

X0625 - Wichita Catholic Secondary Schools

High School Wellness Policies

X0625 - Wichita Catholic Secondary Schools 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. X0625 - Wichita Catholic Secondary Schools 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 X0625 - Wichita Catholic Secondary Schools that:

Policies in Place

Nutrition Education

Nutrition Promotion

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](#) on the school campus at all times.

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](#) on the school campus during school activities.

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).

A student advisory council is formed and meets with a food service representative and school administration twice a year to provide input.

District implements marketing and advertising of nutritious foods and beverages consistently through a comprehensive and multi-channel approach to the community.

District implements marketing and advertising of nutritious foods and beverages consistently through a comprehensive and multi-channel approach by school staff, teachers, parents and students .

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.

Students learn about the nutrition requirements for school meals and some students are involved in helping plan menus annually.

Students provide input on foods offered in the cafeteria.

Nutrition Education

Offer information to families at least once per semester that encourages them to teach their children about health, nutrition and agriculture education 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, nutrition, and agriculture education 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, nutrition, and agriculture education and assists them in planning nutritious meals for their families.

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.

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

Integrate age-appropriate 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.

Nutrition Education

Nutrition Education

Integrate age-appropriate nutrition education into other core subjects such as math, science, language arts, and social sciences, as well as into at least one non-core/elective subject.

District uses qualified personnel or organizations from the community to provide nutrition education to students under the direct supervision of a teacher at least once/semester.

District uses qualified personnel or organizations from the community to provide nutrition education to students under the direct supervision of a teacher at least once/year.

Active classroom learning experiences are provided such as involving students in food preparation or other hands-on activities at least once each quarter.

Active classroom learning experiences are provided such as involving students in food preparation or other hands-on activities at least once a semester.

Include nutrition education as part of physical education/health education classes and/or stand-alone courses for all grade levels, including curricula that promote skill development.

The Wellness Committee, teachers and other school personnel participate in nutrition education-related professional development at least once a year.

District administrators inform teachers and other school personnel about opportunities to participate in professional development on nutrition and teaching nutrition.

All students in grades K-12 will have the opportunity to participate in culturally relevant participatory activities, as appropriate, and a variety of learning experiences that support development of healthful eating habits that are based on the most recent [Dietary Guidelines for Americans](#) and evidence-based information.

Nutrition

All Food Sold in Schools

Fundraising activities involving the sale of food or beverages that meet [USDA's Smart Snacks in School "All Foods Sold in Schools" Standards](#) and/or exempted fundraisers will not take place until after the end of the last lunch period.

No exempted fundraisers. All fundraisers involving foods or beverages meet the [USDA's Smart Snacks in School "All Foods Sold in Schools" Standards](#).

Fundraising within the school and until 5 PM meets [USDA's Smart Snacks in School "All Foods Sold in Schools" Standards](#) (sans the exempted fundraisers).

Fundraising within the school day meets [USDA's Smart Snacks in School "All Foods Sold in Schools" Standards](#) (sans the exempted fundraisers).

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

No energy drinks are sold on school property from midnight before to 30 minutes after the end of the official school day.

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

All food and beverages are in compliance with [USDA's Smart Snacks in School "All Foods Sold in Schools" Standards](#) from the midnight before to 5 pm.

All food and beverages are in compliance with [USDA's Smart Snacks in School "All Foods Sold in Schools" Standards](#) from the midnight before to 30 minutes after the end of the official school day.

General Guidelines

Two or more Kansas products served as a part of the school meals program and identified at the beginning of the serving line each week.

One or more Kansas food products served as a part of the school meals program and identified at the beginning of the serving line each week.

Content of reimbursable lunch and breakfast is identified near or at the beginning of the serving line(s).

Students are not being disciplined by being seated in a separate location.

Students are not being disciplined by separating from other students in the dining area.

Reimbursable meals and/or parts of a reimbursable meal are not withheld or denied as a disciplinary action.

Nutrition

General Guidelines

The students are allowed to converse during the entirety of the meal time.

Mealtime conversation is not prohibited for the entire meal time as disciplinary action.

The students are allowed to converse with one another at least part of the meal time.

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

The dining area has food service personnel and supervisory staff use positive communication cues with students to promote consumption of foods served as part of Child Nutrition Programs.

The dining area has adequate adult supervision.

The food service area is clean, orderly, and has an inviting atmosphere that encourages meal consumption.

The dining area has seating to accommodate all students during each serving period.

All school food service personnel receive food safety training annually.

All school food service personnel receive required food safety training at a minimum of every 3 years.

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.

Breakfast

District offers at least 15 minutes "seat time" to eat breakfast (not including time spent walking to and from class or waiting in line) or Grab n Go breakfast options are available.

Students have the opportunity to eat breakfast.

At least five different fruits are offered each week. At least two fruits per week are be served fresh.

At least three different fruits are offered each week on three different days. At least one fruit per week is served fresh.

All school breakfasts comply with [USDA regulations](#) and [state policies](#).

District offers at least 15 minutes "seat time" to eat breakfast (not including time spent walking to and from class or waiting in line) or Grab n Go breakfast options are available.

Students have the opportunity to eat breakfast.

At least five different fruits are offered each week. At least two fruits per week are be served fresh.

At least three different fruits are offered each week on three different days. At least one fruit per week is served fresh.

All school breakfasts comply with [USDA regulations](#) and [state policies](#).

Lunch

Students have at least 20 minutes "seat time" to eat lunch not including time spent walking to/from class or waiting in line.

Students have at least 15 minutes "seat time" to eat lunch not including time spent walking to/from class or waiting in line.

An additional 1 cup* vegetable offering weekly from any of three vegetable subgroups (dark-green, red/orange, dry beans and peas).

At least five different fruits are offered each week. Four fruits per week are served fresh.

One additional 1/2 cup* vegetable offering weekly from any of three vegetable subgroups (dark-green, red/orange, dry beans and peas).

At least three different fruits are offered each week. Two fruits per week are served fresh.

All school lunches comply with [USDA regulations](#) and [state policies](#).

Nutrition

During the School Day

Schools provide staff information on non-food rewards.

Non-sold foods and beverages meet [Smart Snacks in School "All Foods Sold in Schools" Standards](#) The focus of classroom celebrations is not on food.

District adopts [Smart Snacks in School "All Foods Sold in Schools" Standards](#) for non-sold food and beverages made available on school campus during the school day.

District develops nutritional standards for non-sold food and beverages made available on school campus during the school day.

Students have clear/translucent individual water bottles in the classroom where appropriate.

Students are allowed to have clear/translucent individual water bottles in the classroom where appropriate.

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.

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.

All students in grades K - 12 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 have the opportunity to participate in moderate to vigorous physical activity every day during the entire school year.

District prohibits the use of physical activity as a punishment. District prohibit withholding physical activity, including recess and physical education, as punishment.

District encourages extra physical activity time as an option for classroom rewards.

District uses extra physical activity time as a classroom reward.

Physical Education

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

Physical education teachers are licensed and participate in physical education and/or physical activity specific professional development every 2 years.

Physical education teachers are licensed and have advanced certification and/or education.

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.

Physical Education teaches basic motor skills, enhances knowledge of concepts related to movement needed to achieve and maintain health for lifetime physical activity.

District offers lifetime sports and fitness classes/opportunities.

High school students are provided structured physical education in at least 1 course 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.

Family & Community

Community members are provided access to the district's outdoor physical activity facilities.

Physical Activity

Family & Community

Community members are provided access to the district's indoor and outdoor physical activity facilities at specified hours.

Community members are encouraged to access the district'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.

Throughout the Day

Structured physical activity opportunities, in addition to physical education and recess (where applicable), are encouraged for all students.

Structured physical activity opportunities, in addition to physical education and recess (where applicable), are offered to all students at least 1 time daily. School staff are encouraged to participate.

Professional development on integrating physical activity into core/non-core subjects is provided to licensed physical education teachers, school nurses, and building administrators.

Professional development on integrating physical activity into core/non-core subjects is provided to most staff.

Professional development on integrating physical activity into core/non-core subjects is provided to all staff.

Structured physical activities are approved 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 approved 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.

Before & After School

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 based on safety and feasibility assessment.

Integrated School Based Wellness

General Guidelines

The school wellness committee makes appropriate updates or modification 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.

The wellness policy assessment and progress toward meeting the State Model Wellness Policy are presented to school and district staff.

The wellness policy assessment and progress toward meeting the State Model Wellness Policy are presented to and approved by the local school board.

Annual staff wellness activities and/or professional development opportunities related to nutrition, physical activity, mental health, and abstaining from tobacco and e-cigarettes are provided to encourage school staff to serve as healthy role models. Staff wellness activities and training may also include additional components of the [Whole School, Whole Community, Whole Child Model](#).

Complete the [CDC School Health Index](#) biannually.

Results of the [School Health Index](#) are shared with the public.

Annually, offer district-sponsored wellness family activities that address one or more components of the [Whole School, Whole Community, Whole Child Model](#).

Annually partner with local health agencies and community organizations.

Integrated School Based Wellness

General Guidelines

Each semester, partner with local health agencies and community organizations.

District Wellness Committee will discuss the development of a [farm to school program](#).

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

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

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.

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High School Wellness Policies

Developing Policies

Nutrition Education

Nutrition Education

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

Integrate age-appropriate 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.

District uses qualified personnel or organizations from the community to provide nutrition education to students under the direct supervision of a teacher at least once/quarter.

Nutrition

All Food Sold in Schools

Fundraising activities support nutrition support nutrition, nutrition education and physical activity messaging.

During the School Day

Food is not used as a reward in district schools unless the food meets [Smart Snacks in School "All Foods Sold in Schools" Standards](#)

Schools begin incorporating non-food rewards.

Physical Activity

Throughout the Day

Structured physical activity opportunities, in addition to physical education and recess (where applicable), are offered to all students at least 2 times daily. School staff are encouraged to participate.

Structured physical activities are approved 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.

Integrated School Based Wellness

General Guidelines

Each semester provide staff wellness activities and/or professional development opportunities related to nutrition, physical activity, mental health, and abstaining from tobacco and e-cigarettes are provided to encourage school staff to serve as healthy role models. Staff wellness activities and training may also include additional components of the [Whole School, Whole Community, Whole Child Model](#).

Results of the School Health Index are shared with the public.

Each semester, offer district-sponsored wellness family activities that address one or more components of the [Whole School, Whole Community, Whole Child Model](#).

Farm to school activities conducted annually in one or more schools.

The local school wellness policy committee or subcommittee(s) meets at least once per quarter.