

**Unified School District 220**  
**Health and Wellness Plan**



*“Feel Better, Be Healthy, Live Longer”*



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### **Vision:**

To improve the health and wellness of all employees and students in order to “Feel Better, Be Healthy, and Live Longer”.

### **Goals:**

1. Improve the mental, physical, and environmental wellness of all employees and students.
2. Increase healthy options for all employees and students.
3. Build partnerships within the community in order to provide health and wellness resources for our staff and students.
4. Promote a plan and put it into action.

### **Planning Team:**

The planning team is comprised of the following representatives: teachers, benefits coordinator, Food Service Director, Building Principal, and Health Insurance Broker:

#### **District Coordinator:**

Jamie Wetig, Superintendent

#### **Wellness Team:**

Ali McPhail - Staff

Lee Odell - Administrator

Sarah Hamill – Food Service

Jesse Stebens – Teacher Representative

CJ Miracle – Teacher Representative

## **Nutrition Guidelines:**

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### ***Nutritional Quality of Foods and Beverages Sold and Served on Campus***

Nutritional guidelines are mandated by the Federal and State government. Foods have been selected by the district with the objective of promoting student health and reducing childhood obesity. Meals served through the National School Lunch and Breakfast Programs will meet the following guidelines:

- Be appealing and attractive to children.
- Be served in clean and pleasant settings.
- Meet, at a minimum, nutrition requirements established by local, state, and federal statutes and regulations;
- Offer a variety of fruits and vegetables;
- Serve only low-fat 1% fat-free milk and nutritionally-equivalent non-dairy alternatives (to be defined by USDA)

The implementation of these guidelines shall be the sole responsibility of the food services director. From time to time, the food service director will offer opportunities for students, parents and staff, a taste-test of new entrees and surveys, in selecting foods offered through the school hot lunch and breakfast programs in order to identify new, healthful, and appealing food choices. The nutritional value of the meals served shall be made available upon request from the food service director who shall keep a written record of the nutritional value of all food served.

### ***USD 220 Food Service Goals***

#### **School Breakfast:**

- Strive to maximize serving of fruits and whole grains.
- Offer cereals with at least 1 gram of fiber per serving.
- Work toward decreasing sugar content of foods offered.

#### **School Lunch:**

- Offer at least 10 different fruits and/or vegetables in each five-day week.
- Work toward increasing whole grain servings.

#### **Free & Reduced-Priced Meals:**

USD 220 will encourage families to take part in the free and reduced-priced meal program. The district will maintain the confidentiality of those who are eligible for free and reduced-price school meals.

## *School Stores and Other Food Sales*

The foods and beverages sold individually outside the reimbursable school meals program through vending machines or direct sales shall use the following guidelines established and supervised by the building principals.

USD 220 will prohibit the sale of all foods of minimal nutritional value (FMNV) in the food service area during meal periods. The food service area is where reimbursable meals are prepared, served, and/or eaten. The meal period begins when the first student enters the food service area to eat breakfast or lunch, and ends when the last student leaves the food service area after eating breakfast or lunch.

### **USDA has defined FMNV as:**

- Soda Water – includes all carbonated beverages
- Water Ice – includes any frozen, sweetened water such as “...sicles’ and flavored ice; does not include products that contain fruit or fruit juice.
- Chewing Gum – includes any flavored products from natural or synthetic gums and other ingredients that form an insoluble mass for chewing.
- Certain Candies – includes processed foods made predominately from sweeteners or artificial sweeteners with a variety of minor ingredients that characterize the following types:
  - Hard Candy
  - Jellies and Gums
  - Marshmallow Candies
  - Fondant (Candy Corn/Soft Mints)
  - Licorice
  - Spun Candy
  - Candy-Coated Popcorn

### **Exemptions to FMNV:**

The USDA periodically reviews food manufactures’ requests to have food items granted an exemption from classification as a FMNV. The current list is available on the Kansas Child Nutrition and Wellness Website, [www.kn-eat.org](http://www.kn-eat.org).

### **A La Carte items are limited to:**

- The same portion size as served in the breakfast and lunch programs.
- Fruits and/or vegetables.
- Low-fat and/or non-fat yogurt.
- Snack items: at least 50% of items offered meet all the following guidelines per serving.
  - Fat – 35% or less 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.
- Beverages: Water, Non-Caloric, 50-100% Juice, Milk, Flavored and Unflavored

### **Snacks:**

Snacks served during the school day, used as reward/reinforcement incentives or served during the after school program or other school enrichment programs (including summer school) shall make a positive contribution to the child's diets and health. Emphasis will be on healthy snack and drinks and must be considered in relationship to the time of breakfast and lunch for the student. Schools are encouraged to consider non-food rewards/reinforcement as incentives.

### **Snack Guidelines:**

- Fat – 35% or less total calories from fat
- Sugar – except for fruit without added sugar, 35% or less of weight from total sugar.
- Calories – 200 or less
- In order to increase food safety and decrease the risk to students with food allergies, classroom “treats” brought to school by students must be individually prepackaged by a manufacturer.

### **Goals to Promote Student Wellness:**

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The District has established the following student wellness goals that are designed to promote student wellness in a manner that the District determines to be appropriate:

- a. **Nutrition Education:** To implement a curriculum that meets or exceeds the health and nutrition education objectives established USDA.
- b. **Physical Activity:** To implement a curriculum that meets or exceeds the health and physical education objectives established by the USDA.
- c. **Other School Activities:** To offer other suitable opportunities for students to engage in health-promoting activities.

#### *Nutrition Education and Physical Activity Promotion*

Unified School District 220 aims to teach, encourage, and support healthy eating by students. USD 220 will provide nutrition education and engage in nutrition promotion that:

- is offered at each grade level as part of a sequential, comprehensive, standards-based program designed to provide students with the knowledge and skills necessary to promote and protect their health;
- is part of not only health education classes, but also classroom instruction in subject such as math, science, language arts, social sciences, and elective subjects;
- includes enjoyable, developmentally-appropriate, culturally-relevant, participatory activities, such as contests, promotions, taste-testing, farm visits, and other activities promoting a healthy lifestyle;
- promotes fruits, vegetables, whole grain products, low-fat (2%) and 1% fat-free dairy products, healthy food preparation methods, and health-enhancing nutrition practices;
- emphasizes caloric balance between food intake and energy expenditure (physical activity/exercise);
- links with school meal programs, other school foods, and nutrition-related community services;
- teaches media literacy with an emphasis on food marketing (public relations for what we are doing); and
- includes training for teachers and other staff.

## *Integrating Physical Activity in the Classroom Setting*

For students to receive the nationally-recommended amount of daily physical activity (i.e. at least 60 minutes per day) and for students to fully embrace regular physical activity as a personal behavior, students need opportunities for physical activity beyond physical education class.

Toward that end USD 220:

- will complement physical education through the classroom health education program by reinforcing 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 and playing video-games;
- will encourage teachers to incorporate opportunities for physical activity into other subjects (i.e. math, language arts, social studies) and to provide short physical activity breaks between lessons or classes, as appropriate.

## *Physical Activity Opportunities and Physical Education*

**Daily Physical Education (P.E.) K-12:** Unified School District 220 will implement daily physical activity (recess included) for ALL students (K-9), including students with disabilities, special health-care needs, and in alternative educational settings, allowing students the opportunity to have physical education (or its equivalent of 150 minutes/week) for elementary school students. Physical education is available as an elective for grades 9-12.

Students will spend at least 50% of the time in physical education class participating in moderate to vigorous physical activity.

**Daily Recess:** All Elementary School students will have at least a minimum of 20 minutes a day of supervised recess, preferably outdoors, during which the supervising staff will encourage moderate to vigorous physical activity for the students.

**Physical Activity Opportunities Before and After School:** In USD 220, an interscholastic sports program shall be offered to meet a range of student needs for grades 7-12.

**Physical Activity and Punishment:** In USD 220, physical activity (e.g. laps, pushups) will not be used as punishment. Withholding of physical activity opportunities shall not be used as punishment.

**Use of School Facilities Outside of School Hours:** USD 220 will work closely with the Ashland Recreation Commission to determine the best use of the school facilities outside regular school hours to promote a healthy and physically fit lifestyle. All use of the facilities must be approved by the building administrator and must follow the local Board of Education guidelines. Special care must be given to insure that no activities are unsupervised at any time.

## **Communication with Parents:**

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USD 220 will support parent's effort to provide a healthy lifestyle for their children. Through a variety of means, the USD 220 will provide information to help parents understand the role the schools are playing in the health of their child and to provide information to help parents to better understand what a healthy lifestyle is in regard to diet and daily physical activity. A copy of the district's policy and the food and beverages that meet the district's standards will be made available to parents in a variety of means.

## **Employee Wellness Program:**

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The main focus of the staff wellness plan is to support employee satisfaction, enhance workforce culture, increase self-awareness and provide guidance and resources for individuals to improve health and wellbeing. USD 220 believes employees that are satisfied and of good health are more productive and better able to positively engage students.

The District will establish and maintain a coordinated school health council that develops, promotes, and oversees a plan to promote health and wellness for the staff.

### ***Service Delivery Model***

Program information is delivered via building wellness members, the USD 220 intranet, emails to staff, and promotion of fitness challenges and district wellness activities.

### ***Description of the Program***

The Ashland employee wellness program offers an array of services to employees. Educational literature, biometric screenings, fitness challenges, and wellness activities for staff are directed by the Health and Wellness committee.

The wellness program addresses the universal need to enhance and maintain employee culture and provide the tools necessary to improve productivity and promote work-life balance. Wellness programs such as this aid in combatting increasing incidence of diabetes, obesity, heart disease, and cancer. Cost avoidance and student engagement are achieved with a productive workforce and effective disease prevention.

## **Wellness Activities**

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### **Data Collection**

\*Health Needs Assessment/Questionnaires/Surveys

### **Health Screenings**

\*Annual Biometric Screening

### **District Health Challenges**

\*Coordinated with the Clark County Health Department

### **District Fitness Activities**

\*Coordinated with the Wellness committee

### **Monthly Newsletters**

\*Health & Wellness Committee

### **Lunch & Learns**

\*Worksite Wellness Coordinator

### *Utilizing Incentives to Maximize Participation*

In the world of worksite wellness incentives, if used effectively can significantly increase participation and improve the likelihood that employees will embrace, and ultimately adopt, healthier behaviors (www.welcoa.org, 2008 Wellness Council of America).

The health and wellness committee will meet on an annual basis, prior to the beginning of each school year to review the Wellness programs success and develop a list of incentives in order to help promote the Wellness program and increase participation within the district.

## **2017-2018 Wellness Incentives**

### **Level I: 100 Points**

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Participants who accumulate 100 wellness points will earn:  
2 Movie Coupons  
Prize drawing at the end of the year.

### **Level II: 150 points**

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Participants who accumulate 150 points will earn:  
2 Movie Coupons  
Level I Prize Drawing  
Name Submitted for our USD 220 Wellness Raffle (10 Prizes)  
Chance to win \$220 Cash Money

The point system is structured to reward employees who are engaging in proactive healthy lifestyle choices. **The Health & Wellness committee recommended the following wellness points.**

40 points (each)	30 points (each)	20 Points (each)	10 Points (each)
<p><b>Biometric Screening</b></p> <p>In order to be eligible, you must have the following assessments completed:</p> <ul style="list-style-type: none"> <li>• Height/Weight</li> <li>• Blood Pressure</li> <li>• Total Cholesterol</li> <li>• LDL, HDL Cholesterol</li> <li>• Fasting Glucose</li> <li>• Triglycerides</li> </ul> <p>Step 1: Go to your personal medical doctor,</p> <p>Step 2: You must submit this verification form.</p>	<p><input type="checkbox"/> Well-Woman Mammogram</p> <p><input type="checkbox"/> Well-Woman Pap Test</p> <p><input type="checkbox"/> Well-Man PSA Test</p> <p><input type="checkbox"/> Tobacco Cessation Class</p> <p><input type="checkbox"/> Colonoscopy</p> <p><input type="checkbox"/> Non-Tobacco User</p> <p><input type="checkbox"/> Flu Shot</p> <p><input type="checkbox"/> Dental Cleaning (6 months)</p> <p><input type="checkbox"/> Annual Eye Exam</p> <p style="border: 2px solid red; padding: 5px; display: inline-block;"><b>Begins May 1<sup>st</sup>, 2017</b></p>	<p><input type="checkbox"/> Walktober</p> <p><input type="checkbox"/> Battle of the Bulge</p> <p><input type="checkbox"/> Fiscal Fitness</p> <p><input type="checkbox"/> Physical Activity</p> <p>Participants must successfully complete each challenge <u>by submitting all required data</u> in order to qualify for wellness points.</p> <p>District Wellness Challenges are tracked by self-reporting via google forms. You must submit all data by the required date to obtain wellness points.</p>	<p><input type="checkbox"/> Wear Red Day</p> <p><input type="checkbox"/> Jump Rope for Heart</p> <p><input type="checkbox"/> Lunch &amp; Learn</p> <hr/> <p><b>Superintendent’s Challenge 20 points (each)</b></p> <p><b>Participate in a 5K Event</b> (Race, Run, or Walk).</p> <p style="text-align: center;">and</p> <p><b>10 Day Healthy Choices</b> (avoid soda, candy, etc., and/or begin a daily exercise routine)</p>
<b>80 Points Possible</b>	<b>270 Points Possible</b>	<b>80 Points Possible</b>	<b>90 Points Possible</b>
<b>All activities highlighted in “BLUE” are tracked via google documents during activity.</b>			
<b>All activities in red must have proof of completion form submitted.</b>			

Participation with USD 220 Wellness Program is voluntary. USD 220 is not responsible for the cost associated with wellness activities.

# Wellness Incentives Program Verification Form

*“Feel Better, Be Healthy, Live Longer”*

I have completed the following wellness activity and request that the points be applied towards the Wellness Incentive Program.

40 points (each)	30 points (each)	20 Points (each)	10 Points (each)
<p><b>Biometric Screening</b></p> <p>In order to be eligible, you must have the following assessments completed:</p> <ul style="list-style-type: none"> <li>• Height/Weight</li> <li>• Blood Pressure</li> <li>• Total Cholesterol</li> <li>• LDL, HDL Cholesterol</li> <li>• Fasting Glucose</li> <li>• Triglycerides</li> </ul> <p>Step 1: Go to your personal medical doctor,</p> <p>Step 2: Submit the verification form.</p>	<p><input type="checkbox"/> Well-Woman Mammogram</p> <p><input type="checkbox"/> Well-Woman Pap Test</p> <p><input type="checkbox"/> Well-Man PSA Test</p> <p><input type="checkbox"/> Tobacco Cessation Class</p> <p><input type="checkbox"/> Colonoscopy</p> <p><input type="checkbox"/> Non-Tobacco User</p> <p><input type="checkbox"/> Flu Shot</p> <p><input type="checkbox"/> Dental Cleaning (6 months)</p> <p><input type="checkbox"/> Annual Eye Exam</p> <div style="border: 2px solid red; padding: 5px; margin-top: 10px; text-align: center;"> <p><b>Begins May 1<sup>st</sup>, 2017</b></p> </div>	<p><input type="checkbox"/> Walktober</p> <p><input type="checkbox"/> Battle of the Bulge</p> <p><input type="checkbox"/> Fiscal Fitness</p> <p><input type="checkbox"/> Physical Activity</p> <p>Participants must successfully complete each challenge <u>by submitting all required data</u> in order to qualify for wellness points.</p> <p>District Wellness Challenges are tracked by the self-reporting via google forms. You must submit all data by the required date to obtain wellness points.</p>	<p><input type="checkbox"/> Wear Red Day</p> <p><input type="checkbox"/> Jump Rope for Heart</p> <p><input type="checkbox"/> Lunch &amp; Learn</p> <hr style="border: 1px solid black;"/> <p style="text-align: center;"><b>Superintendent’s Challenge 20 points (each)</b></p> <p><b>Participate in a 5K Event</b> (Race, Run, or Walk).</p> <p style="text-align: center;">and</p> <p><b>10 Day Healthy Choices</b> (avoid soda, candy, etc, and/or begin a daily exercise routine)</p>
<b>80 Points Possible</b>	<b>270 Points Possible</b>	<b>80 Points Possible</b>	<b>90 Points Possible</b>
<b>All activities highlighted in “BLUE” are tracked via google documents during activity.</b>			
<b>All activities in red must have proof of verification form submitted.</b>			

I have completed the following activity \_\_\_\_\_.

Name: \_\_\_\_\_ Date: \_\_\_\_\_