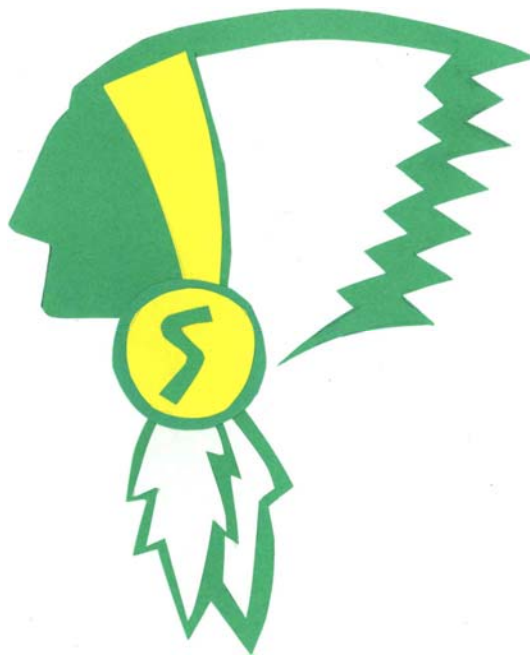


USD 507 Satanta Schools Wellness Policy



2010-2011 School Year

**Adopted by the Board of Education
July 12, 2010**

Wellness Policy Builder for 2010

Guideline Topic	Status	Achievement Level			
		Elem	Middle	High	Sponsor
Nutrition Guidelines					
General Atmosphere	Complete	Basic+	Basic	Basic+	Basic+
Breakfast	Complete	Exemplary	Exemplary	Exemplary	Exemplary
Lunch	Complete	Exemplary	Exemplary	Exemplary	Exemplary
A la Carte	Complete	NA	NA	NA	NA
Vending	Complete	NA	Advanced+	Advanced+	Advanced+
School Store	Complete	NA	NA	NA	NA
During the School Day	Complete	Exemplary	Advanced+	Advanced+	Exemplary-
After School Programs	Complete	NA	NA	NA	NA
Nutrition Education Guidelines					
General Guidelines & Classroom	Complete	Advanced	Advanced	Advanced	Advanced
Cafeteria	Complete	Advanced+	Exemplary-	Exemplary-	Advanced+
Events During the School Day	Complete	Exemplary	Advanced	Advanced	Advanced+
After School Programs	Complete	NA	NA	NA	NA
Family & Community	Complete	Exemplary-	Advanced+	Advanced+	Exemplary-
Staff Wellness	Complete	Exemplary-	Exemplary-	Exemplary-	Exemplary-
Physical Activity Guidelines					
General Guidelines & Physical Education Classes	Complete	Exemplary-	Exemplary-	Advanced-	Advanced+
Throughout the Day	Complete	Exemplary+	Exemplary-	Exemplary-	Exemplary
Punishment	Complete	Basic+	Basic+	Basic+	Basic+
Recess	Complete	Advanced+	NA	NA	Advanced+
Before & After School	Complete	Exemplary+	Exemplary-	Exemplary-	Exemplary-
Family & Community	Complete	Exemplary-	Advanced+	Advanced+	Advanced+
View Wellness Policy Graphs		<input type="button" value="Graphs"/>			
Print Wellness Policy Reports		<input type="button" value="Reports"/>			
Click here to upload a locally developed Wellness Policy					

USD 507 - Satanta Schools Wellness Policies

Part 1. Preamble

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 over 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, 33% of high school students do not participate in sufficient vigorous physical activity and 72% of high school students do not attend daily physical education classes;

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

Whereas, nationally, the items most commonly sold from school vending machines, school stores, and snack bars include low-nutrition foods and beverages, such as soda, sports drinks, imitation fruit juices, chips, candy, cookies, and snack cakes;

Whereas, school districts around the country are facing significant fiscal and scheduling constraints; and

Whereas, community participation is essential to the development and implementation of successful school wellness policies;

Part 2: Board Policy

USD 507 - Satanta Schools is committed to providing school environments that promote and protect children's health, well-being and ability to learn by supporting healthy eating and physical activity. Therefore, it is the policy USD 507 - Satanta Schools that:

- Wellness guidelines will be implemented 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.
- All students in grades K-12 will have opportunities, support and encouragement to be physically active on a regular basis.
- 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;
- 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, school nutrition programs and related community services.

School Wellness Policy
D0507 Satanta, School Year 2010-2011
Elementary - Grouped by Guideline Status

The following information was reported by **USD 507** on the Kansas State Department of Education's Wellness Policy Reporting System. It reflects the current status of the Kansas Model Wellness Policy Guidelines as implemented by **USD 507**.

Guidelines Achieved

Nutrition Guidelines

General Atmosphere

- B - The dining area is clean.
 - B - The dining area is orderly.
 - B - The dining area has a reasonable noise level.
 - B - The dining area has an inviting atmosphere.
 - B - The dining area has adequate seating to accommodate all students during each serving period.
 - B - The dining area has adequate adult supervision.
 - B - Students are allowed to converse with one another while they eat their meals.
 - B - Lunch hour is closed. Students must have permission to leave school campus.
-

Breakfast

- B - All school breakfasts comply with USDA regulations and state policies.
 - B - Students have at least 10 minutes to eat breakfast not including time spent walking to/from class or waiting in line.
 - E - All pre-packaged cereals offered contain: 35% or less of weight from total sugar (or less than 9 g. per 100 calories), and 1 g. or more of fiber per serving.
 - E - Foods containing whole grains are offered daily.
 - E - Fresh, canned, dried or frozen fruits or vegetables are offered daily.
 - A - Low-fat (1% or ½%) and/or skim (nonfat) milk are offered daily.
-

Lunch

- B - All school lunches comply with USDA regulations and state policies.
 - B - Desserts with more than 5 g. of fat per serving are offered more often than 2 times per week.
 - A - Time allowed for students to eat lunch (NOT including time spent walking to/from class or waiting in line) is at least 20 minutes.
 - A - An entrée choice with total fat of 16 g. or less per serving is offered at least 3 days per week.
 - E - At least 4 fruit and/or vegetable choices are offered daily.
 - E - Fresh fruits or vegetables are offered daily.
 - B - Fewer than 5 different fruits and 5 different vegetables are offered weekly.
 - E - A food item containing whole grain is offered daily.
 - E - Low-fat (1% or ½%) and/or skim (nonfat) milk are offered exclusively.
 - E - All salad dressings contain 6 g. or less of fat per ounce.
-

During the School Day

- B - All foods and beverages are offered in compliance with USDA regulations prohibiting the sale of "foods of minimal nutritional value" where school meals are served or eaten during the meal period.
- A - Students are allowed to have individual water bottles in the classroom.
- A - Foods and beverages for classroom rewards, parties and celebrations will meet the Advanced level guidelines for a la carte foods and beverages.
- A - Foods and beverages for classroom rewards, parties and celebrations will not be provided until at least one hour after the end of the last lunch period.

B = Basic A = Advanced E = Exemplary

School Wellness Policy
D0507 Satanta, School Year 2010-2011
Elementary - Grouped by Guideline Status

E - At least 75 percent of fundraising activities will NOT involve the sale of food and/or beverages.

A - Fundraising activities involving the sale of food or beverages will not take place until after the end of the last lunch period.

E - Refreshments provided for students participating in school events adhere to the Exemplary guidelines for vended foods and beverages.

A - Parents, teachers and organizations are informed about the guidelines and are encouraged to follow them.

B = Basic A = Advanced E = Exemplary

School Wellness Policy
D0507 Satanta, School Year 2010-2011
Elementary - Grouped by Guideline Status

Nutrition Education Guidelines

General Guidelines & Classroom

- B - All students, including those with disabilities, special health care needs and in alternative education settings, will have the opportunity to participate in a variety of learning experiences that support development of healthful eating habits.
 - A - School administrators will inform teachers about opportunities to attend training on nutrition and the importance of role modeling healthful habits for students.
 - A - School administrators will encourage teachers to attend nutrition-related training at least once a year and will support their participation.
 - A - At least 10 hours of classroom nutrition education will be provided each year for all students.
 - B - At least 25 percent of nutrition education instruction will be comprised of hands-on activities that engage students in enjoyable, developmentally-appropriate, culturally relevant, participatory learning.
 - B - Classroom nutrition education covers agricultural origins of common foods.
 - B - The nutrition education curriculum will be sequential and consistent with the current Kansas State Board of Education approved health education teaching standards.
 - B - Nutrition education will be taught by a teacher licensed by the Kansas State Department of Education or under the direct supervision of such a teacher.
 - B - The licensed teacher will approve the instructional materials and method; and have ongoing, open communication with the individual providing instruction.
 - B - Schools will be encouraged to use qualified personnel to provide nutrition education from organizations such as the Kansas State Department of Education, K-State Research and Extension, health and agriculture organizations, universities and consulting registered dietitians.
 - B - Nutrition education will be based on the most recent Dietary Guidelines for Americans.
 - B - Active learning experiences will be provided for students; and whenever feasible, the active learning will involve the students in food preparation.
 - B - Teachers will be able to secure recommended nutrition education resources in adequate quantities for their students.
-

Events During the School Day

- B - Each year, some individual classrooms will participate in one or more events that are either centered on nutrition or include nutrition as a main component.
 - A - Each year, at least one school-wide interactive event will be conducted that is either centered on nutrition or contains nutrition as a main component. After the event, related lessons will be used to reinforce learning of the information presented at the event.
-

Staff Wellness

- B - The school will encourage each member of the staff (both certified and non-certified) to serve as a healthy role model for students.
 - E - At least one school-wide activity will be conducted each year that promotes staff wellness.
-

Others

- B - Parents will be invited to join students for school meals.
- A - Family members will be encouraged to become actively involved in programs that provide nutrition education.
- B - Families will be provided with information that encourages them to teach their children about health and nutrition, and to provide nutritious meals for their families.
- A - Students will participate in taste tests and/or surveys to obtain their input on foods offered in the cafeteria.

B = Basic A = Advanced E = Exemplary

School Wellness Policy
D0507 Satanta, School Year 2010-2011
Elementary - Grouped by Guideline Status

Physical Activity Guidelines

General Guidelines & Physical Education Classes

B - All students, including those with disabilities, special health care needs and in alternative education settings, will have the opportunity to participate in moderate to vigorous physical activity on a regularly scheduled basis each school week during the entire school year.

E - Students will receive more than 200 minutes of physical education per week.

A - During physical education classes, students will engage in moderate to vigorous physical activity at least 20 minutes per day and/or 100 minutes per week.

B - The school will provide a physical and social environment that encourages safe and enjoyable physical activity for all students, including those who are not athletically gifted. Students will have the opportunity to participate in lifetime physical activities (e.g. walking, Pilates, swimming, golf, tennis, etc.).

B - The physical education curriculum will be sequential and consistent with Kansas State Board of Education approved physical education teaching standards for Pre-Kindergarten through grade 12.

B - Physical education teachers are licensed by the Kansas State Department of Education.

B - Physical education classes will have a student/teacher ratio that is the same as other classes in the school.

B - Adequate age-appropriate equipment will be available for all students to participate in physical activity.

B - Physical activity facilities on school grounds are safe.

Throughout the Day

B - Classroom health education will reinforce the knowledge and self-management skills needed to maintain a physically-active lifestyle and to reduce time spent on sedentary activities, such as watching television.

A - When circumstances make it necessary for students to remain indoors and inactive for two or more hours, the students will be given periodic breaks during which they will be encouraged to stand and be moderately active.

E - Opportunities for physical activity will be regularly incorporated into other subject areas (i.e. math, language arts, social studies, etc.).

E - Classroom teachers will provide short physical activity breaks between lessons or classes, as appropriate.

Punishment

B - Physical activity will not be used (e.g. running laps, pushups) or withheld (e.g. recess, physical education) as punishment. This guideline does not apply to extracurricular sports teams.

Recess

B - Elementary school students will have at least 20 minutes a day of supervised recess, preferably outdoors.

B - Moderate to vigorous physical activity will be encouraged verbally and through the provision of adequate space and age-appropriate equipment.

E - Recess will be offered before lunchtime.

B = Basic A = Advanced E = Exemplary

School Wellness Policy
D0507 Satanta, School Year 2010-2011
Elementary - Grouped by Guideline Status

Before & After School

B - Daily periods of moderate to vigorous physical activity for all students will be encouraged by providing adequate space, equipment and opportunities.

B - The school(s) will comply with Quality Performance Accreditation Regulation 91-31-34: Local Board of Education Requirement (g) Athletic Practice: 1. Any elementary or middle school that includes any of the grades six through nine may conduct athletic practice during the school day only at times when one or more elective academic courses or a study period is offered to students 2, A high school shall not conduct athletic practice during the school day, and athletic practice shall not be counted for credit or as a part of the school term. A school shall neither offer credit for athletic practice nor count athletic practice as a physical education course.

A - Extracurricular physical activity programs will be offered, such as physical activity clubs or intramural programs.

E - A range of physical activities will be offered that meet the needs, interests and abilities of all students, including boys, girls, students with disabilities and students with special health-care needs.

E - The school district will assess and, if necessary and to the extent possible, make needed improvements to make it safer and easier for students to walk and bike to school. When appropriate, the district will work with local public works, public safety and/or police departments in those efforts.

E - All students will be provided the opportunity to be moderately to vigorously physically active each day.

Family & Community - PE

B - Information will be provided to help families incorporate physical activity into the lives of all household members.

A - Families and community members will be encouraged to institute programs that support physical activity, such as a walk to school program.

E - Community members will be provided access to the school's physical activity facilities outside the normal school day. School policies concerning safety will apply at all times.

B = Basic A = Advanced E = Exemplary

School Wellness Policy
D0507 Satanta, School Year 2010-2011
Elementary - Grouped by Guideline Status

Guidelines In Progress

Nutrition Guidelines

Breakfast

E - Low-fat (1% or ½%) and/or skim (nonfat) milk are offered exclusively.

Lunch

E - An entrée choice with total fat of 16 g. or less per serving is offered daily.

E - At least 10 different fruits and 10 different vegetables are offered monthly.

During the School Day

E - Students are encouraged to have individual water bottles in the classroom.

Nutrition Education Guidelines

General Guidelines & Classroom

B - Classroom nutrition education covers basic food safety (e.g. storing, cleaning).

B - Annually, an updated list of nutrition resources will be provided to each school principal by KSDE and this list will be given to the teachers.

Events During the School Day

E - A community or media partner will be involved in at least one school-wide event by helping with planning or actively participating in the event. Both before and after the event, related lessons will be used to reinforce learning of the information presented at the event.

Staff Wellness

A - The school will have a staff wellness committee to plan and implement ongoing activities for school staff that promote health and wellness.

Others

E - Community members will be encouraged to become actively involved in school programs that provide nutrition education.

E - Nutrition information will be provided to the broader community.

Physical Activity Guidelines

Recess

A - Recess will provide at least one moderate to vigorous physical activity led by trained staff.

B = Basic A = Advanced E = Exemplary

School Wellness Policy
D0507 Satanta, School Year 2010-2011
Elementary - Grouped by Guideline Status

Guidelines that are Not Applicable

The guidelines listed below are the highest level for each group of related items.

Nutrition Guidelines

Lunch

A - Desserts with more than 5 g. of fat per serving are offered no more than 2 times per week.

During the School Day

E - Foods and beverages for classroom rewards, parties and celebrations will meet the Exemplary level guidelines for a la carte foods and beverages.

Nutrition Education Guidelines

General Guidelines & Classroom

E - At least 15 hours of classroom nutrition education will be provided each year for all students.

A - At least 50 percent of nutrition education instruction will be comprised of hands-on activities that engage students in enjoyable, developmentally-appropriate, culturally relevant, participatory learning.

Staff Wellness

E - The school's staff wellness committee will develop, promote and oversee a multi-faceted plan to promote staff health and wellness including healthful eating, physical activity and other elements of a healthful lifestyle.

Others

E - Teachers will collaborate with the school nutrition staff to use the cafeteria as a learning laboratory that allows students to apply critical thinking skills.

A - Opportunities will be provided for parents to share their healthful food practices with the school and community.

E - Students will learn about the nutrition requirements for school meals and some students will be involved in helping plan menus.

Physical Activity Guidelines

General Guidelines & Physical Education Classes

E - During physical education classes, students will engage in moderate to vigorous physical activity at least 30 minutes per day and/or 150 minutes per week.

Recess

E - Elementary school students will have two 15-minute supervised recess periods daily.

E - Recess will provide a variety of moderate to vigorous physical activities led by trained staff.

Family & Community - PE

E - School resources (such as a back-pack containing physical activity equipment) will be loaned to families to support their efforts to be physically active.

B = Basic A = Advanced E = Exemplary

School Wellness Policy
D0507 Satanta, School Year 2010-2011
Elementary - Grouped by Content Area

The following information was reported by **USD 507** on the Kansas State Department of Education's Wellness Policy Reporting System. It reflects the current status of the Kansas Model Wellness Policy Guidelines as implemented by **USD 507**.

Nutrition Guidelines

General Atmosphere

Guidelines Achieved

Question 1:

B - The dining area is clean.

Question 2:

B - The dining area is orderly.

Question 3:

B - The dining area has a reasonable noise level.

Question 4:

B - The dining area has an inviting atmosphere.

Question 5:

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

Question 6:

B - The dining area has adequate adult supervision.

Question 7:

B - Students are allowed to converse with one another while they eat their meals.

Question 8:

B - Lunch hour is closed. Students must have permission to leave school campus.

Breakfast

Guidelines Achieved

Question 1:

B - All school breakfasts comply with USDA regulations and state policies.

Question 2:

B - Students have at least 10 minutes to eat breakfast not including time spent walking to/from class or waiting in line.

Question 3:

E - All pre-packaged cereals offered contain: 35% or less of weight from total sugar (or less than 9 g. per 100 calories), and 1 g. or more of fiber per serving.

Question 4:

E - Foods containing whole grains are offered daily.

Question 5:

E - Fresh, canned, dried or frozen fruits or vegetables are offered daily.

Question 6:

A - Low-fat (1% or ½%) and/or skim (nonfat) milk are offered daily.

Guidelines In Progress

Question 6:

E - Low-fat (1% or ½%) and/or skim (nonfat) milk are offered exclusively.

Lunch

Guidelines Achieved

B = Basic A = Advanced E = Exemplary

School Wellness Policy
D0507 Satanta, School Year 2010-2011
Elementary - Grouped by Content Area

Question 1:

B - All school lunches comply with USDA regulations and state policies.

Question 10:

B - Desserts with more than 5 g. of fat per serving are offered more often than 2 times per week.

Question 2:

A - Time allowed for students to eat lunch (NOT including time spent walking to/from class or waiting in line) is at least 20 minutes.

Question 3:

A - An entrée choice with total fat of 16 g. or less per serving is offered at least 3 days per week.

Question 4:

E - At least 4 fruit and/or vegetable choices are offered daily.

Question 5:

E - Fresh fruits or vegetables are offered daily.

Question 6:

B - Fewer than 5 different fruits and 5 different vegetables are offered weekly.

Question 7:

E - A food item containing whole grain is offered daily.

Question 8:

E - Low-fat (1% or ½%) and/or skim (nonfat) milk are offered exclusively.

Question 9:

E - All salad dressings contain 6 g. or less of fat per ounce.

Guidelines In Progress

Question 3:

E - An entrée choice with total fat of 16 g. or less per serving is offered daily.

Question 6:

E - At least 10 different fruits and 10 different vegetables are offered monthly.

Guidelines that are Not Applicable

Question 10:

A - Desserts with more than 5 g. of fat per serving are offered no more than 2 times per week.

B = Basic A = Advanced E = Exemplary

School Wellness Policy
D0507 Satanta, School Year 2010-2011
Elementary - Grouped by Content Area

During the School Day

Guidelines Achieved

Question 1:

B - All foods and beverages are offered in compliance with USDA regulations prohibiting the sale of "foods of minimal nutritional value" where school meals are served or eaten during the meal period.

Question 2:

A - Students are allowed to have individual water bottles in the classroom.

Question 3:

A - Foods and beverages for classroom rewards, parties and celebrations will meet the Advanced level guidelines for a la carte foods and beverages.

Question 4:

A - Foods and beverages for classroom rewards, parties and celebrations will not be provided until at least one hour after the end of the last lunch period.

Question 5:

E - At least 75 percent of fundraising activities will NOT involve the sale of food and/or beverages.

Question 6:

A - Fundraising activities involving the sale of food or beverages will not take place until after the end of the last lunch period.

Question 7:

E - Refreshments provided for students participating in school events adhere to the Exemplary guidelines for vended foods and beverages.

Question 8:

A - Parents, teachers and organizations are informed about the guidelines and are encouraged to follow them.

Guidelines In Progress

Question 2:

E - Students are encouraged to have individual water bottles in the classroom.

Guidelines that are Not Applicable

Question 3:

E - Foods and beverages for classroom rewards, parties and celebrations will meet the Exemplary level guidelines for a la carte foods and beverages.

B = Basic A = Advanced E = Exemplary

School Wellness Policy
D0507 Satanta, School Year 2010-2011
Elementary - Grouped by Content Area

Nutrition Education Guidelines

B = Basic A = Advanced E = Exemplary

School Wellness Policy
D0507 Satanta, School Year 2010-2011
Elementary - Grouped by Content Area

General Guidelines & Classroom

Guidelines Achieved

Question 1:

B - All students, including those with disabilities, special health care needs and in alternative education settings, will have the opportunity to participate in a variety of learning experiences that support development of healthful eating habits.

Question 10:

A - School administrators will inform teachers about opportunities to attend training on nutrition and the importance of role modeling healthful habits for students.

Question 11:

A - School administrators will encourage teachers to attend nutrition-related training at least once a year and will support their participation.

Question 12:

A - At least 10 hours of classroom nutrition education will be provided each year for all students.

Question 13:

B - At least 25 percent of nutrition education instruction will be comprised of hands-on activities that engage students in enjoyable, developmentally-appropriate, culturally relevant, participatory learning.

Question 14:

B - Classroom nutrition education covers agricultural origins of common foods.

Question 2:

B - The nutrition education curriculum will be sequential and consistent with the current Kansas State Board of Education approved health education teaching standards.

Question 3:

B - Nutrition education will be taught by a teacher licensed by the Kansas State Department of Education or under the direct supervision of such a teacher.

Question 4:

B - The licensed teacher will approve the instructional materials and method; and have ongoing, open communication with the individual providing instruction.

Question 5:

B - Schools will be encouraged to use qualified personnel to provide nutrition education from organizations such as the Kansas State Department of Education, K-State Research and Extension, health and agriculture organizations, universities and consulting registered dietitians.

Question 6:

B - Nutrition education will be based on the most recent Dietary Guidelines for Americans.

Question 7:

B - Active learning experiences will be provided for students; and whenever feasible, the active learning will involve the students in food preparation.

Question 9:

B - Teachers will be able to secure recommended nutrition education resources in adequate quantities for their students.

Guidelines In Progress

Question 14:

B - Classroom nutrition education covers basic food safety (e.g. storing, cleaning).

Question 8:

B - Annually, an updated list of nutrition resources will be provided to each school principal by KSDE and this list will be given to the teachers.

B = Basic A = Advanced E = Exemplary

School Wellness Policy
D0507 Satanta, School Year 2010-2011
Elementary - Grouped by Content Area

Guidelines that are Not Applicable

Question 12:

E - At least 15 hours of classroom nutrition education will be provided each year for all students.

Question 13:

A - At least 50 percent of nutrition education instruction will be comprised of hands-on activities that engage students in enjoyable, developmentally-appropriate, culturally relevant, participatory learning.

Events During the School Day

Guidelines Achieved

Question 1:

B - Each year, some individual classrooms will participate in one or more events that are either centered on nutrition or include nutrition as a main component.

Question 2:

A - Each year, at least one school-wide interactive event will be conducted that is either centered on nutrition or contains nutrition as a main component. After the event, related lessons will be used to reinforce learning of the information presented at the event.

Guidelines In Progress

Question 3:

E - A community or media partner will be involved in at least one school-wide event by helping with planning or actively participating in the event. Both before and after the event, related lessons will be used to reinforce learning of the information presented at the event.

Staff Wellness

Guidelines Achieved

Question 1:

B - The school will encourage each member of the staff (both certified and non-certified) to serve as a healthy role model for students.

Question 4:

E - At least one school-wide activity will be conducted each year that promotes staff wellness.

Guidelines In Progress

Question 2:

A - The school will have a staff wellness committee to plan and implement ongoing activities for school staff that promote health and wellness.

Guidelines that are Not Applicable

Question 3:

E - The school's staff wellness committee will develop, promote and oversee a multi-faceted plan to promote staff health and wellness including healthful eating, physical activity and other elements of a healthful lifestyle.

B = Basic A = Advanced E = Exemplary

School Wellness Policy
D0507 Satanta, School Year 2010-2011
Elementary - Grouped by Content Area

Cafeteria

Guidelines Achieved

Question 1:

B - Attractive, current nutrition education materials will be prominently displayed in dining areas and changed at least every 9 weeks.

Question 2:

A - Teachers will discuss with students the nutrition education materials displayed in the dining areas.

Question 4:

B - Students will be encouraged to start each day with a healthful breakfast and to choose nutritious foods throughout the day.

Question 5:

A - Students will participate in taste tests and/or surveys to obtain their input on foods offered in the cafeteria.

Guidelines that are Not Applicable

Question 3:

E - Teachers will collaborate with the school nutrition staff to use the cafeteria as a learning laboratory that allows students to apply critical thinking skills.

Question 6:

E - Students will learn about the nutrition requirements for school meals and some students will be involved in helping plan menus.

Family & Community -NE

Guidelines Achieved

Question 1:

B - Parents will be invited to join students for school meals.

Question 2:

A - Family members will be encouraged to become actively involved in programs that provide nutrition education.

Question 4:

B - Families will be provided with information that encourages them to teach their children about health and nutrition, and to provide nutritious meals for their families.

Guidelines In Progress

Question 3:

E - Community members will be encouraged to become actively involved in school programs that provide nutrition education.

Question 6:

E - Nutrition information will be provided to the broader community.

Guidelines that are Not Applicable

Question 5:

A - Opportunities will be provided for parents to share their healthful food practices with the school and community.

B = Basic A = Advanced E = Exemplary

School Wellness Policy
D0507 Satanta, School Year 2010-2011
Elementary - Grouped by Content Area

Physical Activity Guidelines

General Guidelines & Physical Education Classes

Guidelines Achieved

Question 1:

B - All students, including those with disabilities, special health care needs and in alternative education settings, will have the opportunity to participate in moderate to vigorous physical activity on a regularly scheduled basis each school week during the entire school year.

Question 2:

E - Students will receive more than 200 minutes of physical education per week.

Question 3:

A - During physical education classes, students will engage in moderate to vigorous physical activity at least 20 minutes per day and/or 100 minutes per week.

Question 4:

B - The school will provide a physical and social environment that encourages safe and enjoyable physical activity for all students, including those who are not athletically gifted. Students will have the opportunity to participate in lifetime physical activities (e.g. walking, Pilates, swimming, golf, tennis, etc.).

Question 5:

B - The physical education curriculum will be sequential and consistent with Kansas State Board of Education approved physical education teaching standards for Pre-Kindergarten through grade 12.

Question 6:

B - Physical education teachers are licensed by the Kansas State Department of Education.

Question 7:

B - Physical education classes will have a student/teacher ratio that is the same as other classes in the school.

Question 8:

B - Adequate age-appropriate equipment will be available for all students to participate in physical activity.

Question 9:

B - Physical activity facilities on school grounds are safe.

Guidelines that are Not Applicable

Question 3:

E - During physical education classes, students will engage in moderate to vigorous physical activity at least 30 minutes per day and/or 150 minutes per week.

B = Basic A = Advanced E = Exemplary

School Wellness Policy
D0507 Satanta, School Year 2010-2011
Elementary - Grouped by Content Area

Throughout the Day

Guidelines Achieved

Question 1:

B - Classroom health education will reinforce the knowledge and self-management skills needed to maintain a physically-active lifestyle and to reduce time spent on sedentary activities, such as watching television.

Question 2:

A - When circumstances make it necessary for students to remain indoors and inactive for two or more hours, the students will be given periodic breaks during which they will be encouraged to stand and be moderately active.

Question 3:

E - Opportunities for physical activity will be regularly incorporated into other subject areas (i.e. math, language arts, social studies, etc.).

Question 4:

E - Classroom teachers will provide short physical activity breaks between lessons or classes, as appropriate.

Punishment

Guidelines Achieved

Question 1:

B - Physical activity will not be used (e.g. running laps, pushups) or withheld (e.g. recess, physical education) as punishment. This guideline does not apply to extracurricular sports teams.

Recess

Guidelines Achieved

Question 1:

B - Elementary school students will have at least 20 minutes a day of supervised recess, preferably outdoors.

Question 3:

B - Moderate to vigorous physical activity will be encouraged verbally and through the provision of adequate space and age-appropriate equipment.

Question 6:

E - Recess will be offered before lunchtime.

Guidelines In Progress

Question 4:

A - Recess will provide at least one moderate to vigorous physical activity led by trained staff.

Guidelines that are Not Applicable

Question 2:

E - Elementary school students will have two 15-minute supervised recess periods daily.

Question 5:

E - Recess will provide a variety of moderate to vigorous physical activities led by trained staff.

B = Basic A = Advanced E = Exemplary

School Wellness Policy
D0507 Satanta, School Year 2010-2011
Elementary - Grouped by Content Area

Before & After School

Guidelines Achieved

Question 1:

B - Daily periods of moderate to vigorous physical activity for all students will be encouraged by providing adequate space, equipment and opportunities.

Question 2:

B - The school(s) will comply with Quality Performance Accreditation Regulation 91-31-34: Local Board of Education Requirement (g) Athletic Practice: 1. Any elementary or middle school that includes any of the grades six through nine may conduct athletic practice during the school day only at times when one or more elective academic courses or a study period is offered to students 2, A high school shall not conduct athletic practice during the school day, and athletic practice shall not be counted for credit or as a part of the school term. A school shall neither offer credit for athletic practice nor count athletic practice as a physical education course.

Question 3:

A - Extracurricular physical activity programs will be offered, such as physical activity clubs or intramural programs.

Question 4:

E - A range of physical activities will be offered that meet the needs, interests and abilities of all students, including boys, girls, students with disabilities and students with special health-care needs.

Question 5:

E - The school district will assess and, if necessary and to the extent possible, make needed improvements to make it safer and easier for students to walk and bike to school. When appropriate, the district will work with local public works, public safety and/or police departments in those efforts.

Question 6:

E - All students will be provided the opportunity to be moderately to vigorously physically active each day.

Family & Community - PE

Guidelines Achieved

Question 1:

B - Information will be provided to help families incorporate physical activity into the lives of all household members.

Question 2:

A - Families and community members will be encouraged to institute programs that support physical activity, such as a walk to school program.

Question 3:

E - Community members will be provided access to the school's physical activity facilities outside the normal school day. School policies concerning safety will apply at all times.

Guidelines that are Not Applicable

Question 4:

E - School resources (such as a back-pack containing physical activity equipment) will be loaned to families to support their efforts to be physically active.

B = Basic A = Advanced E = Exemplary

School Wellness Policy
D0507 Satanta, School Year 2010-2011
Middle School - Grouped by Guideline Status

The following information was reported by **USD 507** on the Kansas State Department of Education's Wellness Policy Reporting System. It reflects the current status of the Kansas Model Wellness Policy Guidelines as implemented by **USD 507**.

Guidelines Achieved

Nutrition Guidelines

General Atmosphere

- B - The dining area is clean.
- B - The dining area is orderly.
- B - The dining area has a reasonable noise level.
- B - The dining area has adequate seating to accommodate all students during each serving period.
- B - The dining area has adequate adult supervision.
- B - Students are allowed to converse with one another while they eat their meals.
- B - Lunch hour is closed. Students must have permission to leave school campus.

Breakfast

- B - All school breakfasts comply with USDA regulations and state policies.
- B - Students have at least 10 minutes to eat breakfast not including time spent walking to/from class or waiting in line.
- E - All pre-packaged cereals offered contain: 35% or less of weight from total sugar (or less than 9 g. per 100 calories), and 1 g. or more of fiber per serving.
- E - Foods containing whole grains are offered daily.
- E - Fresh, canned, dried or frozen fruits or vegetables are offered daily.
- A - Low-fat (1% or ½%) and/or skim (nonfat) milk are offered daily.

Lunch

- B - All school lunches comply with USDA regulations and state policies.
- B - Desserts with more than 5 g. of fat per serving are offered more often than 2 times per week.
- A - Time allowed for students to eat lunch (NOT including time spent walking to/from class or waiting in line) is at least 20 minutes.
- A - An entrée choice with total fat of 16 g. or less per serving is offered at least 3 days per week.
- E - At least 4 fruit and/or vegetable choices are offered daily.
- E - Fresh fruits or vegetables are offered daily.
- A - At least 5 different fruits and 5 different vegetables are offered weekly.
- A - A food item containing whole grain is offered at least 3 days per week.
- E - Low-fat (1% or ½%) and/or skim (nonfat) milk are offered exclusively.
- E - All salad dressings contain 6 g. or less of fat per ounce.

Vending

- B - The sale of "foods of minimal nutritional value" is not allowed where school meals are served or eaten during the meal period.
- B - The sale of foods of minimal nutritional value is not allowed in areas accessible to students until one hour after the end of the last lunch period.
- A - At least 50% of food items sold in vending machines or school stores meet all of the guidelines below: Fat Except for nuts, seeds and nut butters, 35% or less of total calories from fat (or less than 4 g. per 100 calories) Sugar Except for fruit without added sugar, 35% or less of weight from total sugar (or less than 9 g. per 100 calories) Calories 200 calories or less per selling unit.

B = Basic A = Advanced E = Exemplary

School Wellness Policy
D0507 Satanta, School Year 2010-2011
Middle School - Grouped by Guideline Status

E - Water (non-caloric) is sold in vending machines or school stores.

A - All school employees adhere to the Advanced vending guidelines adopted for students.

During the School Day

B - All foods and beverages are offered in compliance with USDA regulations prohibiting the sale of "foods of minimal nutritional value" where school meals are served or eaten during the meal period.

A - Students are allowed to have individual water bottles in the classroom.

B - Foods and beverages for classroom rewards, parties and celebrations will meet the Basic level guidelines for a la carte foods and beverages.

A - Foods and beverages for classroom rewards, parties and celebrations will not be provided until at least one hour after the end of the last lunch period.

E - At least 75 percent of fundraising activities will NOT involve the sale of food and/or beverages.

A - Refreshments provided for students participating in school events adhere to the Advanced guidelines for vended foods and beverages.

A - Parents, teachers and organizations are informed about the guidelines and are encouraged to follow them.

B = Basic A = Advanced E = Exemplary

School Wellness Policy
D0507 Satanta, School Year 2010-2011
Middle School - Grouped by Guideline Status

Nutrition Education Guidelines

General Guidelines & Classroom

- B - All students, including those with disabilities, special health care needs and in alternative education settings, will have the opportunity to participate in a variety of learning experiences that support development of healthful eating habits.
 - A - School administrators will inform teachers about opportunities to attend training on nutrition and the importance of role modeling healthful habits for students.
 - B - At least 5 hours of classroom nutrition education will be provided each year for all students.
 - B - At least 25 percent of nutrition education instruction will be comprised of hands-on activities that engage students in enjoyable, developmentally-appropriate, culturally relevant, participatory learning.
 - B - Classroom nutrition education covers eating disorders.
 - B - The nutrition education curriculum will be sequential and consistent with the current Kansas State Board of Education approved health education teaching standards.
 - B - Nutrition education will be taught by a teacher licensed by the Kansas State Department of Education or under the direct supervision of such a teacher.
 - B - The licensed teacher will approve the instructional materials and method; and have ongoing, open communication with the individual providing instruction.
 - B - Schools will be encouraged to use qualified personnel to provide nutrition education from organizations such as the Kansas State Department of Education, K-State Research and Extension, health and agriculture organizations, universities and consulting registered dietitians.
 - B - Nutrition education will be based on the most recent Dietary Guidelines for Americans.
 - B - Active learning experiences will be provided for students; and whenever feasible, the active learning will involve the students in food preparation.
 - B - Teachers will be able to secure recommended nutrition education resources in adequate quantities for their students.
-

Events During the School Day

- B - Each year, some individual classrooms will participate in one or more events that are either centered on nutrition or include nutrition as a main component.
-

Staff Wellness

- B - The school will encourage each member of the staff (both certified and non-certified) to serve as a healthy role model for students.
 - E - At least one school-wide activity will be conducted each year that promotes staff wellness.
-

Others

- B - Parents will be invited to join students for school meals.
 - A - Teachers will discuss with students the nutrition education materials displayed in the dining areas.
 - B - Families will be provided with information that encourages them to teach their children about health and nutrition, and to provide nutritious meals for their families.
 - A - Students will participate in taste tests and/or surveys to obtain their input on foods offered in the cafeteria.
-

B = Basic A = Advanced E = Exemplary

School Wellness Policy
D0507 Satanta, School Year 2010-2011
Middle School - Grouped by Guideline Status

Physical Activity Guidelines

General Guidelines & Physical Education Classes

B - All students, including those with disabilities, special health care needs and in alternative education settings, will have the opportunity to participate in moderate to vigorous physical activity on a regularly scheduled basis each school week during the entire school year.

E - Students will receive more than 200 minutes of physical education per week.

A - During physical education classes, students will engage in moderate to vigorous physical activity at least 20 minutes per day and/or 100 minutes per week.

B - The school(s) will provide a physical and social environment that encourages safe and enjoyable physical activity for all students, including those who are not athletically gifted. Students will have the opportunity to participate in lifetime physical activities (e.g. walking, Pilates, swimming, golf, tennis, etc.).

B - The physical education curriculum will be sequential and consistent with Kansas State Board of Education approved physical education teaching standards for Pre-Kindergarten through grade 12.

B - Physical education teachers are licensed by the Kansas State Department of Education.

B - Physical education classes will have a student/teacher ratio that is the same as other classes in the school.

B - Adequate age-appropriate equipment will be available for all students to participate in physical activity.

B - Physical activity facilities on school grounds are safe.

Throughout the Day

B - Classroom health education will reinforce the knowledge and self-management skills needed to maintain a physically-active lifestyle and to reduce time spent on sedentary activities, such as watching television.

A - When circumstances make it necessary for students to remain indoors and inactive for two or more hours, the students will be given periodic breaks during which they will be encouraged to stand and be moderately active.

E - Classroom teachers will provide short physical activity breaks between lessons or classes, as appropriate.

Punishment

B - Physical activity will not be used (e.g. running laps, pushups) or withheld (e.g. recess, physical education) as punishment. This guideline does not apply to extracurricular sports teams.

B = Basic A = Advanced E = Exemplary

School Wellness Policy
D0507 Satanta, School Year 2010-2011
Middle School - Grouped by Guideline Status

Before & After School

B - Daily periods of moderate to vigorous physical activity for all students will be encouraged by providing adequate space, equipment and opportunities.

B - The school(s) will comply with Quality Performance Accreditation Regulation 91-31-34: Local Board of Education Requirement (g) Athletic Practice: 1. Any elementary or middle school that includes any of the grades six through nine may conduct athletic practice during the school day only at times when one or more elective academic courses or a study period is offered to students 2. A high school shall not conduct athletic practice during the school day, and athletic practice shall not be counted for credit or as a part of the school term. A school shall neither offer credit for athletic practice nor count athletic practice as a physical education course.

E - The school district will assess and, if necessary and to the extent possible, make needed improvements to make it safer and easier for students to walk and bike to school. When appropriate, the district will work with local public works, public safety and/or police departments in those efforts.

E - All students will be provided the opportunity to be moderately to vigorously physically active each day.

Family & Community - PE

B - Information will be provided to help families incorporate physical activity into the lives of all household members.

E - Community members will be provided access to the school's physical activity facilities outside the normal school day. School policies concerning safety will apply at all times.

B = Basic A = Advanced E = Exemplary

School Wellness Policy
D0507 Satanta, School Year 2010-2011
Middle School - Grouped by Guideline Status

Guidelines In Progress

Nutrition Guidelines

General Atmosphere

B - The dining area has an inviting atmosphere.

Breakfast

E - Low-fat (1% or ½%) and/or skim (nonfat) milk are offered exclusively.

Lunch

E - An entrée choice with total fat of 16 g. or less per serving is offered daily.

E - At least 10 different fruits and 10 different vegetables are offered monthly.

E - A food item containing whole grain is offered daily.

Vending

E - All school employees adhere to the Exemplary vending guidelines adopted for students.

During the School Day

E - Students are encouraged to have individual water bottles in the classroom.

A - Foods and beverages for classroom rewards, parties and celebrations will meet the Advanced level guidelines for a la carte foods and beverages.

A - Fundraising activities involving the sale of food or beverages will not take place until after the end of the last lunch period.

Nutrition Education Guidelines

General Guidelines & Classroom

A - School administrators will encourage teachers to attend nutrition-related training at least once a year and will support their participation.

A - At least 10 hours of classroom nutrition education will be provided each year for all students.

B - Classroom nutrition education covers evaluating health claims on food labels.

B - Annually, an updated list of nutrition resources will be provided to each school principal by KSDE and this list will be given to the teachers.

Staff Wellness

A - The school will have a staff wellness committee to plan and implement ongoing activities for school staff that promote health and wellness.

Others

E - Community members will be encouraged to become actively involved in school programs that provide nutrition education.

E - Nutrition information will be provided to the broader community.

B = Basic A = Advanced E = Exemplary

School Wellness Policy
D0507 Satanta, School Year 2010-2011
Middle School - Grouped by Guideline Status

New Goals

Nutrition Education Guidelines

Events During the School Day

A - Each year, at least one school-wide interactive event will be conducted that is either centered on nutrition or contains nutrition as a main component. After the event, related lessons will be used to reinforce learning of the information presented at the event.

B = Basic A = Advanced E = Exemplary

School Wellness Policy
D0507 Satanta, School Year 2010-2011
Middle School - Grouped by Guideline Status

Guidelines that are Not Applicable

The guidelines listed below are the highest level for each group of related items.

Nutrition Guidelines

Lunch

A - Desserts with more than 5 g. of fat per serving are offered no more than 2 times per week.

Vending

E - The sale of foods of minimal nutritional value is not allowed in areas accessible to students.

E - All other food items sold in vending machines or school stores meet all of the guidelines below: Fat Except for nuts, seeds and nut butters, 35% or less of total calories from fat (or less than 4 g. per 100 calories) Sugar Except for fruit without added sugar, 35% or less of weight from total sugar (or less than 9 g. per 100 calories) Calories 200 calories or less per selling unit.

E - Only low-fat (1% or ½%) and/or skim (nonfat) milk with 35% or less of weight from total sugar (or less than 9 g. per 100 calories) is sold in vending machines or school stores.

A - Soy or rice beverages with 35% or less of weight from total sugar (or less than 9 g. per 100 calories) are sold in vending machines or school stores.

E - All juice products sold in vending machines or school stores contain 100% juice.

During the School Day

E - Foods and beverages for classroom rewards, parties and celebrations will meet the Exemplary level guidelines for a la carte foods and beverages.

E - Refreshments provided for students participating in school events adhere to the Exemplary guidelines for vended foods and beverages.

B = Basic A = Advanced E = Exemplary

School Wellness Policy
D0507 Satanta, School Year 2010-2011
Middle School - Grouped by Guideline Status

Nutrition Education Guidelines

General Guidelines & Classroom

E - At least 15 hours of classroom nutrition education will be provided each year for all students.

A - At least 50 percent of nutrition education instruction will be comprised of hands-on activities that engage students in enjoyable, developmentally-appropriate, culturally relevant, participatory learning.

Events During the School Day

E - A community or media partner will be involved in at least one school-wide event by helping with planning or actively participating in the event. Both before and after the event, related lessons will be used to reinforce learning of the information presented at the event.

Staff Wellness

E - The school's staff wellness committee will develop, promote and oversee a multi-faceted plan to promote staff health and wellness including healthful eating, physical activity and other elements of a healthful lifestyle.

Others

A - Family members will be encouraged to become actively involved in programs that provide nutrition education.

E - Teachers will collaborate with the school nutrition staff to use the cafeteria as a learning laboratory that allows students to apply critical thinking skills.

A - Opportunities will be provided for parents to share their healthful food practices with the school and community.

Physical Activity Guidelines

General Guidelines & Physical Education Classes

E - During physical education classes, students will engage in moderate to vigorous physical activity at least 30 minutes per day and/or 150 minutes per week.

Throughout the Day

E - Opportunities for physical activity will be regularly incorporated into other subject areas (i.e. math, language arts, social studies, etc.).

Before & After School

A - Extracurricular physical activity programs will be offered, such as physical activity clubs or intramural programs.

E - A range of physical activities will be offered that meet the needs, interests and abilities of all students, including boys, girls, students with disabilities and students with special health-care needs.

Family & Community - PE

A - Families and community members will be encouraged to institute programs that support physical activity, such as a walk to school program.

E - School resources (such as a back-pack containing physical activity equipment) will be loaned to families to support their efforts to be physically active.

B = Basic A = Advanced E = Exemplary

School Wellness Policy
D0507 Satanta, School Year 2010-2011
Middle School - Grouped by Content Area

The following information was reported by **USD 507** on the Kansas State Department of Education's Wellness Policy Reporting System. It reflects the current status of the Kansas Model Wellness Policy Guidelines as implemented by **USD 507**.

Nutrition Guidelines

General Atmosphere

Guidelines Achieved

- B - The dining area is clean.
- B - The dining area is orderly.
- B - The dining area has a reasonable noise level.
- B - The dining area has adequate seating to accomodate all students during each serving period.
- B - The dining area has adequate adult supervision.
- B - Students are allowed to converse with one another while they eat their meals.
- B - Lunch hour is closed. Students must have permission to leave school campus.

Guidelines In Progress

- B - The dining area has an inviting atmosphere.

Breakfast

Guidelines Achieved

- B - All school breakfasts comply with USDA regulations and state policies.
- B - Students have at least 10 minutes to eat breakfast not including time spent walking to/from class or waiting in line.
- E - All pre-packaged cereals offered contain: 35% or less of weight from total sugar (or less than 9 g. per 100 calories), and 1 g. or more of fiber per serving.
- E - Foods containing whole grains are offered daily.
- A - Low-fat (1% or ½%) and/or skim (nonfat) milk are offered daily.

Guidelines In Progress

- E - Low-fat (1% or ½%) and/or skim (nonfat) milk are offered exclusively.

Lunch

Guidelines Achieved

- B - All school lunches comply with USDA regulations and state policies.
- B - Desserts with more than 5 g. of fat per serving are offered more often than 2 times per week.
- A - An entrée choice with total fat of 16 g. or less per serving is offered at least 3 days per week.
- E - At least 4 fruit and/or vegetable choices are offered daily.
- A - At least 5 different fruits and 5 different vegetables are offered weekly.

Guidelines In Progress

- E - An entrée choice with total fat of 16 g. or less per serving is offered daily.
- E - At least 10 different fruits and 10 different vegetables are offered monthly.
- E - A food item containing whole grain is offered daily.

Guidelines that are Not Applicable

- A - Desserts with more than 5 g. of fat per serving are offered no more than 2 times per week.

Vending

B = Basic A = Advanced E = Exemplary

School Wellness Policy
D0507 Satanta, School Year 2010-2011
Middle School - Grouped by Content Area

Guidelines Achieved

B - The sale of "foods of minimal nutritional value" is not allowed where school meals are served or eaten during the meal period.

B - The sale of foods of minimal nutritional value is not allowed in areas accessible to students until one hour after the end of the last lunch period.

A - At least 50% of food items sold in vending machines or school stores meet all of the guidelines below: Fat Except for nuts, seeds and nut butters, 35% or less of total calories from fat (or less than 4 g. per 100 calories) Sugar Except for fruit without added sugar, 35% or less of weight from total sugar (or less than 9 g. per 100 calories) Calories 200 calories or less per selling unit.

E - Water (non-caloric) is sold in vending machines or school stores.

A - All school employees adhere to the Advanced vending guidelines adopted for students.

Guidelines In Progress

E - All school employees adhere to the Exemplary vending guidelines adopted for students.

Guidelines that are Not Applicable

E - The sale of foods of minimal nutritional value is not allowed in areas accessible to students.

E - All other food items sold in vending machines or school stores meet all of the guidelines below: Fat Except for nuts, seeds and nut butters, 35% or less of total calories from fat (or less than 4 g. per 100 calories) Sugar Except for fruit without added sugar, 35% or less of weight from total sugar (or less than 9 g. per 100 calories) Calories 200 calories or less per selling unit.

E - Only low-fat (1% or ½%) and/or skim (nonfat) milk with 35% or less of weight from total sugar (or less than 9 g. per 100 calories) is sold in vending machines or school stores.

A - Soy or rice beverages with 35% or less of weight from total sugar (or less than 9 g. per 100 calories) are sold in vending machines or school stores.

E - All juice products sold in vending machines or school stores contain 100% juice.

B = Basic A = Advanced E = Exemplary

School Wellness Policy
D0507 Satanta, School Year 2010-2011
Middle School - Grouped by Content Area

During the School Day

Guidelines Achieved

B - All foods and beverages are offered in compliance with USDA regulations prohibiting the sale of "foods of minimal nutritional value" where school meals are served or eaten during the meal period.

A - Students are allowed to have individual water bottles in the classroom.

B - Foods and beverages for classroom rewards, parties and celebrations will meet the Basic level guidelines for a la carte foods and beverages.

A - Foods and beverages for classroom rewards, parties and celebrations will not be provided until at least one hour after the end of the last lunch period.

A - Refreshments provided for students participating in school events adhere to the Advanced guidelines for vended foods and beverages.

A - Parents, teachers and organizations are informed about the guidelines and are encouraged to follow them.

Guidelines In Progress

E - Students are encouraged to have individual water bottles in the classroom.

A - Foods and beverages for classroom rewards, parties and celebrations will meet the Advanced level guidelines for a la carte foods and beverages.

A - Fundraising activities involving the sale of food or beverages will not take place until after the end of the last lunch period.

Guidelines that are Not Applicable

E - Foods and beverages for classroom rewards, parties and celebrations will meet the Exemplary level guidelines for a la carte foods and beverages.

E - Refreshments provided for students participating in school events adhere to the Exemplary guidelines for vended foods and beverages.

B = Basic A = Advanced E = Exemplary

School Wellness Policy
D0507 Satanta, School Year 2010-2011
Middle School - Grouped by Content Area

Nutrition Education Guidelines

General Guidelines & Classroom

Guidelines Achieved

B - All students, including those with disabilities, special health care needs and in alternative education settings, will have the opportunity to participate in a variety of learning experiences that support development of healthful eating habits.

A - School administrators will inform teachers about opportunities to attend training on nutrition and the importance of role modeling healthful habits for students.

B - At least 5 hours of classroom nutrition education will be provided each year for all students.

B - At least 25 percent of nutrition education instruction will be comprised of hands-on activities that engage students in enjoyable, developmentally-appropriate, culturally relevant, participatory learning.

B - The nutrition education curriculum will be sequential and consistent with the current Kansas State Board of Education approved health education teaching standards.

B - Nutrition education will be taught by a teacher licensed by the Kansas State Department of Education or under the direct supervision of such a teacher.

B - The licensed teacher will approve the instructional materials and method; and have ongoing, open communication with the individual providing instruction.

B - Schools will be encouraged to use qualified personnel to provide nutrition education from organizations such as the Kansas State Department of Education, K-State Research and Extension, health and agriculture organizations, universities and consulting registered dietitians.

B - Nutrition education will be based on the most recent Dietary Guidelines for Americans.

B - Active learning experiences will be provided for students; and whenever feasible, the active learning will involve the students in food preparation.

B - Teachers will be able to secure recommended nutrition education resources in adequate quantities for their students.

Guidelines In Progress

A - School administrators will encourage teachers to attend nutrition-related training at least once a year and will support their participation.

A - At least 10 hours of classroom nutrition education will be provided each year for all students.

B - Annually, an updated list of nutrition resources will be provided to each school principal by KSDE and this list will be given to the teachers.

Guidelines that are Not Applicable

E - At least 15 hours of classroom nutrition education will be provided each year for all students.

A - At least 50 percent of nutrition education instruction will be comprised of hands-on activities that engage students in enjoyable, developmentally-appropriate, culturally relevant, participatory learning.

B = Basic A = Advanced E = Exemplary

School Wellness Policy
D0507 Satanta, School Year 2010-2011
Middle School - Grouped by Content Area

Events During the School Day

Guidelines Achieved

B - Each year, some individual classrooms will participate in one or more events that are either centered on nutrition or include nutrition as a main component.

New Goals

A - Each year, at least one school-wide interactive event will be conducted that is either centered on nutrition or contains nutrition as a main component. After the event, related lessons will be used to reinforce learning of the information presented at the event.

Guidelines that are Not Applicable

E - A community or media partner will be involved in at least one school-wide event by helping with planning or actively participating in the event. Both before and after the event, related lessons will be used to reinforce learning of the information presented at the event.

Staff Wellness

Guidelines Achieved

B - The school will encourage each member of the staff (both certified and non-certified) to serve as a healthy role model for students.

E - At least one school-wide activity will be conducted each year that promotes staff wellness.

Guidelines In Progress

A - The school will have a staff wellness committee to plan and implement ongoing activities for school staff that promote health and wellness.

Guidelines that are Not Applicable

E - The school's staff wellness committee will develop, promote and oversee a multi-faceted plan to promote staff health and wellness including healthful eating, physical activity and other elements of a healthful lifestyle.

Others

Guidelines Achieved

A - Teachers will discuss with students the nutrition education materials displayed in the dining areas.

B - Families will be provided with information that encourages them to teach their children about health and nutrition, and to provide nutritious meals for their families.

A - Students will participate in taste tests and/or surveys to obtain their input on foods offered in the cafeteria.

Guidelines In Progress

E - Community members will be encouraged to become actively involved in school programs that provide nutrition education.

E - Nutrition information will be provided to the broader community.

Guidelines that are Not Applicable

A - Family members will be encouraged to become actively involved in programs that provide nutrition education.

E - Teachers will collaborate with the school nutrition staff to use the cafeteria as a learning laboratory that allows students to apply critical thinking skills.

A - Opportunities will be provided for parents to share their healthful food practices with the school and community.

B = Basic A = Advanced E = Exemplary

School Wellness Policy
D0507 Satanta, School Year 2010-2011
Middle School - Grouped by Content Area

Physical Activity Guidelines

General Guidelines & Physical Education Classes

Guidelines Achieved

B - All students, including those with disabilities, special health care needs and in alternative education settings, will have the opportunity to participate in moderate to vigorous physical activity on a regularly scheduled basis each school week during the entire school year.

E - Students will receive more than 200 minutes of physical education per week.

B - The school(s) will provide a physical and social environment that encourages safe and enjoyable physical activity for all students, including those who are not athletically gifted. Students will have the opportunity to participate in lifetime physical activities (e.g. walking, Pilates, swimming, golf, tennis, etc.).

B - The physical education curriculum will be sequential and consistent with Kansas State Board of Education approved physical education teaching standards for Pre-Kindergarten through grade 12.

B - Physical education teachers are licensed by the Kansas State Department of Education.

B - Physical education classes will have a student/teacher ratio that is the same as other classes in the school.

B - Adequate age-appropriate equipment will be available for all students to participate in physical activity.

B - Physical activity facilities on school grounds are safe.

Guidelines that are Not Applicable

E - During physical education classes, students will engage in moderate to vigorous physical activity at least 30 minutes per day and/or 150 minutes per week.

Throughout the Day

Guidelines Achieved

B - Classroom health education will reinforce the knowledge and self-management skills needed to maintain a physically-active lifestyle and to reduce time spent on sedentary activities, such as watching television.

A - When circumstances make it necessary for students to remain indoors and inactive for two or more hours, the students will be given periodic breaks during which they will be encouraged to stand and be moderately active.

E - Classroom teachers will provide short physical activity breaks between lessons or classes, as appropriate.

Guidelines that are Not Applicable

E - Opportunities for physical activity will be regularly incorporated into other subject areas (i.e. math, language arts, social studies, etc.).

Punishment

Guidelines Achieved

B - Physical activity will not be used (e.g. running laps, pushups) or withheld (e.g. recess, physical education) as punishment. This guideline does not apply to extracurricular sports teams.

B = Basic A = Advanced E = Exemplary

School Wellness Policy
D0507 Satanta, School Year 2010-2011
Middle School - Grouped by Content Area

Before & After School

Guidelines Achieved

B - Daily periods of moderate to vigorous physical activity for all students will be encouraged by providing adequate space, equipment and opportunities.

B - The school(s) will comply with Quality Performance Accreditation Regulation 91-31-34: Local Board of Education Requirement (g) Athletic Practice: 1. Any elementary or middle school that includes any of the grades six through nine may conduct athletic practice during the school day only at times when one or more elective academic courses or a study period is offered to students 2. A high school shall not conduct athletic practice during the school day, and athletic practice shall not be counted for credit or as a part of the school term. A school shall neither offer credit for athletic practice nor count athletic practice as a physical education course.

E - The school district will assess and, if necessary and to the extent possible, make needed improvements to make it safer and easier for students to walk and bike to school. When appropriate, the district will work with local public works, public safety and/or police departments in those efforts.

E - All students will be provided the opportunity to be moderately to vigorously physically active each day.

Guidelines that are Not Applicable

A - Extracurricular physical activity programs will be offered, such as physical activity clubs or intramural programs.

E - A range of physical activities will be offered that meet the needs, interests and abilities of all students, including boys, girls, students with disabilities and students with special health-care needs.

Family & Community - PE

Guidelines Achieved

B - Information will be provided to help families incorporate physical activity into the lives of all household members.

E - Community members will be provided access to the school's physical activity facilities outside the normal school day. School policies concerning safety will apply at all times.

Guidelines that are Not Applicable

A - Families and community members will be encouraged to institute programs that support physical activity, such as a walk to school program.

E - School resources (such as a back-pack containing physical activity equipment) will be loaned to families to support their efforts to be physically active.

B = Basic A = Advanced E = Exemplary

School Wellness Policy
D0507 Satanta, School Year 2010-2011
High School - Grouped by Guideline Status

The following information was reported by **USD 507** on the Kansas State Department of Education's Wellness Policy Reporting System. It reflects the current status of the Kansas Model Wellness Policy Guidelines as implemented by **USD 507**.

Guidelines Achieved

Nutrition Guidelines

General Atmosphere

- B - The dining area is clean.
- B - The dining area is orderly.
- B - The dining area has a reasonable noise level.
- B - The dining area has adequate seating to accommodate all students during each serving period.
- B - The dining area has adequate adult supervision.
- B - Students are allowed to converse with one another while they eat their meals.
- A - Lunch hour is closed. Students must have permission to leave school campus.

Breakfast

- B - All school breakfasts comply with USDA regulations and state policies.
- B - Students have at least 10 minutes to eat breakfast not including time spent walking to/from class or waiting in line.
- E - All pre-packaged cereals offered contain: 35% or less of weight from total sugar (or less than 9 g. per 100 calories), and 1 g. or more of fiber per serving.
- E - Foods containing whole grains are offered daily.
- E - Fresh, canned, dried or frozen fruits or vegetables are offered daily.
- A - Low-fat (1% or ½%) and/or skim (nonfat) milk are offered daily.

Lunch

- B - All school lunches comply with USDA regulations and state policies.
- B - Desserts with more than 5 g. of fat per serving are offered more often than 2 times per week.
- A - Time allowed for students to eat lunch (NOT including time spent walking to/from class or waiting in line) is at least 20 minutes.
- A - An entrée choice with total fat of 16 g. or less per serving is offered at least 3 days per week.
- E - At least 4 fruit and/or vegetable choices are offered daily.
- E - Fresh fruits or vegetables are offered daily.
- A - At least 5 different fruits and 5 different vegetables are offered weekly.
- A - A food item containing whole grain is offered at least 3 days per week.
- A - Low-fat (1% or ½%) and/or skim (nonfat) milk are offered daily.
- E - All salad dressings contain 6 g. or less of fat per ounce.

Vending

- B - The sale of "foods of minimal nutritional value" is not allowed where school meals are served or eaten during the meal period.
- A - The sale of foods of minimal nutritional value is not allowed in areas accessible to students until one hour after the end of the last lunch period.
- A - At least 50% of food items sold in vending machines or school stores meet all of the guidelines below: Fat Except for nuts, seeds and nut butters, 35% or less of total calories from fat (or less than 4 g. per 100 calories) Sugar Except for fruit without added sugar, 35% or less of weight from total sugar (or less than 9 g. per 100 calories) Calories 200 calories or less per selling unit.

B = Basic A = Advanced E = Exemplary

School Wellness Policy
D0507 Satanta, School Year 2010-2011
High School - Grouped by Guideline Status

E - Water (non-caloric) is sold in vending machines or school stores.

A - Electrolyte replacement beverages that contain 48 g. or less of sweetener per 20-ounce selling unit will be offered only in drink machines located near high school athletic training centers.

A - All school employees adhere to the Advanced vending guidelines adopted for students.

During the School Day

B - All foods and beverages are offered in compliance with USDA regulations prohibiting the sale of "foods of minimal nutritional value" where school meals are served or eaten during the meal period.

A - Students are allowed to have individual water bottles in the classroom.

B - Foods and beverages for classroom rewards, parties and celebrations will meet the Basic level guidelines for a la carte foods and beverages.

A - Foods and beverages for classroom rewards, parties and celebrations will not be provided until at least one hour after the end of the last lunch period.

E - At least 75 percent of fundraising activities will NOT involve the sale of food and/or beverages.

A - Refreshments provided for students participating in school events adhere to the Advanced guidelines for vended foods and beverages.

A - Parents, teachers and organizations are informed about the guidelines and are encouraged to follow them.

B = Basic A = Advanced E = Exemplary

School Wellness Policy
D0507 Satanta, School Year 2010-2011
High School - Grouped by Guideline Status

Nutrition Education Guidelines

General Guidelines & Classroom

B - All students, including those with disabilities, special health care needs and in alternative education settings, will have the opportunity to participate in a variety of learning experiences that support development of healthful eating habits.

A - School administrators will inform teachers about opportunities to attend training on nutrition and the importance of role modeling healthful habits for students.

A - At least 10 hours of classroom nutrition education will be provided each year for all students.

B - At least 25 percent of nutrition education instruction will be comprised of hands-on activities that engage students in enjoyable, developmentally-appropriate, culturally relevant, participatory learning.

B - Classroom nutrition education covers eating disorders.

B - The nutrition education curriculum will be sequential and consistent with the current Kansas State Board of Education approved health education teaching standards.

B - Nutrition education will be taught by a teacher licensed by the Kansas State Department of Education or under the direct supervision of such a teacher.

B - The licensed teacher will approve the instructional materials and method; and have ongoing, open communication with the individual providing instruction.

B - Schools will be encouraged to use qualified personnel to provide nutrition education from organizations such as the Kansas State Department of Education, K-State Research and Extension, health and agriculture organizations, universities and consulting registered dietitians.

B - Nutrition education will be based on the most recent Dietary Guidelines for Americans.

B - Active learning experiences will be provided for students; and whenever feasible, the active learning will involve the students in food preparation.

B - Teachers will be able to secure recommended nutrition education resources in adequate quantities for their students.

Events During the School Day

B - Each year, some individual classrooms will participate in one or more events that are either centered on nutrition or include nutrition as a main component.

Staff Wellness

B - The school will encourage each member of the staff (both certified and non-certified) to serve as a healthy role model for students.

E - At least one school-wide activity will be conducted each year that promotes staff wellness.

Others

B - Parents will be invited to join students for school meals.

A - Teachers will discuss with students the nutrition education materials displayed in the dining areas.

B - Families will be provided with information that encourages them to teach their children about health and nutrition, and to provide nutritious meals for their families.

A - Students will participate in taste tests and/or surveys to obtain their input on foods offered in the cafeteria.

B = Basic A = Advanced E = Exemplary

School Wellness Policy
D0507 Satanta, School Year 2010-2011
High School - Grouped by Guideline Status

Physical Activity Guidelines

General Guidelines & Physical Education Classes

B - All students, including those with disabilities, special health care needs and in alternative education settings, will have the opportunity to participate in moderate to vigorous physical activity on a regularly scheduled basis each school week during the entire school year.

A - During physical education classes, students will engage in moderate to vigorous physical activity at least 20 minutes per day and/or 100 minutes per week.

B - The school(s) will provide a physical and social environment that encourages safe and enjoyable physical activity for all students, including those who are not athletically gifted. Students will have the opportunity to participate in lifetime physical activities (e.g. walking, Pilates, swimming, golf, tennis, etc.).

B - The physical education curriculum will be sequential and consistent with Kansas State Board of Education approved physical education teaching standards for Pre-Kindergarten through grade 12.

B - Physical education teachers are licensed by the Kansas State Department of Education.

B - Physical education classes will have a student/teacher ratio that is the same as other classes in the school.

B - Adequate age-appropriate equipment will be available for all students to participate in physical activity.

B - Physical activity facilities on school grounds are safe.

Throughout the Day

B - Classroom health education will reinforce the knowledge and self-management skills needed to maintain a physically-active lifestyle and to reduce time spent on sedentary activities, such as watching television.

A - When circumstances make it necessary for students to remain indoors and inactive for two or more hours, the students will be given periodic breaks during which they will be encouraged to stand and be moderately active.

E - Classroom teachers will provide short physical activity breaks between lessons or classes, as appropriate.

Punishment

B - Physical activity will not be used (e.g. running laps, pushups) or withheld (e.g. recess, physical education) as punishment. This guideline does not apply to extracurricular sports teams.

B = Basic A = Advanced E = Exemplary

School Wellness Policy
D0507 Satanta, School Year 2010-2011
High School - Grouped by Guideline Status

Before & After School

B - Daily periods of moderate to vigorous physical activity for all students will be encouraged by providing adequate space, equipment and opportunities.

B - The school(s) will comply with Quality Performance Accreditation Regulation 91-31-34: Local Board of Education Requirement (g) Athletic Practice: 1. Any elementary or middle school that includes any of the grades six through nine may conduct athletic practice during the school day only at times when one or more elective academic courses or a study period is offered to students 2. A high school shall not conduct athletic practice during the school day, and athletic practice shall not be counted for credit or as a part of the school term. A school shall neither offer credit for athletic practice nor count athletic practice as a physical education course.

E - The school district will assess and, if necessary and to the extent possible, make needed improvements to make it safer and easier for students to walk and bike to school. When appropriate, the district will work with local public works, public safety and/or police departments in those efforts.

E - All students will be provided the opportunity to be moderately to vigorously physically active each day.

Family & Community - PE

B - Information will be provided to help families incorporate physical activity into the lives of all household members.

E - Community members will be provided access to the school's physical activity facilities outside the normal school day. School policies concerning safety will apply at all times.

B = Basic A = Advanced E = Exemplary

School Wellness Policy
D0507 Satanta, School Year 2010-2011
High School - Grouped by Guideline Status

Guidelines In Progress

Nutrition Guidelines

General Atmosphere

B - The dining area has an inviting atmosphere.

Breakfast

E - Low-fat (1% or ½%) and/or skim (nonfat) milk are offered exclusively.

Lunch

E - An entrée choice with total fat of 16 g. or less per serving is offered daily.

E - At least 10 different fruits and 10 different vegetables are offered monthly.

E - A food item containing whole grain is offered daily.

E - Low-fat (1% or ½%) and/or skim (nonfat) milk are offered exclusively.

Vending

E - All school employees adhere to the Exemplary vending guidelines adopted for students.

During the School Day

E - Students are encouraged to have individual water bottles in the classroom.

A - Foods and beverages for classroom rewards, parties and celebrations will meet the Advanced level guidelines for a la carte foods and beverages.

A - Fundraising activities involving the sale of food or beverages will not take place until after the end of the last lunch period.

Nutrition Education Guidelines

General Guidelines & Classroom

A - School administrators will encourage teachers to attend nutrition-related training at least once a year and will support their participation.

B - Classroom nutrition education covers evaluating health claims on food labels.

B - Annually, an updated list of nutrition resources will be provided to each school principal by KSDE and this list will be given to the teachers.

Staff Wellness

A - The school will have a staff wellness committee to plan and implement ongoing activities for school staff that promote health and wellness.

Others

E - Community members will be encouraged to become actively involved in school programs that provide nutrition education.

E - Nutrition information will be provided to the broader community.

Physical Activity Guidelines

General Guidelines & Physical Education Classes

B - Students will receive 100-150 minutes of physical education per week.

B = Basic A = Advanced E = Exemplary

School Wellness Policy
D0507 Satanta, School Year 2010-2011
High School - Grouped by Guideline Status

New Goals

Nutrition Education Guidelines

Events During the School Day

A - Each year, at least one school-wide interactive event will be conducted that is either centered on nutrition or contains nutrition as a main component. After the event, related lessons will be used to reinforce learning of the information presented at the event.

B = Basic A = Advanced E = Exemplary

School Wellness Policy
D0507 Satanta, School Year 2010-2011
High School - Grouped by Guideline Status

Guidelines that are Not Applicable

The guidelines listed below are the highest level for each group of related items.

Nutrition Guidelines

Lunch

A - Desserts with more than 5 g. of fat per serving are offered no more than 2 times per week.

Vending

E - The sale of foods of minimal nutritional value is not allowed in areas accessible to students.

E - All other food items sold in vending machines or school stores meet all of the guidelines below: Fat Except for nuts, seeds and nut butters, 35% or less of total calories from fat (or less than 4 g. per 100 calories) Sugar Except for fruit without added sugar, 35% or less of weight from total sugar (or less than 9 g. per 100 calories) Calories 200 calories or less per selling unit.

E - Only low-fat (1% or ½%) and/or skim (nonfat) milk with 35% or less of weight from total sugar (or less than 9 g. per 100 calories) is sold in vending machines or school stores.

A - Soy or rice beverages with 35% or less of weight from total sugar (or less than 9 g. per 100 calories) are sold in vending machines or school stores.

E - All juice products sold in vending machines or school stores contain 100% juice.

During the School Day

E - Foods and beverages for classroom rewards, parties and celebrations will meet the Exemplary level guidelines for a la carte foods and beverages.

E - Refreshments provided for students participating in school events adhere to the Exemplary guidelines for vended foods and beverages.

B = Basic A = Advanced E = Exemplary

School Wellness Policy
D0507 Satanta, School Year 2010-2011
High School - Grouped by Guideline Status

Nutrition Education Guidelines

General Guidelines & Classroom

E - At least 15 hours of classroom nutrition education will be provided each year for all students.

A - At least 50 percent of nutrition education instruction will be comprised of hands-on activities that engage students in enjoyable, developmentally-appropriate, culturally relevant, participatory learning.

Events During the School Day

E - A community or media partner will be involved in at least one school-wide event by helping with planning or actively participating in the event. Both before and after the event, related lessons will be used to reinforce learning of the information presented at the event.

Staff Wellness

E - The school's staff wellness committee will develop, promote and oversee a multi-faceted plan to promote staff health and wellness including healthful eating, physical activity and other elements of a healthful lifestyle.

Others

A - Family members will be encouraged to become actively involved in programs that provide nutrition education.

E - Teachers will collaborate with the school nutrition staff to use the cafeteria as a learning laboratory that allows students to apply critical thinking skills.

A - Opportunities will be provided for parents to share their healthful food practices with the school and community.

Physical Activity Guidelines

General Guidelines & Physical Education Classes

E - Students will receive more than 200 minutes of physical education per week.

E - During physical education classes, students will engage in moderate to vigorous physical activity at least 30 minutes per day and/or 150 minutes per week.

Throughout the Day

E - Opportunities for physical activity will be regularly incorporated into other subject areas (i.e. math, language arts, social studies, etc.).

Before & After School

A - Extracurricular physical activity programs will be offered, such as physical activity clubs or intramural programs.

E - A range of physical activities will be offered that meet the needs, interests and abilities of all students, including boys, girls, students with disabilities and students with special health-care needs.

Family & Community - PE

A - Families and community members will be encouraged to institute programs that support physical activity, such as a walk to school program.

E - School resources (such as a back-pack containing physical activity equipment) will be loaned to families to support their efforts to be physically active.

B = Basic A = Advanced E = Exemplary

School Wellness Policy
D0507 Satanta, School Year 2010-2011
High School - Grouped by Content Area

The following information was reported by **USD 507** on the Kansas State Department of Education's Wellness Policy Reporting System. It reflects the current status of the Kansas Model Wellness Policy Guidelines as implemented by **USD 507**.

Nutrition Guidelines

General Atmosphere

Guidelines Achieved

- B - The dining area is clean.
- B - The dining area is orderly.
- B - The dining area has a reasonable noise level.
- B - The dining area has adequate seating to accomodate all students during each serving period.
- B - The dining area has adequate adult supervision.
- B - Students are allowed to converse with one another while they eat their meals.
- A - Lunch hour is closed. Students must have permission to leave school campus.

Guidelines In Progress

- B - The dining area has an inviting atmosphere.
-

Breakfast

Guidelines Achieved

- B - All school breakfasts comply with USDA regulations and state policies.
- B - Students have at least 10 minutes to eat breakfast not including time spent walking to/from class or waiting in line.
- E - All pre-packaged cereals offered contain: 35% or less of weight from total sugar (or less than 9 g. per 100 calories), and 1 g. or more of fiber per serving.
- E - Fresh, canned, dried or frozen fruits or vegetables are offered daily.
- A - Low-fat (1% or ½%) and/or skim (nonfat) milk are offered daily.

Guidelines In Progress

- E - Low-fat (1% or ½%) and/or skim (nonfat) milk are offered exclusively.
-

Lunch

Guidelines Achieved

- B - All school lunches comply with USDA regulations and state policies.
- B - Desserts with more than 5 g. of fat per serving are offered more often than 2 times per week.
- A - At least 5 different fruits and 5 different vegetables are offered weekly.
- A - Low-fat (1% or ½%) and/or skim (nonfat) milk are offered daily.

Guidelines In Progress

- E - An entrée choice with total fat of 16 g. or less per serving is offered daily.
- E - At least 10 different fruits and 10 different vegetables are offered monthly.
- E - A food item containing whole grain is offered daily.
- E - Low-fat (1% or ½%) and/or skim (nonfat) milk are offered exclusively.

Guidelines that are Not Applicable

- A - Desserts with more than 5 g. of fat per serving are offered no more than 2 times per week.
-

Vending

Guidelines Achieved

B = Basic A = Advanced E = Exemplary

School Wellness Policy
D0507 Satanta, School Year 2010-2011
High School - Grouped by Content Area

B - The sale of "foods of minimal nutritional value" is not allowed where school meals are served or eaten during the meal period.

A - The sale of foods of minimal nutritional value is not allowed in areas accessible to students until one hour after the end of the last lunch period.

A - At least 50% of food items sold in vending machines or school stores meet all of the guidelines below: Fat Except for nuts, seeds and nut butters, 35% or less of total calories from fat (or less than 4 g. per 100 calories) Sugar Except for fruit without added sugar, 35% or less of weight from total sugar (or less than 9 g. per 100 calories) Calories 200 calories or less per selling unit.

E - Water (non-caloric) is sold in vending machines or school stores.

A - Electrolyte replacement beverages that contain 48 g. or less of sweetener per 20-ounce selling unit will be offered only in drink machines located near high school athletic training centers.

Guidelines In Progress

E - All school employees adhere to the Exemplary vending guidelines adopted for students.

Guidelines that are Not Applicable

E - The sale of foods of minimal nutritional value is not allowed in areas accessible to students.

E - All other food items sold in vending machines or school stores meet all of the guidelines below: Fat Except for nuts, seeds and nut butters, 35% or less of total calories from fat (or less than 4 g. per 100 calories) Sugar Except for fruit without added sugar, 35% or less of weight from total sugar (or less than 9 g. per 100 calories) Calories 200 calories or less per selling unit.

A - Soy or rice beverages with 35% or less of weight from total sugar (or less than 9 g. per 100 calories) are sold in vending machines or school stores.

School Wellness Policy
D0507 Satanta, School Year 2010-2011
High School - Grouped by Content Area

During the School Day

Guidelines Achieved

B - All foods and beverages are offered in compliance with USDA regulations prohibiting the sale of "foods of minimal nutritional value" where school meals are served or eaten during the meal period.

A - Students are allowed to have individual water bottles in the classroom.

B - Foods and beverages for classroom rewards, parties and celebrations will meet the Basic level guidelines for a la carte foods and beverages.

A - Foods and beverages for classroom rewards, parties and celebrations will not be provided until at least one hour after the end of the last lunch period.

E - At least 75 percent of fundraising activities will NOT involve the sale of food and/or beverages.

A - Refreshments provided for students participating in school events adhere to the Advanced guidelines for vended foods and beverages.

A - Parents, teachers and organizations are informed about the guidelines and are encouraged to follow them.

Guidelines In Progress

E - Students are encouraged to have individual water bottles in the classroom.

A - Foods and beverages for classroom rewards, parties and celebrations will meet the Advanced level guidelines for a la carte foods and beverages.

A - Fundraising activities involving the sale of food or beverages will not take place until after the end of the last lunch period.

Guidelines that are Not Applicable

E - Foods and beverages for classroom rewards, parties and celebrations will meet the Exemplary level guidelines for a la carte foods and beverages.

E - Refreshments provided for students participating in school events adhere to the Exemplary guidelines for vended foods and beverages.

B = Basic A = Advanced E = Exemplary

School Wellness Policy
D0507 Satanta, School Year 2010-2011
High School - Grouped by Content Area

Nutrition Education Guidelines

General Guidelines & Classroom

Guidelines Achieved

B - All students, including those with disabilities, special health care needs and in alternative education settings, will have the opportunity to participate in a variety of learning experiences that support development of healthful eating habits.

A - School administrators will inform teachers about opportunities to attend training on nutrition and the importance of role modeling healthful habits for students.

B - At least 25 percent of nutrition education instruction will be comprised of hands-on activities that engage students in enjoyable, developmentally-appropriate, culturally relevant, participatory learning.

B - The nutrition education curriculum will be sequential and consistent with the current Kansas State Board of Education approved health education teaching standards.

B - Nutrition education will be taught by a teacher licensed by the Kansas State Department of Education or under the direct supervision of such a teacher.

B - The licensed teacher will approve the instructional materials and method; and have ongoing, open communication with the individual providing instruction.

B - Schools will be encouraged to use qualified personnel to provide nutrition education from organizations such as the Kansas State Department of Education, K-State Research and Extension, health and agriculture organizations, universities and consulting registered dietitians.

B - Nutrition education will be based on the most recent Dietary Guidelines for Americans.

B - Active learning experiences will be provided for students; and whenever feasible, the active learning will involve the students in food preparation.

B - Teachers will be able to secure recommended nutrition education resources in adequate quantities for their students.

Guidelines In Progress

A - School administrators will encourage teachers to attend nutrition-related training at least once a year and will support their participation.

B - Annually, an updated list of nutrition resources will be provided to each school principal by KSDE and this list will be given to the teachers.

Guidelines that are Not Applicable

E - At least 15 hours of classroom nutrition education will be provided each year for all students.

A - At least 50 percent of nutrition education instruction will be comprised of hands-on activities that engage students in enjoyable, developmentally-appropriate, culturally relevant, participatory learning.

B = Basic A = Advanced E = Exemplary

School Wellness Policy
D0507 Satanta, School Year 2010-2011
High School - Grouped by Content Area

Events During the School Day

Guidelines Achieved

B - Each year, some individual classrooms will participate in one or more events that are either centered on nutrition or include nutrition as a main component.

New Goals

A - Each year, at least one school-wide interactive event will be conducted that is either centered on nutrition or contains nutrition as a main component. After the event, related lessons will be used to reinforce learning of the information presented at the event.

Guidelines that are Not Applicable

E - A community or media partner will be involved in at least one school-wide event by helping with planning or actively participating in the event. Both before and after the event, related lessons will be used to reinforce learning of the information presented at the event.

Staff Wellness

Guidelines Achieved

B - The school will encourage each member of the staff (both certified and non-certified) to serve as a healthy role model for students.

E - At least one school-wide activity will be conducted each year that promotes staff wellness.

Guidelines In Progress

A - The school will have a staff wellness committee to plan and implement ongoing activities for school staff that promote health and wellness.

Guidelines that are Not Applicable

E - The school's staff wellness committee will develop, promote and oversee a multi-faceted plan to promote staff health and wellness including healthful eating, physical activity and other elements of a healthful lifestyle.

Others

Guidelines Achieved

B - Parents will be invited to join students for school meals.

A - Teachers will discuss with students the nutrition education materials displayed in the dining areas.

A - Students will participate in taste tests and/or surveys to obtain their input on foods offered in the cafeteria.

Guidelines In Progress

E - Community members will be encouraged to become actively involved in school programs that provide nutrition education.

E - Nutrition information will be provided to the broader community.

Guidelines that are Not Applicable

A - Family members will be encouraged to become actively involved in programs that provide nutrition education.

E - Teachers will collaborate with the school nutrition staff to use the cafeteria as a learning laboratory that allows students to apply critical thinking skills.

A - Opportunities will be provided for parents to share their healthful food practices with the school and community.

B = Basic A = Advanced E = Exemplary

School Wellness Policy
D0507 Satanta, School Year 2010-2011
High School - Grouped by Content Area

Physical Activity Guidelines

General Guidelines & Physical Education Classes

Guidelines Achieved

B - All students, including those with disabilities, special health care needs and in alternative education settings, will have the opportunity to participate in moderate to vigorous physical activity on a regularly scheduled basis each school week during the entire school year.

B - The school(s) will provide a physical and social environment that encourages safe and enjoyable physical activity for all students, including those who are not athletically gifted. Students will have the opportunity to participate in lifetime physical activities (e.g. walking, Pilates, swimming, golf, tennis, etc.).

B - The physical education curriculum will be sequential and consistent with Kansas State Board of Education approved physical education teaching standards for Pre-Kindergarten through grade 12.

B - Physical education teachers are licensed by the Kansas State Department of Education.

B - Physical education classes will have a student/teacher ratio that is the same as other classes in the school.

B - Adequate age-appropriate equipment will be available for all students to participate in physical activity.

B - Physical activity facilities on school grounds are safe.

Guidelines In Progress

B - Students will receive 100-150 minutes of physical education per week.

Guidelines that are Not Applicable

E - Students will receive more than 200 minutes of physical education per week.

E - During physical education classes, students will engage in moderate to vigorous physical activity at least 30 minutes per day and/or 150 minutes per week.

Throughout the Day

Guidelines Achieved

B - Classroom health education will reinforce the knowledge and self-management skills needed to maintain a physically-active lifestyle and to reduce time spent on sedentary activities, such as watching television.

A - When circumstances make it necessary for students to remain indoors and inactive for two or more hours, the students will be given periodic breaks during which they will be encouraged to stand and be moderately active.

E - Classroom teachers will provide short physical activity breaks between lessons or classes, as appropriate.

Guidelines that are Not Applicable

E - Opportunities for physical activity will be regularly incorporated into other subject areas (i.e. math, language arts, social studies, etc.).

Punishment

Guidelines Achieved

B - Physical activity will not be used (e.g. running laps, pushups) or withheld (e.g. recess, physical education) as punishment. This guideline does not apply to extracurricular sports teams.

B = Basic A = Advanced E = Exemplary

School Wellness Policy
D0507 Satanta, School Year 2010-2011
High School - Grouped by Content Area

Before & After School

Guidelines Achieved

B - Daily periods of moderate to vigorous physical activity for all students will be encouraged by providing adequate space, equipment and opportunities.

B - The school(s) will comply with Quality Performance Accreditation Regulation 91-31-34: Local Board of Education Requirement (g) Athletic Practice: 1. Any elementary or middle school that includes any of the grades six through nine may conduct athletic practice during the school day only at times when one or more elective academic courses or a study period is offered to students 2. A high school shall not conduct athletic practice during the school day, and athletic practice shall not be counted for credit or as a part of the school term. A school shall neither offer credit for athletic practice nor count athletic practice as a physical education course.

E - The school district will assess and, if necessary and to the extent possible, make needed improvements to make it safer and easier for students to walk and bike to school. When appropriate, the district will work with local public works, public safety and/or police departments in those efforts.

E - All students will be provided the opportunity to be moderately to vigorously physically active each day.

Guidelines that are Not Applicable

A - Extracurricular physical activity programs will be offered, such as physical activity clubs or intramural programs.

E - A range of physical activities will be offered that meet the needs, interests and abilities of all students, including boys, girls, students with disabilities and students with special health-care needs.

Family & Community - PE

Guidelines Achieved

B - Information will be provided to help families incorporate physical activity into the lives of all household members.

E - Community members will be provided access to the school's physical activity facilities outside the normal school day. School policies concerning safety will apply at all times.

Guidelines that are Not Applicable

A - Families and community members will be encouraged to institute programs that support physical activity, such as a walk to school program.

E - School resources (such as a back-pack containing physical activity equipment) will be loaned to families to support their efforts to be physically active.

B = Basic A = Advanced E = Exemplary