



USD 458 Wellness Policy

The Basehor-Linwood School District, in partnership with families and the school communities, is committed to providing a healthy school environment that promotes and enhances student health, facilitating student learning of lifelong healthy habits, and assisting all students in developing and reaching their potential. The following procedures will guide the implementation of the District Wellness Program.

Food and Beverage Guidelines

Nutrition information is available upon request for all foods and beverages sold in school buildings during the school day.

All school meals will comply with the U.S. Department of Agriculture's (USDA) regulations and state policies. Meals will be measured for compliance over a school week. A school week is considered a normal school week of five consecutive days; however, to accommodate shortened weeks and other scheduling needs, the period can be a minimum of three consecutive days and a maximum of seven consecutive days. The eating environment will be conducive to consuming nutritious foods and beverages.

Celebrations and Parties

The use of non-food rewards in the classroom is encouraged. Ideas of non-food rewards include extra reading or computer time, watching a movie, listening to favorite music, free time at the end of class, prizes from a treasure box, extra recess, free homework assignment coupons, or gift certificates to local non-food merchants. If food is used for a reward, healthy choices with appropriate portion sizes are encouraged.

If school celebrations do involve food, scheduling them after the lunch period is encouraged. Serving healthy options in appropriate portion sizes is also encouraged. Suggested healthy options include fruits, vegetables, trail mix, 100% juice drinks, etc.

School celebrations can also offer the opportunity for children to be more physically active. Physically active ways to celebrate include taking the children on a field trip, having a dance party, playing games outside, or going on a scavenger hunt.

Nutrition Promotion and Education

The Basehor-Linwood School District will provide sequential nutrition education using the District physical education and health curriculum, which will give students the necessary

knowledge and skills to improve their behavior outcomes. The District will incorporate nutrition education into core curriculum where applicable.

Schools will be encouraged to explore grant opportunities from outside organizations to support healthy education.

Physical Activity

Moderate physical activity - low-impact to medium-impact physical exertion designed to increase an individual's heart rate to rise to at least 75 percent of his/her maximum heart rate. Examples of moderate physical activity include, but are not limited to, running, calisthenics or aerobic exercise. Time spent in recess and physical education counts as moderate physical activity.

Recess - A play environment outside of regular classroom instructional activities that allows students to engage in safe and active free play.

Building staff will be encouraged to create opportunities for periodic movement in the classroom.

Oversight and Evaluation

The USD 458 Wellness Committee is responsible for implementation, evaluation and public reporting of progress of the District wellness program. The food service director, or authorized representative, will monitor food service areas for compliance with the District's nutrition guidelines and will report on this matter to the Wellness Committee.