



Nutrition



Physical
Fitness

**BURRTON USD 369
SCHOOL WELLNESS POLICY**

2017-2018

Wellness Impact Policy Development Plan

(complete an action plan form for each developing policy)

Wellness Policy Category: Nutrition

Developing Policy (from Kanas Model Wellness Policies): All foods and beverages sold in schools are in compliance with USDA’s Smart Snacks in School *All Foods Sold in Schools* Standards from midnight before to 5 pm.

SMART Plan: Specific – Measurable – Achievable – Realistic – Time Bound

Action Steps	School(s)/ Age Group/ Department	Teams/Persons Responsible	Resources Required	Begin Date End Date	Expected Outcome	Actual Outcome
Staff will work toward all products sold during “Break” following the guidelines of USDA’s Smart Snacks in Schools Standards.	MS/HS	Tyler Hoopes— MS/HS Principal Craig Lang and Chris Jensen— “Break” organizers		Aug 2017-May 2018	All products sold during break will meet the guidelines of USDA’s Smart Snacks in Schools.	

Wellness Impact Policy Development Plan

(complete an action plan form for each developing policy)

Wellness Policy Category: Nutrition

Developing Policy (from Kanas Model Wellness Policies): Students have access to free drinking water throughout the school day, including during meal service.

SMART Plan: Specific – Measurable – Achievable – Realistic – Time Bound

Action Steps	School(s)/ Age Group/ Department	Teams/Persons Responsible	Resources Required	Begin Date End Date	Expected Outcome	Actual Outcome
Staff will allow students to bring clear water bottles with water into classrooms each day.	PreK-12	Joan Simoneau— Elementary Principal/Superintendent Tyler Hoopes—MS/HS Principal		Aug 2017-May 2018	Staff members will allow and encourage students to bring clear water bottles with water to class each day.	

Wellness Impact Policy Development Plan

(complete an action plan form for each developing policy)

Wellness Policy Category: Nutrition Promotion and Education

Developing Policy (from Kanas Model Wellness Policies): All students in grades K-12, including those with disabilities, will have the opportunity to participate in culturally relevant participatory activities and a variety of learning experiences that support the development of healthful eating habits that are based on the most recent Dietary Guidelines for Americans.

SMART Plan: Specific – Measurable – Achievable – Realistic – Time Bound

Action Steps	School(s)/ Age Group/ Department	Teams/Persons Responsible	Resources Required	Begin Date End Date	Expected Outcome	Actual Outcome
HS FACS students will utilize funds obtained from the Farm Bureau Community Grant to plan and implement lessons emphasizing the Farm to Table initiative. Nutrition will be emphasized while teaching 8 different module lessons (student-led) to all district Pre-K through 5 th graders.	PreK-5 HS	Dana Kreie— FACS teacher Elementary classroom teachers HS student helpers		Aug 2017- October 2017	10 HS students will teach nutrition and ag- related topics to all elementary students with a total of (8) class periods and 15 lessons of dairy, fruits, eggs, and others ag- related/nutrition topics. Follow-Up All Pre-K-5 th graders and 10 HS Students will attend the state fair and tour the Kansas Largest Classroom on 09/11/2017	

Wellness Impact Policy Development Plan

(complete an action plan form for each developing policy)

Wellness Policy Category: Nutrition Promotion and Education

Developing Policy (from Kanas Model Wellness Policies): Active learning experiences are provided, such as involving students in food preparation or other hands-on activities.

SMART Plan: Specific – Measurable – Achievable – Realistic – Time Bound

Action Steps	School(s)/ Age Group/ Department	Teams/Persons Responsible	Resources Required	Begin Date End Date	Expected Outcome	Actual Outcome
HS FACS students will plan nutrition activities from <u>KSDE Team Nutrition</u> for 5 th grade students.	All 5 th graders	Dana Kreie— FACS teacher HS students enrolled in Family Living Class 17/18.		Oct. 2017- March 2018	HS FACS will present lessons with preparation of nutritious snacks during Family Living Classes six times during first semester and second semester	

Wellness Impact Policy Development Plan

(complete an action plan form for each developing policy)

Wellness Policy Category: Physical Activity

Developing Policy (from Kanas Model Wellness Policies): School prohibits the use of activity as a punishment. Schools prohibit withholding physical activity, including recess and physical education, as punishment.

SMART Plan: Specific – Measurable – Achievable – Realistic – Time Bound

Action Steps	School(s)/ Age Group/ Department	Teams/Persons Responsible	Resources Required	Begin Date End Date	Expected Outcome	Actual Outcome
Ensure that physical activity is not used for punishment, but used to increase health of students.	PreK-12	Robbie Wright— PE Teacher and All staff		August 2017 May 2018	Teachers and other staff will not impose or withhold physical activity as punishment for negative behaviors.	
FACS & PE will collaborate to incorporate nutrition and healthy activities lessons to 6 th grade students 4 times during second semester	All 6 th graders	Robbie Wright- PE Teacher & Dana Kreie- FACS Teacher		Jan 2018- March 2018	FACS class will present 4 lessons to 6 th grade and then all students will play active games together in the gym- which is located near the FACS room. Units on healthy snack will be presented from the MyPlate website and from Team Nutrition	

Wellness Impact Policy Development Plan

(complete an action plan form for each developing policy)

Wellness Policy Category: Physical Activity

Developing Policy (from Kanas Model Wellness Policies): Offer information via multiple channels, at least once per semester, to all families that encourages them to teach their children about physical activity, and assists them in planning physical activity for their families.

SMART Plan: Specific – Measurable – Achievable – Realistic – Time Bound

Action Steps	School(s)/ Age Group/ Department	Teams/Persons Responsible	Resources Required	Begin Date End Date	Expected Outcome	Actual Outcome
Teach students activities that are encouraged to be used at home with families or friends.	PreK-12	PE Teacher		August 2017- May 2018	Students will do some of the activities outside of school hours with friends and family.	
MS/HS information can be put in district newsletters and online.	6-12	PE Teacher		August 2017- May 2018	Students will practice some of the skills outside of school hours with friends and family.	MS/HS information can be put in district newsletters and online.

Wellness Impact Policy Development Plan

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Wellness Policy Category: Integrated School-Based Wellness

Developing Policy (from Kanas Model Wellness Policies): Annual staff wellness activities and/or professional development opportunities related to nutrition, physical activity, and abstaining from tobacco are provided to encourage school staff to serve as healthy role models.

SMART Plan: Specific – Measurable – Achievable – Realistic – Time Bound

Action Steps	School(s)/ Age Group/ Department	Teams/Persons Responsible	Resources Required	Begin Date End Date	Expected Outcome	Actual Outcome
HS FACS Nutrition & Wellness class will post and maintain a nutrition bulletin board showing sugar contents of popular beverages in the hallway- to be seen by all staff and K-12 students	K-12 & All staff	Dana Kreie— FACS teacher		Dec. 2017- April 2018	Staff and Students will view examples of high sugar content drinks and be aware of high calorie content of many popular drinks. Water will be emphasized as a beneficial alternative.	