with KSDE through the use of the Wellness Policy Builder. Beginning in 2009, KSDE developed reports to show change as reported by local school districts in the Wellness Policy Builder.

In school years 2012-13 and 2013-14, KSDE provided a total of 12 regional Recharging School Wellness Workshops for more than 680 school personnel to get feedback on updating the Kansas School Wellness Policy Model Guidelines and to provide training and technical assistance on implementation of requirements in the Healthy Hunger Free Kids Act.

A Wellness Policy Summit was held in March 2014 to obtain input from Kansas stakeholders on revision of the Kansas School Wellness Policy Model Guidelines. The Kansas State Board of Education reviewed a draft of the updated guidelines at the May 2014 State Board Meeting and approved at the June 2014 State Board Meeting.

In school year 2014-15, technical assistance and training on implementation of wellness policies will be provided by 30 regional Wellness Coaches and KSDE Child Nutrition & Wellness staff members. Six regional Recharging School Wellness Workshops will be conducted winter 2015 to provide training to Kansas school staff on implementation of the wellness policy and revisions to the wellness policy builder and reporting tool that has been renamed- Kansas Wellness Impact Tool.

The entire effort is designed to support schools in creating healthier environments for students based on highly credible guidelines, flexibility and local needs.

### What are the Kansas School Wellness Policy Model Guidelines?

The Kansas School Wellness Policy Model Guidelines were developed to assist Sponsors in establishing and implementing local school wellness policies that meet minimum standards designed to support a school environment that promotes sound nutrition and student health, reduces childhood obesity and provides transparency to the public on school wellness policy content and implementation.

Understanding the model guidelines is the first step to using them. State law requires that each school board consider these guidelines when developing local wellness policies.

The model guidelines are divided into four categories of policy statements:

- Nutrition
- Nutrition Promotion and Education
- Physical Activity
- Integrated School Based Wellness

Each policy statement falls within one of three levels:

- The policy statements at the **IMPLEMENTING** level meet all requirements of current federal and state laws, regulations and policies.
- The policy statements at the **TRANSITIONING** level show growth from the implementing level.
- The policy statements at the **MODELING** level reflect highly effective practices.

### How can schools use the guidelines?

The guidelines can serve as the foundation for establishing a local wellness policy by selecting which policy statements to include in the local wellness policy. The steps to build and implement a local wellness policy include:

- Recruit Wellness Committee members and identify a Wellness Committee chairperson.
- Review the Kansas School Wellness Policy Model Guidelines and assess the existing situation.
- Use the Kansas Wellness Impact Tool to create the wellness policy by selecting one of three status options for each policy statement:
  - Not in Policy
  - Developing Policy
  - Policy in Practice
- Print the local school wellness policy from the Wellness Impact Tool and present to the local board of education for approval.
- At a minimum, annually assess compliance and report on the progress toward achieving Sponsor goals of the local wellness policy and progress toward achieving the Kansas School Model Wellness Policy Guidelines.
- Post current Wellness Policy Statement on school and/or district website for public access.

## Kansas School Wellness Policy Guidelines – Nutrition

	<b>Implementing</b>	<b>Transitioning</b>	<b>Modeling</b>
<b>General Guidelines</b>	The food service area is clean, orderly, and has an inviting atmosphere.		
	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.		
			High School: Closed campus. Students must remain at school during lunch periods.
	The dining area has adult supervision.	Food service personnel and supervisory staff use positive communication cues with students to promote consumption of foods served as part of Child Nutrition Programs.	Adults model healthy eating in the dining areas and encourage students to taste new and/or unfamiliar foods.
	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.	
	Reimbursable meals and/or parts of a reimbursable meal are not withheld or denied as a disciplinary action.		
	One " <a href="#">Smarter Lunchroom</a> " or a Behavioral Economics technique is used on the serving line to encourage healthy choices by students.	Two " <a href="#">Smarter Lunchroom</a> " or Behavioral Economics techniques are used on the serving line to encourage healthy choices by students.	Three " <a href="#">Smarter Lunchroom</a> " or Behavioral Economics techniques are used on the serving line to encourage healthy choices by students.
	Identify content of reimbursable lunch and breakfast near or at the beginning of the serving line(s).	Identify Kansas food products that are served as part of the school meals program at the beginning or on the serving line.	Serve a locally procured product in the school meals program at least one time per week.
	<b>Substitutions are provided for students with medical disabilities identified by a licensed physician that require meal modifications per the signed <a href="#">Meal Modification Form</a>.</b>	Substitutions are provided for students with allergies and intolerances that do not rise to the level of a disability, identified by a Recognized Medical Authority on the signed <a href="#">Meal Modification Form</a> .	

## Kansas School Wellness Policy Guidelines – Nutrition

	<b>Implementing</b>	<b>Transitioning</b>	<b>Modeling</b>
<b>Breakfast</b>	<b>All school breakfasts comply with <a href="#">USDA regulations</a> and <a href="#">state policies</a>.</b>	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 served fresh.
	Students have at least 10 minutes "seat time" to eat breakfast (not including time spent walking to and from class or waiting in line).	Students have at least 15 minutes "seat time" to eat breakfast (not including time spent walking to and from class or waiting in line).	<a href="#">"Grab n Go" Breakfast</a> , <a href="#">"Breakfast in the Classroom"</a> or <a href="#">"Breakfast After First Period"</a> is available.
<b>Lunch</b>	<b>All school lunches comply with <a href="#">USDA regulations</a> and <a href="#">state policies</a>.</b>	At least three different fruits are offered each week. Two fruits per week are served fresh.	At least five different fruits are offered each week. Four fruits per week are served fresh.
		Offer one additional 1/2 cup* vegetable offering weekly from any of three vegetable subgroups (dark-green, red/orange, dry beans and peas).	Offer an additional 1 cup* vegetable offering weekly from any of three vegetable subgroups (dark-green, red/orange, dry beans and peas).
	*Schools may offer the additional 1/2 cup or 1 cup offerings, respectively, or they may spread the amount out over the course of the week with a minimum of at least 1/8 cup of the vegetable at a time. This can be met without adding to the total offerings required by the current meal pattern by offering Dark-Green, Red/Orange, and Dry Beans and Peas subgroup offerings as some of the "additional vegetables" needed to meet weekly total meal pattern requirements. Schools may also offer Dark-Green, Red/Orange and Dry Beans and Peas subgroup vegetables in place of vegetables from the "Other Vegetables" subgroup.		
	Students have at least 15 minutes "seat time" to eat lunch not including time spent walking to/from class or waiting in line.	Students have at least 20 minutes "seat time" to eat lunch not including time spent walking to/from class or waiting in line.	"Grab & Go" or Vended Lunch Option is available.
<b>All Foods Sold in Schools ( a la carte, fundraising, school store)</b>	<b>All foods and beverages sold in schools are in compliance with <a href="#">USDA's Smart Snacks in School "All Foods Sold in Schools" Standards</a> from the midnight before to 30 minutes after the end of the official school day.</b>	All foods and beverages sold in schools are in compliance with <a href="#">USDA's Smart Snacks in School "All Foods Sold in Schools" Standards</a> from the midnight before to 5 pm.	All foods and beverages sold in schools are in compliance with <a href="#">USDA's Smart Snacks in School "All Foods Sold in Schools" Standards</a> 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.	<a href="#">USDA's Smart Snacks in School Beverage Standards</a> for middle schools apply to high school (only 100% juice, water, milk).
<b>Other Child Nutrition Programs</b>	<b>Meals and snacks served under the <a href="#">USDA At-Risk Afterschool Meals</a>, <a href="#">Afterschool Care Snack Program</a>, <a href="#">Fresh Fruit &amp; Vegetable Program</a> and/or <a href="#">Summer Food Service Program</a> comply with all federal regulations and state policies.</b>	Participate in two of four programs. (At-Risk Afterschool Meals, Afterschool Care Snack Program, Fresh Fruit & Vegetable Program or Summer Food Service Program)	Participate in three of the four programs. (At-Risk Afterschool Meals, Afterschool Care Snack Program, Fresh Fruit & Vegetable Program, or Summer Food Service Program)

## Kansas School Wellness Policy Guidelines – Nutrition

	<b>Implementing</b>	<b>Transitioning</b>	<b>Modeling</b>
<b>During the School Day</b>	<b>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.</b>	Students are allowed to have clear/translucent individual water bottles in the classroom.	Students have clear/translucent individual water bottles in the classroom.
	Teachers and parents are provided with information on healthy options for classroom rewards, parties and celebrations that meet <a href="#">Smart Snacks in School "All Foods Sold in Schools" Standards</a> .	All foods and beverages provided by teachers and the school for classroom rewards, parties and celebrations meet <a href="#">Smart Snacks in School "All Foods Sold in Schools" Standards</a> .	All foods and beverages brought in for classroom parties and celebrations meet <a href="#">Smart Snacks in School "All Foods Sold in Schools" Standards</a> . The focus of classroom celebrations is not on food.
		Foods and beverages for classroom rewards, parties and celebrations will not be provided within one hour before or after the end of the last lunch period.	Foods and beverages provided for students participating in school events adhere to the <a href="#">Smart Snacks in School "All Foods Sold in Schools" Standards</a> .
			Food is not used as a reward.
	<b>Fundraising within the school day meets "<a href="#">All Foods Sold in Schools" Standards</a> (sans the <a href="#">exempted fundraisers</a>).</b>	Fundraising within the school day and until 5 pm meets " <a href="#">All Foods Sold in Schools" Standards</a> (sans the <a href="#">exempted fundraisers</a> ).	No exempted fundraisers. All fundraisers involving foods or beverages meet the " <a href="#">All Foods Sold in Schools" Standards</a> .
		Fundraising activities involving the sale of food or beverages that meet " <a href="#">All Foods Sold in Schools" Standards</a> and/or <a href="#">exempted fundraisers</a> will not take place until after the end of last lunch period.	Fundraising activities support nutrition, nutrition education and physical activity messaging.
	Meals purchased at fast food outlet to be consumed at school must not be brought to school in their original containers. Caffeinated beverages are not allowed in sack lunches to be consumed in the cafeteria. (Elementary/Middle School)	Meals purchased at fast food outlet to be consumed at school must not be brought to school in their original containers. Caffeinated beverages are not allowed in sack lunches to be consumed in the cafeteria. (High School)	

# Kansas School Wellness Policy Guidelines – Nutrition Promotion and Education

	<b>Implementing</b>	<b>Transitioning</b>	<b>Modeling</b>
<b>Nutrition Promotion</b>	School promotes participation in the <a href="#">National School Lunch Program (NSLP)</a> and <a href="#">School Breakfast Program (SBP)</a> 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.	Students provide input on foods offered in the cafeteria.	Students learn about the nutrition requirements for school meals and some students are involved in helping plan menus.
	Marketing and advertising of nutritious foods and beverages to students is implemented consistently through a comprehensive and multi-channel approach by school staff, teachers, parents, students and the community.		
	Allow* 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 <a href="#">Smart Snacks Rule</a> .		Allow* marketing** (oral, written, or graphics) of only those foods and beverages that meet the requirements set forth in the <a href="#">Smart Snacks Rule</a> on the school campus at all times.
	<i>*Schools are <u>not</u> required to allow food or beverage marketing on campus.</i>		
	<i>**School marketing includes food and beverage advertising and other marketing, such as the name or depiction of products, brands, logos, trade marks, or spokespersons or characters, on any property or facility owned or leased by the school district or school (such as school buildings, athletic fields, school buses, parking lots, or other facilities).</i>		
<b>Nutrition Education</b>	All students in grades K-12, including those with disabilities, special health care needs and in alternative education settings, will have the opportunity to participate in culturally relevant participatory activities and a variety of learning experiences that support development of healthful eating habits that are based on the most recent <a href="#">Dietary Guidelines for Americans</a> and evidence-based information.	School administrators inform teachers and other school personnel about opportunities to attend training on nutrition and encourage them to attend training on teaching nutrition.	Teachers and other school personnel participate in nutrition education-related training at least once a year.
	Include nutrition education as part of health education classes and/or stand-alone courses for all grade levels, including curricula that promote skill development.	Active learning experiences are provided such as involving students in food preparation or other hands-on activities.	School uses qualified personnel or organizations from the community to provide nutrition education to students such as the Kansas State Department of Education, K-State Research and Extension, health and agriculture organizations, universities and consulting registered dietitians or other qualified individuals or organizations. Education should be provided under the direct supervision of a teacher.

## Kansas School Wellness Policy Guidelines – Nutrition Promotion and Education

	<b>Implementing</b>	<b>Transitioning</b>	<b>Modeling</b>
<b>Nutrition Education (cont)</b>	Integrate nutrition education into other core subjects such as math, science, language arts, and social sciences, as well as in non-core and elective subjects.	Integrate nutrition education into two or more core subjects such as math, science, language arts, and social sciences as well as in two or more non-core and elective subjects.	Integrate nutrition education into all core subjects such as math, science, language arts, and social sciences as well as in three or more non-core and elective subjects.
	Include nutrition and health posters, signage, or displays in the cafeteria food service and dining areas, classrooms, hallways, gymnasium, and/or bulletin boards that are rotated, updated or changed quarterly.	School personnel discuss with students the nutrition education materials displayed.	School personnel collaborate with the school nutrition staff to use the cafeteria as a learning laboratory that allows students to apply critical thinking skills.
	Offer information to families at least once per semester that encourages them to teach their children about health and nutrition, 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 and nutrition, 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 and nutrition, and assists them in planning nutritious meals for their families.

## Kansas School Wellness Policy Guidelines – Physical Activity

	<b>Implementing</b>	<b>Transitioning</b>	<b>Modeling</b>
<b>General Guidelines</b>	All students in grades K - 12, including those with disabilities, special health care needs and in alternative education settings, have the opportunity to participate in moderate to vigorous physical activity at least 2 times per week during the entire school year.	All students in grades K - 12, including those with disabilities, special health care needs and in alternative education settings, have the opportunity to participate in moderate to vigorous physical activity 3 or more times per week during the entire school year.	All students in grades K - 12, including those with disabilities, special health care needs and in alternative education settings, have the opportunity to participate in moderate to vigorous physical activity every day during the entire school year.
	Physical activity facilities in and on school property are safe with sufficient age-appropriate equipment for all students, including those with disabilities. Adequate adult supervision is provided.		
	School prohibits the use of physical activity as a punishment. Schools prohibit withholding physical activity, including recess and physical education, as punishment.	School encourages extra physical activity time is an option for classroom rewards.	
	School offers lifetime physical activity that teaches basic motor skills, enhances knowledge of concepts related to movement needed to achieve and maintain health. Students learn the benefits of and an appreciation for regular physical activity.		
<b>Throughout the Day</b>	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.	Elementary school students have two supervised recess periods per day, totaling at least 20 minutes (not including time spent getting to and from the playground), with one being offered in the morning. Supervisory staff encourage moderate to vigorous physical activity.
	School policy outlines guidance on conditions regulating indoor and outdoor recess during extreme weather conditions.	Students that participate in indoor recess are provided moderate to vigorous physical activity opportunities.	

## Kansas School Wellness Policy Guidelines – Physical Activity

	<b>Implementing</b>	<b>Transitioning</b>	<b>Modeling</b>
<b>Throughout the Day (cont)</b>	Structured physical activity opportunities, in addition to recess and physical education, are encouraged for all students.	Structured physical activity opportunities, in addition to recess and physical education, are offered to all students at least 1 time daily. School staff are encouraged to participate.	Structured physical activity opportunities, in addition to recess and physical education, are offered to all students at least 2 times daily. School staff are encouraged to participate.
	Structured physical activities are planned by a licensed physical education teacher and integrated into health education and one or more core subjects, such as math, science, language arts, and social sciences, as well as in non-core and elective subjects.	Structured physical activities are planned by a licensed physical education teacher and integrated into two or more core curriculum subjects, such as math, science, language arts, and social sciences, as well as in non-core and elective subjects.	Structured physical activities are planned by a licensed physical education teacher and integrated into all core curriculum subjects, such as math, science, language arts, and social sciences, as well as in non-core and elective subjects.
		Professional development on integrating physical activity into core/non-core subjects is provided to all staff.	
<b>Physical Education</b>	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.		
	Elementary students receive 60-99 minutes of physical education per week, which includes at least 40 minutes of moderate to vigorous physical activity.	Elementary students receive 100-149 minutes of physical education per week, which includes at least 70 minutes of moderate to vigorous physical activity.	Elementary students receive 150+ minutes of physical education per week, which includes at least 100 minutes of moderate to vigorous 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 60 minutes of moderate to vigorous intensity activity.	Middle school students are offered physical education at all grade levels and receive 120-149 minutes of physical education per week, which includes at least 80 minutes of moderate to vigorous intensity activity.	Middle school students are offered physical education at all grade levels and receive 150+ minutes of physical education per week, which includes at least 100 minutes of moderate to vigorous intensity activity.
	High school students are provided structured physical education in at least 1 course required for graduation.	High school students are provided structured physical education in at least 2 courses required for graduation. Additional opportunities for physical education as an elective are offered.	
	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.	Physical education curriculum includes fitness assessment of at least 90% of all students enrolled in physical education and student fitness reports are available to parents.
	Physical education is taught by teachers licensed by the Kansas State Department of Education.	Physical education teachers participate in physical education and/or physical activity specific professional development every 2 years.	Physical education teachers have advanced certification and/or education.

## Kansas School Wellness Policy Guidelines – Physical Activity

	<b>Implementing</b>	<b>Transitioning</b>	<b>Modeling</b>
<b>Before &amp; After School</b>	Extracurricular physical activity programs, such as a physical activity club or intramural programs, are offered.	Extracurricular physical activity programs, such as a physical activity club or intramural programs, are offered, with input from students, and meet the needs, interest and abilities of a diverse student body.	
	An assessment on walking and/or biking to school has been completed to determine safety and feasibility.	The school has developed a walk and/or bike to school plan and encourages students to walk and/or bike to school.	The school has implemented a walk and/or bike to school plan and has communicated it to the community.
<b>Family &amp; Community</b>	Community members are provided access to the school's outdoor physical activity facilities.	Community members are provided access to the school's indoor and outdoor physical activity facilities at specified hours.	Community members are made aware of opportunities to access the school's indoor and outdoor physical activity facilities at specified hours.
	Offer information via multiple channels at least once per semester to all families that encourages them to teach their children about physical activity, and assists them in planning physical activity for their families.	Offer information via multiple channels and provide opportunities for physical activity at least once per quarter to all families that encourages them to teach their children about physical activity, and assists them in planning physical activity for their families.	Offer information via multiple channels and provide opportunities for physical activity at least once per month to all families that encourages them to teach their children about physical activity, and assists them in planning physical activity for their families.

# Kansas School Wellness Policy Guidelines – Integrated School Based Wellness

	<b>Implementing</b>	<b>Transitioning</b>	<b>Modeling</b>
<b>General Guidelines</b>	Annual staff wellness activities and/or professional development opportunities related to nutrition, physical activity and abstaining from tobacco are provided to encourage school staff to serve as healthy role models. Staff wellness activities and training may also include additional components of the <a href="#">Whole School, Whole Community, Whole Child Model</a> .	Each semester provide staff wellness activities and/or professional development opportunities related to nutrition, physical activity and abstaining from tobacco are provided to encourage school staff to serve as healthy role models. Staff wellness activities and training may also include additional components of the <a href="#">Whole School, Whole Community, Whole Child Model</a> .	Each quarter provide staff wellness activities and/or professional development opportunities related to nutrition, physical activity and abstaining from tobacco are provided to encourage school staff to serve as healthy role models. Staff wellness activities and training may also include additional components of the <a href="#">Whole School, Whole Community, Whole Child Model</a> .
	School staff are aware of Team Nutrition and the <a href="#">HealthierUS School Challenge Award</a> opportunity.	School staff collaborate to achieve Bronze or Silver <a href="#">HealthierUS School Challenge Award</a> in at least 50% of schools. All schools are enrolled as a Team Nutrition school.	School Staff collaborate to achieve Gold or Gold with Distinction <a href="#">HealthierUS School Challenge Award</a> in at least 50% of schools.
		Complete the <a href="#">CDC School Health Index</a> .	Results of the <a href="#">School Health Index</a> are shared with the public.
	Annually, offer school-sponsored wellness family activities that address one or more components of the <a href="#">Whole School, Whole Community, Whole Child Model</a> .	Each semester, offer school-sponsored wellness family activities that address one or more components of the <a href="#">Whole School, Whole Community, Whole Child Model</a> .	Quarterly, offer school-sponsored wellness family activities that address one or more components of the <a href="#">Whole School, Whole Community, Whole Child Model</a> .
	Annually partner with community health agencies/organizations and/or allow community use of school facilities for wellness activities.	Each semester, partner with community health agencies/organizations and/or allow community use of school facilities for wellness activities.	Quarterly, partner with community health agencies/organizations and/or allow community use of school facilities for wellness activities.
	Support the development of a <a href="#">farm to school program</a> .	Facilitate the integration of a <a href="#">farm to school program</a> and curricular activities including hands-on activities as appropriate to facilitate the nutritional and educational goals of the school.	District or individual schools apply for one or more farm to school grant opportunities to support farm to school activities. Farm to school activities are integrated into core subjects.
		Farm to school activities conducted each semester.	Farm to school activities conducted quarterly.
	Each semester, health education is provided to families via handouts, postings on the school website, newsletters, presentations and workshops.	Quarterly, culturally relevant health education is provided to families via handouts, postings on the school website, newsletters, presentations and workshops.	Monthly, culturally relevant health education is provided to families via handouts, postings on the school website, newsletters, presentations and workshops.
	The local school wellness policy team meets at least twice per year.	The local school wellness policy team meets at least once per quarter.	The local school wellness policy team meets at least once per month during the school year.
	<b>The school wellness policy and progress toward meeting the State Model Wellness Policy are made available to the public, including parents, students and the community.</b>	The wellness policy and progress toward meeting the State Model Wellness Policy are presented to the local school board and school staff.	

# Eat Smart. Play Hard. Healthy Kids Learn Better!

**Child Nutrition & Wellness  
Kansas State Department of Education  
Landon State Office Building  
900 SW Jackson Street, Suite #251  
Topeka, KS 66612  
785-296-2276**

**For more information visit:**

**[www.ksde.org](http://www.ksde.org)  
[www.kn-eat.org](http://www.kn-eat.org)**

**Portions of the information found on pages 2-6 are excerpted from:**

GENYOUth Foundation. (2013) *The Wellness Impact: Enhancing Academic Success through Healthy School Environments*. Retrieved from [http://www.genyouthfoundation.org/wp-content/uploads/2013/02/The\\_Wellness\\_Impact\\_Report.pdf](http://www.genyouthfoundation.org/wp-content/uploads/2013/02/The_Wellness_Impact_Report.pdf).

Healthy Kansas Schools. (2013) *Results from the Kansas Fitness Information Tracking (K-FIT) System: 2011-2012 School Year*. Retrieved from [http://www.kshealthykids.org/HKS\\_Docs/K-FIT/K-FIT\\_Report\\_Year\\_1.pdf](http://www.kshealthykids.org/HKS_Docs/K-FIT/K-FIT_Report_Year_1.pdf).

U.S. Department of Agriculture, Food and Nutrition Service. (2014) *Local School Wellness Policy Implementation Under the Healthy, Hunger-Free Kids Act of 2010 – Proposed Rule*. Federal Register Vol. 79, No. 38