

2022-2023

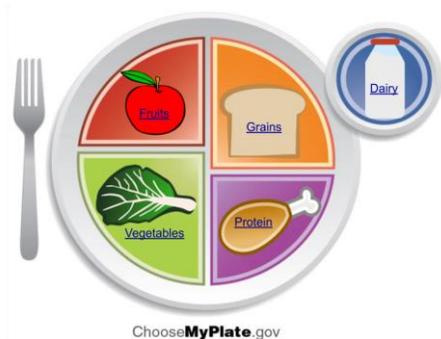
WELLNESS POLICY

USD 225
FOWLER

USD225-Fowler is committed to providing school environments that promote and protect student health, well-being, and the ability to learn by supporting healthy eating, nutrition education, physical activity, and integrated school-based wellness.



Picture: A creative commons by Jane Fresco.



The latest updates to get you through the day

Nutrition General Guidelines:

All school food service personnel received required food safety training regularly with a minimum of every five years. Annual education training for all food service personnel meets federal and state requirements.

- The dining area has seating to accommodate all students during each serving period.
- The food service area is clean, orderly, and has an inviting atmosphere that encourages meal consumption.
- Content of reimbursable lunch and breakfast is identified near or at the beginning of the serving line.
- The dining area has adequate adult supervision.
- Food service applications are completed annually as required by KSDE and processed for reimbursable meals by the USDA.
- Food service applications are provided during enrollment and verification for reduced or free meals is determined by using the information provided on this application as required by the state.
- To encourage healthy choices the students are part of the following programs as determined by the state application process: Seamless Summer Program, Summer Food Service Program, and/or School Nutrition Program.

Water Access:

During the day students have access to drinking water including during meal service. Hygiene standards are followed for the delivery of drinking water.

Breakfast and Lunch information begins on Page

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Promoting Healthy Eating:

Posters for healthy eating including “my plate” are visible in the meal service areas and food service staff share healthy eating information with students during meals.

Nutrition Education

Active learning experiences and opportunities are provided for students.

Integration of age-appropriate nutrition education can be supported in core subject areas such as math, science, reading, and STEM.

PHYSICAL EDUCATION

All students have opportunity to participate in physical activity every day during the school year.

Elementary students have a specified supervised recess time spent preferably outdoors, weather permitting, to encourage moderate physical activity.

When scheduled, supervised instruction and active physical activity are encouraged for indoor recess.

Structured physical activity opportunities are encouraged for all students and may be integrated into other subject areas.

Building administration provide guidance on conditions regulating indoor and outdoor recess during extreme weather conditions.

Physical education classes are taught by an approved teacher licensed by the Kansas State Department of Education (KSDE).

Breakfast Information:

- All school breakfasts comply with USDA regulations and state policies.
- At least three different fruits are offered each week on three different days.
- At least one fruit per week is served fresh.
- K-6 students have the opportunity to eat breakfast when school is in session.
- A specific seat time is provided to eat breakfast.

Lunch Information:

- All school lunches comply with USDA regulations and state policies
- At least three different fruits are offered each week. Two fruits per week are served fresh.
- One additional half-cup of vegetable offerings is provided weekly from any of the vegetable subgroups (dark green, red/orange, dry beans, and/or peas).
- A specific seat time is provided to eat lunch.

