



# **Kansas School Wellness Policy Model Guidelines**

**Child Nutrition & Wellness  
Kansas State Department of Education**



# Revised Guidelines – What's New?



- Categories (increased from 3 to 4)
  - ▣ Nutrition
  - ▣ Nutrition Promotion and Education
  - ▣ Physical Activity
  - ▣ Integrated School-Based Wellness
- Levels
  - ▣ Implementing
  - ▣ Transitioning
  - ▣ Modeling



# Meaning of Levels



- Implementing
  - ▣ Policy statements meet all requirements of current federal and state laws, regulations and policies
- Transitioning
  - ▣ Policy statements show growth from the implementing level.
- Modeling
  - ▣ Policy statements reflect highly effective practices.



# Wellness Impact Tool



- Revised and updated to reflect new Kansas School Wellness Policy Model Guidelines
- Focus is on the development and implementation of policy
- Added ability to:
  - Enter Wellness Committee members information
  - Upload Local School Wellness Policy
  - Upload Examples of Wellness Activities
  - Generate reports



# Expanded Wellness Committees



- Looking for a broad representation from the school and community including:
  - ▣ School staff
  - ▣ School administration
  - ▣ Students
  - ▣ Parents
  - ▣ Community partners

# Results of Kansas Recess Survey for Elementary Students

*Kansas State Board of Education*





# Background



- Limited information on recess policies, practices and perspectives
- Grant from Kansas Health Foundation to conduct survey
- Kansas Association of Health, Physical Education, Recreation and Dance (KAHPERD) collaborated with KSDE on survey



# What's New?



- If schools have recess periods that exceed 15 minutes, they may now count 15 minutes of recess towards the instructional minutes of a school day.
- How is this a change?
- Is this a good thing?





# Encouraging Findings



- 61% of elementary students have 2 daily recess periods
- Majority of respondents (67%) indicate students have 75% or more of the available time to be physically active
- Little evidence of administrative pressure to use recess time for state testing preparation
- Most students (over 60%) are physically active



# Room for Improvement



- 61% do not have lunch recess before they eat
- 41% of schools have policy prohibiting withholding recess as punishment (61% indicate enforcement)
- 71% indicate there is no budget (36%) or less than \$500 (35%) for recess equipment and supplies
- 41% indicated free space was only “Adequate”



# Official Regulations?



- Mid-morning and/or mid-afternoon recess not to exceed 15 minutes each day may be included as part of the school day. A recess break immediately before or after lunch is not included in the school day.
- Any minutes for a recess period in excess of 15 minutes will not be counted towards the school day.



# Recommendations



- Where possible, students should have two recess periods of 15-20 minutes/day.
- One of the two recess periods should be scheduled during the morning, prior to lunch.
- Schools should assure the space and equipment for recess are adequate and safe.
- Recess should not be withheld for academic or punitive reasons.



# Recommendations



- Schools should offer recess that encourages all students to be physically active.
- Recess should be viewed as a critical component to the well-being of students.
- Recess should allow student to be physically active and mentally decompress.



**Questions?**



**Thank you!**

# HealthierUS School Challenge: Smarter Lunchrooms (HUSSC:SL)



Kansas State Department of Education  
Child Nutrition & Wellness



# What is the HealthierUS School Challenge (HUSSC)?



- USDA voluntary initiative to improve student health & well-being
- Commitment to providing students with healthy school environment
- Recognizes excellence in nutrition and physical activity



# How does it work?



- Schools must meet or exceed HUSSC criteria
- 4 award levels:
  - Bronze
  - Silver
  - Gold
  - Gold Award of Distinction
- Certified for 4 years

# Why should your school apply?



- Recognize efforts
- Boost staff morale
- Publicize efforts to parents/school community
- Positive publicity
- Gain national recognition and prestige
- Monetary awards, award plaque, and banner from USDA

"One thing we noticed since the challenge is that we have a lot more parents coming in and eating lunch with their kids. This shows us that our efforts were definitely worth it."

- Jackie Pierce, Food Service Manager,  
Sublette Elementary, Sublette, KS,  
Silver Award Recipient



# It's good for the students!



- Positively affect the health of your students
- Well-nourished and physically active students perform better academically.





# HUSSC Application Criteria



- Team Nutrition
- School Meals Programs
- Average Daily Participation
- Smart Snacks



# HUSSC Application Criteria, cont.



- Smarter Lunchrooms Strategies
- Local Wellness Policy
- Nutrition Education
- Physical Education
- Physical Activity

# Award Winners in Kansas



- Currently, there are 170 award winners in Kansas!
- 121 – Bronze level
- 40 – Silver level
- 7 – Gold level
- 2 – Gold of Distinction!



# Are you up to the challenge?



For more resources and/or technical assistance regarding the HealthierUS School Challenge contact:

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\*Visit the Team Nutrition website at: [www.teamnutrition.usda.gov](http://www.teamnutrition.usda.gov)

