

# **BLUE VALLEY SCHOOLS**

BUSINESS AND FINANCE  
FOOD AND NUTRITION



## **WELLNESS POLICY**

The Child Nutrition and WIC Reauthorization Act of 2004, the U.S. Congress established a requirement that all school districts with a federally-funded school meals program develop and implement wellness policies and guidelines that address nutrition and physical activity. Blue Valley School District's breakfast and lunch program is a federally and state funded program and complies with USDA regulations and state policies for developing menu's for students. School meals are planned utilizing the Nutrient Based Menu Planning option.

## **NUTRITION**

### **School Meals:**

Barriers to student participation in the Child Nutrition programs are eliminated:

- Building administrators will ensure that students have at least 10 minutes to eat breakfast and at least 15 minutes to eat lunch.
- The cafeteria is clean, orderly and inviting.
- Adequate seating is available to accommodate all students served during each meal
- Adequate supervision is provided in the dining area.
- Students are allowed to converse with one another while they eat their meals.
- All schools maintain a closed campus during meal times.
- Substitutions are provided for students with medical disabilities identified by a licensed physician that require meal modifications per the signed Meal Modification Form.
- Identifiers of menu components are displayed near the serving lines.

**Breakfast:**

- Fresh, canned, dried or frozen fruit is offered daily.
- Skim (nonfat) milk is offered daily.
- 100% juice is offered daily.

**Lunch:**

- At least one entrée choice with total fat less than or equal to 16 grams per serving is offered daily.
- Meals are offered daily with less than 30% total fat and 10% saturated fat.
- At least four choices of fruits and vegetables are offered daily.
- At least ten different fruits and vegetables are offered monthly
- An additional 1 cup vegetable offering is available weekly from any of the three subgroups (dark-green, red/orange, dry beans and peas).
- Fresh fruits and fresh vegetables are offered daily.
- Skim (nonfat) milk is offered daily.
- 100% juice is offered daily.
- Students have access to free drinking water throughout the school day, including during meal service.
- Desserts with more than five grams of fat per serving are offered no more than twice a month.
- Hot food is served no less than 145 degrees. Cold food is served no more than 40 degrees. Nutritional menu resources are available on the district website, [www.bluevalleyk12.org](http://www.bluevalleyk12.org)

**A LA CARTE:**

A la Carte items must comply with USDA Smart Snack requirements.

**SMART SNACKS:**

- The Smart Snacks in Schools nutrition standards apply to all foods and beverages sold and consumed by students in and outside of the school meals programs – including vending machines, a la carte, school stores and fundraising.
- Smart Snacks will be in effect for the entire school day (midnight to 30 minutes

after the end of the school day) across the entire school campus.

- Smart Snacks will not apply to foods served as part of classroom celebrations, evening events, or weekend events.

## SMART SNACK REQUIREMENTS

Nutrition Standards for Foods	Nutrition Standards for Beverages
<p>Any food sold in schools must:</p> <ul style="list-style-type: none"> <li>• Be a “whole grain-rich” grain product; or</li> <li>• Have as the first ingredient a fruit, a vegetable, a dairy product, or a protein food; or</li> <li>• Be a combination food that contains at least ¼ cup of fruit and/or vegetable; or</li> <li>• Contain 10% of the Daily Value (DV) of one of the nutrients of public health concern in the 2010 Dietary Guidelines for Americans (calcium, potassium, vitamin D, or dietary fiber).*</li> </ul> <p>Foods must also meet several nutrient requirements:</p> <ul style="list-style-type: none"> <li>• Calorie limits: <ul style="list-style-type: none"> <li>○ Snack items: ≤ 200 calories</li> <li>○ Entrée items: ≤ 350 calories</li> </ul> </li> <li>• Sodium limits: <ul style="list-style-type: none"> <li>○ Snack items: ≤ 230 mg**</li> <li>○ Entrée items: ≤ 480 mg</li> </ul> </li> <li>• Fat limits: <ul style="list-style-type: none"> <li>○ Total fat: ≤35% of calorie</li> <li>○ Saturated fat: &lt; 10% of calories</li> <li>○ Trans fat: zero grams</li> </ul> </li> <li>• Sugar limit:</li> </ul>	<ul style="list-style-type: none"> <li>• All schools may sell: <ul style="list-style-type: none"> <li>○ Plain water (with or without carbonation)</li> <li>○ Unflavored low fat milk</li> <li>○ Unflavored or flavored fat free milk and milk alternatives permitted by NSLP/SBP</li> <li>○ 100% fruit or vegetable juice and</li> <li>○ 100% fruit or vegetable juice diluted with water (with or without carbonation), and no added sweeteners.</li> </ul> </li> <li>• Elementary schools may sell up to 8-ounce portions, while middle schools and high schools may sell up to 12-ounce portions of milk and juice. There is no portion size limit for plain water.</li> <li>• Beyond this, the standards allow additional “no calorie” and “lower calorie” beverage options for high school students. <ul style="list-style-type: none"> <li>○ No more than 20-ounce portions of</li> </ul> </li> </ul>

<ul style="list-style-type: none"> <li>○ ≤ 35% of weight from total sugars in foods</li> </ul>	<ul style="list-style-type: none"> <li>○ Calorie-free, flavored water (with or without carbonation); and</li> <li>○ Other flavored and/or carbonated beverages that are labeled to contain &lt; 5 calories per 8 fluid ounces or ≤10 calories per 20 fluid ounces.</li> <li>○ No more than 12-ounce portions of beverages with ≤ 40 calories per 8 fluid ounces, or ≤ 60 calories per 12 fluid ounces.</li> </ul>
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### **VENDING:**

Where school meals are served and eaten competitive sales of any food or beverage will not take place from midnight until the end of the last lunch period. Vending machines that student can access must follow the Smart Snack guidelines and to be turned "off" from midnight until the end of the last lunch period.

### **DURING THE SCHOOL DAY:**

Where school meals are served and eaten competitive sales of any food or beverage will not take place from midnight until the end of the last lunch period. Every effort should be made so that class parties and food rewards are not in competition with the school breakfast and lunch program.

### **STUDENT FUNDRAISERS:**

There will be no food and beverage fundraisers from midnight until the end of the last lunch period. After the last lunch period food and beverage fundraisers must meet the Smart Snack requirements until 30 minutes after the end of the school day.

**STUDENT STORE:**

Student stores that are approved by the Executive Director of School Administration are not allowed to sell food items from the start of school (start of the first class) until the end of the last lunch period. Refer to the Student Store Guideline for further guidance.

**PROFESSIONAL DEVELOPMENT:**

Food & Nutrition Services staff will receive 4 hours of sanitation training upon employment and up to 12 hours of on-going staff development per school year.

**NUTRITION EDUCATION:**

All students in grades K-12, including students with disabilities, special health-care needs and in alternative education settings, has the opportunity to participate in a variety of learning experiences that support development of healthful eating habits.

**CLASSROOM:**

The nutrition education curriculum is sequential and consistent with the current Kansas State Board of Education approved health teaching standards for pre-kindergarten through grade 12.

The district's most current Health Curriculum will be utilized by the individual schools for appropriate nutrition education standards. Active learning experiences are provided for students. Whenever feasible, the active learning involves students in food preparation. A brief overview of the indicators taught at each level can be seen below:

Kindergarteners will be able to:

- List foods that would be nutritious snacks
- Recognize the existence of the food pyramid.
- Identify the location of the heart, lungs and stomach and describe basic functions.
- Express information and opinions about health issues.
- Define and identify the appropriate choices and responsibilities that are respectful, healthy and safe when following home and school rules.

1<sup>st</sup> graders will be able to:

- Identify and classify sources of food.
- Recognize the food pyramid is a guide to healthy food choices and a balanced diet.

2<sup>nd</sup> graders will be able to:

- Demonstrate the ability to apply the decision-making process to health issues, problems, and setting health goals.
- Set a personal health goal.
- Identify three reasons the body needs food.
- Describe sources of sugar, sodium, cholesterol, and fat in the diet.
- Explain why food should come from a variety of sources.
- Identify the importance of nutritious meals and use the food pyramid to create a simple menu.

3<sup>rd</sup> graders will be able to:

- Explain that an individual is responsible for his/her own decisions and actions.
- Identify foods that belong to each food group (meat and protein, vegetables and fruit, breads and grains, dairy products, and fats and oils).
- Discuss the need to adjust diet according to some medical conditions (allergies).

4<sup>th</sup> graders will be able to:

- Apply strategies and skills needed to attain personal health goals (goal setting, implementation plan).
- Explain that an individual is responsible for his/her own decisions and actions.
- Identify foods that belong to each level of the food pyramid and the correct number of daily servings needed.
- Describe a diet balanced in proteins, carbohydrates, and fats.
- Discuss the need to adjust diet according to some medical conditions (hypertension, diabetes, high cholesterol).
- Read and interpret labels (including fats, carbohydrates, proteins, calories).
- Recognize the influence of the media on food choices.

5<sup>th</sup> graders will be able to:

- Set personal health goals and track progress.
- Define responsibility and recognize how to determine whose responsibility a certain task is.
- Identify dangerous effects of fad dieting (metabolism changes) and overeating (weight gain, poor body image) on the body.
- Identify cultural reasons for various restrictions of diet.
- Identify food groups on the food pyramid and know the correct number of daily servings needed for each.
- Read and interpret labels (including fats, carbohydrates, proteins, calories, sodium, and vitamins).
- Identify some advertising techniques: persuasion, humor, slogans, belonging).

6<sup>th</sup> graders will be able to:

- Develop a plan for incorporating many healthy lifestyle habits and opportunities into his/her habits.
- Access credible information and express opinions about health issues.
- Understand how family, friends, and media influence eating habits.

7<sup>th</sup> graders will be able to:

- Describe the structure and function of the digestive system.
- Identify the six major classes of nutrients (water, protein, carbohydrate, fat, minerals, and vitamins), their sources and their importance and function in the body.
- Identify foods high in fat, cholesterol, sodium, and sugar and describe their effect on health.

8<sup>th</sup> graders will be able to:

- Set realistic goals and develop a plan for maintaining a healthy lifestyle throughout high school.
- Identify foods high in fat, saturated fat, cholesterol, sodium, fiber, and sugar.
- Calculate the number of calories needed to maintain ideal weight.
- Calculate the nutritional value of hamburgers, French fries, pizza, hot dogs and

potato chips.

High School students will be able to:

- Explain how to reach and maintain ideal body composition, distinguishing healthful and harmful ways of weight control.
- Explain various influences on each person's food choices.
- Calculate calories, proteins, fats, carbohydrates and food servings for losing, gaining, and maintaining weight.
- Build a menu based on the recommended food quantities for all categories of food listed on the food pyramid.

Nutrition education is taught by a teacher licensed by the Kansas State Department of Education or under the direct supervision of such a teacher.

Schools are encouraged to use qualified personnel (including registered dietitians) to provide nutrition education.

Nutrition education is based on the most recent Dietary Guidelines for Americans.

### **CAFETERIA:**

Food and Nutrition Services will display attractive, current nutrition education materials in the dining areas.

Students learn about nutrition requirements for school meals from Food and Nutrition Services staff and some students are involved in helping plan menus.

### **EVENTS DURING THE SCHOOL DAY:**

Each year, the Food and Nutrition Services staff will involve some individual classrooms in one or more events that are either centered on nutrition or include nutrition as the main component.

### **FAMILY AND COMMUNITY:**

Parents are invited to join students for school meals.

Nutrition information is provided to the broader community by the Food and Nutrition



Services Department via the Menus, Food and Nutrition Web Site, and the Student Handbook.

### **STAFF WELLNESS:**

The district encourages each member of the staff (both certified and non- certified) to serve as a healthy role model for students.

The district wellness committee develops, promotes and oversees a multifaceted plan to promote staff health and wellness. The plan is based on solicited input from school staff and outlines ways to encourage healthful eating, physical activity and other elements of a healthful lifestyle among school staff.

## **PHYSICAL EDUCATION**

All students in grades K-12, including students with disabilities, special healthcare needs and in alternative education settings, have the opportunity to participate in moderate to vigorous physical activity on a regularly scheduled basis each school week during the entire school year.

### **PHYSICAL EDUCATION CLASSES:**

The physical education curriculum is sequential and consistent with the current Kansas State Board of Education approved physical education teaching standards for pre-kindergarten through grade 12. Specific standards and indicators taught in Blue Valley are as follows:

#### **Age Level: Kindergarten through 2<sup>nd</sup> grade**

Standard: Students will participate in physical activity.

Indicators: Students will

- Sustain moderate to vigorous physical activity for short periods of time.
- Recognize the body's response to exercise.
- Participate in a variety of physical activities and unstructured play outside of physical education class

Standard: Achieves and maintains a health-enhancing level of physical fitness.

Indicators: Students will

- Engage in a series of loco motor activities without tiring easily.
- Participate in a variety of games that increase breathing and heart rate.
- Recognize that health-related physical fitness consists of several different components using appropriate fitness technology.

Standard: Achieves and maintains a health-enhancing level of physical fitness.

Indicators: Students will

- Engage in a series of loco motor activities without tiring easily.
- Participate in a variety of games that increase breathing and heart rate.
- Recognize that health-related physical fitness consists of several different components using appropriate fitness technology.

Standard: Values physical activity for health, enjoyment, challenge, self-expression, and/or socially.

Indicators: Student will

- Willingly try new movement skills.
- Continue to participate when not successful on the first try.
- Identify activities that are enjoyable.

### **Age Level: 3<sup>rd</sup> through 5<sup>th</sup> grade**

Standard: Students will participate in physical activity.

Indicators: Students will

- Consciously chooses to participate in moderate to vigorous physical activities outside of physical education class on a regular basis.

Standard: Achieves and maintains a health-enhancing level of physical fitness.

Indicators: Students will

- Participate in selected activities that develop and help maintain each area of physical fitness.

- Recognize that their body's reactions to exercise are associated with their own levels of fitness using fitness software and
- appropriate fitness technology.
- Meet the age and gender related health-related physical fitness standards defined by fitness assessments and identify his/her strengths and weaknesses.

Standard: Values physical activity for health, enjoyment, challenge, self-expression, and/or socially.

Indicators: Student will

- Recognize the impact of physical activity.
- Exhibit a positive attitude while participating in physical fitness activities.
- Recognize the impact of practice on skill improvement.
- Interact with others by helping with their physical challenges.

### **Age Level: 6<sup>th</sup> through 8<sup>th</sup> grade**

Standard: Students will participate in physical activity.

Indicators: Students will

- Participate fully in all daily activities.
- Identify opportunities in the school and community for regular participation in physical activity.
- Establish and demonstrate personal fitness goals.

Standard: Achieves and maintains a health-enhancing level of physical fitness.

Indicators: Students will

- Participate in an individualized fitness program.
- Identify each health-related fitness component and describe how participating in cardio-vascular endurance muscular strength, endurance and flexibility actions impacting body composition and personal fitness.
- Identify and know how to use technical tools used for increasing and monitoring fitness parameters such as computer programs, heart rate monitors, pedometers, and other technology.

- Analyze effects of exercise on heart rate through the use of technology and manual pulse checking.
- Participate in a variety of physical activities appropriate for enhancing physical fitness.

Standard: Values physical activity for health, enjoyment, challenge, self- expression, and/or socially.

Indicators: Students will

- Recognize the impact of physical activity.
- Exhibit a positive attitude while participating in physical fitness activities.
- Recognize the impact of practice on skill improvement.
- Interact with others by helping with their physical challenges.

Age Level: High School

Standard: Participates regularly in physical activities.

Indicators: Students will

- Willingly participate in a variety of physical activities appropriate for maintaining or enhancing a healthy, activity lifestyle.
- Demonstrate the ability to monitor and adjust activity to meet personal physical activity needs.
- Accumulate a recommended number of minutes of moderate to vigorous physical activity three-four days during the week.

Standard: Achieves and maintains a health-enhancing level of physical fitness.

Indicators: Students will

- Maintain appropriate levels of cardio-vascular endurance, muscular strength and endurance, flexibility and body composition for a healthy lifestyle using technology.
- Assess and evaluate personal fitness profile.
- Use results from fitness assessments to guide changes in personal programs.

Standard: Values physical activity for health, enjoyment, challenge, self- expression,

and/or socially.

Indicators: Students will

- Identify reasons to participate in physical activity.
- Understand and demonstrate the value of participation in physical activities.
- Integrate physical activity into daily life.

The district's most current Physical Education Curriculum will be utilized by the individual schools for appropriate physical education standards.

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

The district provides a physical and social environment that encourages safe and enjoyable physical activity for all students, including those who are not athletically gifted. Students have the opportunity to participate in lifetime physical activities.

Adequate age-appropriate equipment is available for all students to participate in physical activity.

Physical activity facilities on school grounds are safe.

Committee Members:

Charles Rathbun, Director of Food and Nutrition Services Tara Asher, District Coordinating Nurse, Health Services Kelly Wessel, Director of Professional Development, Education Services.

Mary Rondon, RD, Foods and Nutrition Services

Interested in the wellness committee? Please contact Food & Nutrition Services at 913-239-4062

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ESTABLISHED BY: FOOD & NUTRITION

PHONE NUMBER: 913-239-4062