

## USD 350 Wellness Policy

Whereas, children need access to healthful foods and opportunities to be physically active in order to grow, learn, and thrive:

Whereas, good health fosters student attendance and education;

Whereas, obesity rates have doubled in children and tripled in adolescents the last two decades, and physical inactivity and excessive calorie intake are the predominant causes of obesity,

Whereas, heart disease, cancer, stroke and diabetes are responsible for two-thirds of deaths in the United States, and major risk factors for those diseases including unhealthy eating habits, physical inactivity, and obesity, often are established in childhood,

Whereas, only 2% of Children (2 to 19 years) eat a healthy diet consistent with the five main recommendations from the Food Guide Pyramid,

Thus, USD 350 is committed to providing a school environment that promotes and protects children's health, wellbeing, and ability to learn by supporting health eating and physical activity. Therefore, it is the policy of USD 350 that:

- All students in grades K-12 will have opportunities, support and encouragement to be physically active on a regular basis.
- Foods and beverages sold during the lunch period will meet the nutrition recommendations of the US 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; and will provide clean, safe, and pleasant settings and adequate time for students to eat. To the maximum extent practicable, USD 350 will participate in available federal school meal programs (including School Breakfast Program, National School Lunch Program, Summer Food Service program, and Fruit and Vegetable Snack Program)
- USD 350 will provide nutrition education and physical education to foster lifelong habits of healthy eating and physical activity, and will establish linkages between a coordinated school health program, school meal programs, and with related community services.

To achieve these policy goals:

#### I. Health Services

- Full time school nurse
- Yearly Vision Screenings K-12
- Yearly Hearing Screenings K-12
- Yearly Dental Screenings K-12
- Medication management as ordered by student's physicians
- Diabetes, asthma, and allergy support
- Telemedicine available-connected to KU Medical Center Kansas City
- Flu vaccination clinic provided by Stafford County Health Department
- Annual staff health fair provided by Stafford County Hospital
- Annual sports physicals provided by Wichita State University Physician Assistant Program

#### II. Physical Education and recess

- K-2 have 450 minutes a week
- 3-4 have 360 minutes a week
- 5-6 have 350 minutes a week
- 7-8 have 255 minutes a week
- 9 have 255 minutes a week for one semester
- 10-12 are not required to participate in PE

#### III. Nutrition Services and Nutrition Education

- National Breakfast Program offered to all students
- National Lunch Program offered to all students
- Summer Food Service Program is offered.
- After School Snack Program is offered during the LIFE program
- Water bottles filled daily for students 1<sup>st</sup>-6<sup>th</sup> grade
- 6 My Plate Nutrition lessons were given for K-5<sup>th</sup> grade
- Kids a Cooking is taught weekly in the afterschool program

#### IV. Counseling, Psychological, and Social Services

- .5 Elementary counselor
- .5 Junior/Senior High Counselor
- Licensed Family Therapist available one morning a week
- Elementary Character Education
- Elementary Bala Vis X
- Elementary individual counseling

8<sup>th</sup> grade Pillars of Character Education  
College and Career Plans of Study for 7-12 grade students  
Jr. Sr High Individual Career conference for all students 8-12  
Scholarship information available to all students

#### V. Healthy School Environment

Tobacco free campus  
Weapon free campus  
Playground is inspected for safety annually  
School crisis plan is updated annually  
School emergency health plan is updated annually  
AED is available in the building  
Safe drinking water is available for students and staff

#### VI. Health Promotion for Staff

Yearly health fair (CBC/PSA) provided by Stafford County Hospital  
School based flu vaccination clinic  
National Walk at Lunch Day for staff in April

#### VII. Health Education

Health education is integrated into the elementary curriculum  
All ninth grade students are required to take one semester of Health  
4 lessons of Zumba taught to eighth graders  
SAFE Program  
Don't Text and Drive  
Seat Belt Safety  
Baby Think it Over Program

#### VIII. Family -Community Involvement/Other connections

Family Event-Light up the track nutrition/exercise event will be held in April  
Community Involvement  
PTA Carnival

The school works with:

- Stafford County Hospital
- Stafford County Health Department
- Stafford Eco Devo Live Well Stafford County,
- KU Telemedicine Department
- Wichita State University Physician Assistant  
Department
- Farmer Clinic

- VSP Sight for Students Program
- Dr. Joe Rosenberg, DDS
- Kansas Highway Patrol
- Stafford County EMS

#### IX. Grant Funding/Donations

- BCBS Healthy Habits Grant was received
- My Plate Grant Funding was received
- VSP Sight for Students Certificates were received and used to provide Free glasses and eye exam for students
- Farmer Clinic and WSU PA program provide free sports physicals
- Memorial donation received for 1<sup>st</sup>-4<sup>th</sup> classroom doors
- Live Well Stafford County purchased student water bottles
- USD 350 Educational Foundation purchased bike helmets for students

**USD 350**  
**Wellness Action Plan 2015-16**

Water bottle filling stations will be purchased for water fountains

Water bottles will be purchased and filled most days of the school year  
for 1st-6<sup>th</sup> grade students

Water health promotion campaign will be completed at USD 350

MY PLATE lessons will be given to students K-5<sup>th</sup> grade

Walk to School Day will be held

Wuzzy Bear will provide eight Health Promotion lessons for K-1<sup>st</sup> grade

New classroom doors will be installed to promote safe school  
environment 1<sup>st</sup>-4<sup>th</sup> grade classrooms

Bike helmets will be given to 1<sup>st</sup>-4<sup>th</sup> grade students

Bike helmet lesson will be give to 1<sup>st</sup>-4<sup>th</sup> grade students

Drinking and Driving Safe Team event will be held at St. John High  
School

Don't Text and Drive Safe Team promotion will be completed at St. John  
High School

Hand washing lessons will be given to preschool students

National Walk at Lunch Day will be promoted throughout St. John by  
USD 350

Series of School Unity presentations will be made to 7-12<sup>th</sup> students by  
Bill Cordes





School nurse teaches a CPR class twice a year for bus drivers and parents.





High school students teaching younger students about MyPlate.





Physical activity break during class.



Salad building activity with 1<sup>st</sup>-5<sup>th</sup> grade students





Salad in a jar



Fruit salad





Keith Blide Track is open year round for student, staff, and community walking



Bike registration with City Police Department





Bike safety lessons during physical education



Water bottles on student desks





Water bottles in the classroom



Physical education class





Hand washing lesson