

<p>3. Delegation of Responsibility 42 U.S.C. Sec. 1758b 7 CFR Sec. 210.31</p> <p>7 CFR Sec. 210.31</p> <p>42 U.S.C. Sec. 1758b 7 CFR Sec. 210.31</p>	<p>The Chief Executive Officer or designee shall be responsible for the implementation and oversight of this policy to ensure that KCS’s programs and curriculum is compliant with this policy, related policies and established guidelines or administrative regulations.</p> <p>The Chief Executive Officer or designee shall annually report to the Board or designee regarding compliance in his/her school.</p> <p>Staff members responsible for programs related to school wellness shall report to the Chief Executive Officer or designee regarding the status of such programs.</p> <ol style="list-style-type: none"> 1. Assessment of school environment regarding school wellness issues. 2. Evaluation of food services program. 3. Listing of activities and programs conducted to promote nutrition and physical activity provided by the Penn State Cooperative Extension. 4. Recommendations for policy and/or program revisions. 5. Suggestions for improvement in specific areas. 6. Feedback received from KCS staff, students, parents/guardians, community members and the Wellness Committee. <p>The Chief Executive Officer or designee and the established Wellness Committee shall conduct an assessment at least once every three (3) years on the contents and implementation of this policy as part of a continuous improvement process to strengthen the policy and ensure implementation. This triennial assessment shall be made available to the public in an accessible and easily understood manner and include:</p> <ol style="list-style-type: none"> 1. The extent to which KCS is in compliance with law and policies related to school wellness. 2. The extent to which this policy compares to model wellness policies.
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<p>7 CFR Sec. 210.31</p>	<p>3. A description of the progress made by KCS in attaining the goals of this policy.</p> <p>At least once every three (3) years, KCS shall update or modify this policy as needed, based on the results of the most recent triennial assessment and/or as district and community needs and priorities change; wellness goals are met; new health science, information and technologies emerge; and new federal or state guidance or standards are issued.</p>
<p>42 U.S.C. Sec. 1758b 7 CFR Sec. 210.31</p>	<p>KCS shall annually inform and update the public, including parents/guardians, students and others in the community, about the contents, updates and implementation of this policy via the district website, student handbooks, newsletters, posted notices and/or other efficient communication methods. This annual notification shall include information on how to access the School Wellness policy; information about the most recent triennial assessment; information on how to participate in the development, implementation and periodic review and update of the School Wellness policy; and a means of contacting Wellness Committee leadership.</p>
<p>4. Guidelines</p> <p>7 CFR Sec. 210.15, 210.31</p>	<p><u>Recordkeeping</u></p> <p>KCS shall retain records documenting compliance with the requirements of the School Wellness policy, which shall include:</p> <ol style="list-style-type: none"> 1. The written School Wellness policy. 2. Documentation demonstrating that KCS has informed the public, on an annual basis, about the contents of the School Wellness policy and any updates to the policy. 3. Documentation of efforts to review and update the School Wellness policy, including who is involved in the review and methods used by the district to inform the public of their ability to participate in the review. 4. Documentation demonstrating the most recent assessment on the implementation of the School Wellness policy and notification of the assessment results to the public.
<p>42 U.S.C. Sec. 1758b</p>	<p><u>Wellness Committee</u></p> <p>KCS shall establish a Wellness Committee comprised of, but not necessarily limited to, at least one (1) of each of the following: School Board member, KCS administrator, district food service representative, student, parent/guardian, school health professional, physical education teacher and member of the public. It shall be the goal that committee membership will include representatives that reflect the</p>

<p>SC 1512.1 Pol. 102, 105</p>	<p>KCS may promote nutrition through the implementation of Farm to School activities where possible. Activities may include, but not be limited to, the initiation/maintenance of school gardens, taste-testing of local products in the cafeteria and classroom, classroom education about local agriculture and nutrition, field trips to local farms and incorporation of local foods into school meal programs.</p> <p>Consistent nutrition messages shall be disseminated and displayed throughout the school, classrooms, cafeterias, homes, community and media.</p> <p>KCS staff shall cooperate with agencies and community organizations to provide opportunities for appropriate student projects related to nutrition.</p> <p>KCS shall offer resources about health and nutrition to encourage parents/guardians to provide healthy meals for their children.</p> <p><u>Physical Activity</u></p> <p>KCS shall strive to provide opportunities for developmentally appropriate physical activity during the school day for all students.</p> <p>KCS shall contribute to the effort to provide students opportunities to accumulate at least sixty (60) minutes of age-appropriate physical activity daily, as recommended by the Centers for Disease Control and Prevention. Opportunities offered at school will augment physical activity outside the school environment, such as outdoor play at home, sports, etc.</p> <p>Students shall participate daily in a variety of age-appropriate physical activities designed to achieve optimal health, wellness, fitness and performance benefits.</p> <p>Age-appropriate physical activity opportunities, such as outdoor and indoor activities, shall be provided to meet the needs and interests of all students, in addition to planned physical education.</p> <p>A physical and social environment that encourages safe and enjoyable activity for all students shall be maintained.</p> <p><u>Physical Education</u></p> <p>A sequential physical education program consistent with curriculum regulations and Health, Safety and Physical Education academic standards shall be developed and implemented. All KCS must participate in physical education.</p>
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<p>7 CFR Sec. 210.10, 220.8</p> <p>42 U.S.C. Sec. 1751 et seq, 1773</p> <p>7 CFR Sec 210.30 Pol. 808</p> <p>7 CFR Sec. 210.10</p>	<p>Quality physical education instruction that promotes lifelong physical activity and provides instruction in the skills and knowledge necessary for lifelong participation shall be provided.</p> <p>Physical education classes shall be the means through which all students learn, practice and are assessed on developmentally appropriate skills and knowledge necessary for lifelong, health-enhancing physical activity.</p> <p>A comprehensive physical education course of study that focuses on providing students the skills, knowledge and confidence to participate in lifelong, health-enhancing physical activity shall be implemented.</p> <p>Safe and adequate equipment, facilities and resources shall be provided for physical education courses.</p> <p><u>Other School Based Activities</u></p> <p>Drinking water shall be available and accessible to students, without restriction and at no cost to the student, at all meal periods and throughout the school day.</p> <p>Nutrition professionals who meet hiring criteria established by the district and in compliance with federal regulations shall administer the school meals program. Professional development and continuing education shall be provided for district nutrition staff, as required by federal regulations.</p> <p>Students shall be provided a clean and safe meal environment.</p> <p>Students shall be provided adequate time to eat breakfast and lunch.</p> <p>Meal periods shall be scheduled at appropriate hours, as required by federal regulations and as defined by KCS.</p> <p>Students shall have access to hand washing or sanitizing before meals and snacks.</p> <p>Access to the food service operation shall be limited to authorized staff.</p> <p>Nutrition content of school meals shall be available to students and parents/guardians.</p>
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<p>42 U.S.C. Sec. 1751 et seq, 1773 7 CFR Sec. 210.10, 220.8</p> <p>7 CFR Sec. 210,11 220.12a 210.31</p> <p>7 CFR Sec 210.11 210.31</p> <p>7 CFR Sec. 210.11 210.31</p>	<p>Goals of the School Wellness policy shall be considered in planning all school based activities.</p> <p>KCS shall support the efforts of parents/guardians to provide a healthy diet and daily physical activity for children by communicating relevant information through various methods.</p> <p><u>Nutrition Guidelines for All Foods/Beverages at School</u></p> <p>All foods and beverages available in district schools during the school day shall be offered to students with consideration for promoting student health and reducing obesity.</p> <p>Foods and beverages provided through the National School Lunch or School Breakfast Programs shall comply with established federal nutrition standards.</p> <p><u>Competitive Foods</u></p> <p>KCS does not allow the sale of foods and beverages outside of the reimbursable school meals during the school day.</p> <p>For purposes of this policy, school campus means any area of property under the jurisdiction of the school that students may access during the day.</p> <p>For purposes of this policy, school day means the period from midnight before school begins until thirty (30) minutes after the end of the official school day.</p> <p><u>Non-Sold Competitive Foods</u></p> <p>Due to the nature of our student population, Non-Sold competitive foods are not available to students. Students do not participate or engage in any classroom parties and celebrations, or as shared classroom snacks. In the rare occasion that beverages or snacks are used as an incentive, they will meet the Smart Snacks in School Nutrition Standards.</p> <p><u>Marketing/Contracting</u></p> <p>Any foods and beverages marketed or promoted to students on the school campus during the school day shall meet or exceed the established federal nutrition standards (USDA Smart Snacks in School) and comply with established Board policy and administrative regulations.</p>
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<p>SC 504.1</p>	<p>Exclusive competitive food and/or beverage contracts shall be approved by the Board, in accordance with provisions of law. Existing contracts shall be reviewed and modified to the extent feasible to ensure compliance with established federal nutrition standards, including applicable marketing restrictions.</p>
<p>Pol. 209.1</p>	<p><u>Management of Food Allergies in District Schools</u></p> <p>KCS shall establish Board policy and administrative regulations to address food allergy management within the school.</p> <p><u>Safe Routes to School</u></p> <p>KCS shall cooperate with local municipalities, public safety agency, police departments and community organizations to develop and maintain safe routes to school.</p> <p>References:</p> <p>School Code – 24 P.S. Sec. 504.1, 1337.1, 1422, 1422.1, 1422.3, 1512.1, 1513</p> <p>National School Lunch Program – 42 U.S.C. Sec. 1751 et seq.</p> <p>School Breakfast Program – 42 U.S.C. Sec. 1773</p> <p>Healthy, Hunger-Free Kids Act of 2010 – P.L. 111-296</p> <p>National Food Service Programs, Title 7, Code of Federal Regulations – 7 CFR Part 210, Part 220</p> <p>Board Policy – 102, 103, 103.1, 105, 209.1, 229, 808</p> <p>PSBA Revision 2/17 © 2017 PSBA</p>