



USD 473 Master District Wellness Policy

Community Commitment

At USD 473, we believe that healthy students learn better, achieve more, and lead happier lives. Our schools play a vital role in shaping lifelong wellness habits through nutrition, physical activity, and emotional well-being. We are committed to creating an environment where every student and staff member has the opportunity to eat well, stay active, and feel supported.

SECTION 1: PURPOSE AND INTENT

1.01 This Wellness Policy promotes student and staff health, supports nutrition education, encourages physical activity, and fosters emotional wellness throughout the district.

1.02 The policy is developed in accordance with the Kansas State Department of Education (KSDE) Wellness Policy Model Guidelines and federal requirements of the Healthy, Hunger-Free Kids Act of 2010.

1.03 The goal is to ensure that all schools within the district create environments that support healthy choices and lifelong habits.

SECTION 2: WELLNESS GOALS

The District will:

- Encourage nutritious food choices and balanced eating habits.
- Provide opportunities for daily physical activity and fitness.
- Support mental and emotional well-being.
- Promote staff wellness and professional growth in health-related areas.
- Foster a culture that values health, wellness, and balance for all.

SECTION 3: WELLNESS COMMITTEE

3.01 The District shall maintain a Wellness Committee to guide, monitor, and evaluate the implementation of this policy.

3.02 The Committee shall include representatives of:

- Parents and guardians

- Students
- School food service staff
- Teachers (including Health and Physical Education)
- School administrators
- Board members
- Community partners and healthcare professional

3.03 The Wellness Committee shall meet at least twice per year and will maintain meeting minutes and attendance records.

3.04 The Committee shall:

- Review progress toward wellness goals.
- Recommend updates and improvements.
- Ensure public participation and transparency.

SECTION 4: NUTRITION STANDARDS & GUIDELINES

4.01 All school meals shall meet or exceed USDA and KSDE nutrition standards.

4.02 All foods and beverages available to students during the school day-including vending machines, fundraisers, and classroom celebrations-shall comply with Smart Snacks in School guidelines.

4.03 Meals will emphasize fruits, vegetables, whole grains, lean proteins, and low-fat dairy.

4.04 Water shall be available throughout the school day.

4.05 The District shall limit foods high in added sugars, saturated fats, and sodium.

4.06 Food service operations shall ensure adequate meal “seat time” (minimum 15 minutes for lunch) and follow safe food-handling practices.

4.07 The District will promote school breakfast participation and consider innovative service models (e.g., Grab & Go or Breakfast in the Classroom).

SECTION 5: NUTRITION EDUCATION

5.01 Nutrition education shall be included in the K–12 curriculum and aligned with the Kansas Health Education Standards.

5.02 Lessons will teach students to make informed food choices, read nutrition labels, and plan balanced meals.

5.03 Family engagement will be encouraged through newsletters, workshops, and community events.

5.04 Teachers will receive professional development on incorporating nutrition education into instruction.

SECTION 6: PHYSICAL EDUCATION & ACTIVITY

- 6.01 All students will participate in regular, age-appropriate Physical Education (PE) taught by certified instructors.
- 6.02 Elementary students will receive daily recess when possible, in addition to scheduled PE.
- 6.03 Schools shall provide opportunities for physical activity beyond PE, including classroom movement breaks, active learning, and after-school programs.
- 6.04 The district will promote moderate-to-vigorous physical activity (MVPA) multiple times per week during PE.
- 6.05 Facilities and equipment shall support safe, inclusive participation for all students.
- 6.06 Physical activity shall not be used as punishment or withheld as a disciplinary measure.

SECTION 7: MENTAL, EMOTIONAL & SOCIAL WELLNESS

- 7.01 The District recognizes emotional and mental health as vital to student success. (Character Strong, SEL)
- 7.02 Schools will maintain a positive and inclusive climate where students feel safe, respected, and connected.
- 7.03 The District will integrate Social-Emotional Learning (SEL) into instruction and provide access to school counselors, psychologists, and social workers.
- 7.04 Teachers and staff will receive training in recognizing and supporting students' emotional and behavioral needs.
- 7.05 Partnerships with community agencies will be maintained to support mental health resources and referrals.

SECTION 8: STAFF WELLNESS

- 8.01 The District will promote employee wellness through staff challenges, access to wellness resources, and health education opportunities.
- 8.02 Staff wellness initiatives may include physical activity programs, stress management workshops, or health screenings.
- 8.03 Employees are encouraged to model healthy lifestyle behaviors for students.
- 8.04 Professional development related to wellness, nutrition, and physical activity will be provided as available.

SECTION 9: MONITORING, ASSESSMENT & REPORTING

- 9.01 The Wellness Committee shall assess progress annually and conduct a full review at least once every three years.
- 9.02 The assessment will include measurable indicators such as:
- PE minutes per week
 - Recess opportunities
 - Nutrition education activities
 - Staff wellness participation
 - Compliance with meal and snack standards

- 9.03 Results shall be reported to the Superintendent and Board of Education and shared publicly via the district website and newsletters.

9.04 The Committee shall maintain a Wellness Implementation Checklist for each school to support accountability.

SECTION 10: PUBLIC AVAILABILITY & REVIEW

10.01 This policy, related procedures, and wellness assessments shall be publicly available on the district website and in each school office.

10.02 Parents, students, staff, and community members are invited to provide feedback or recommendations for updates.

10.03 The policy will be reviewed by the Wellness Committee and approved by the Board of Education at least every three years, or more frequently as required by KSDE.

SECTION 11: POLICY ADOPTION

Adopted by the **USD 473 Board of Education** on **February 9, 2026**.

Review cycle: Every three (3) years or as updated by federal or state regulation.

Closing Statement

Healthy students make stronger learners and leaders. By working together-students, staff, families, and community-USD 473 will continue to build a culture of health, resilience, and lifelong wellness.