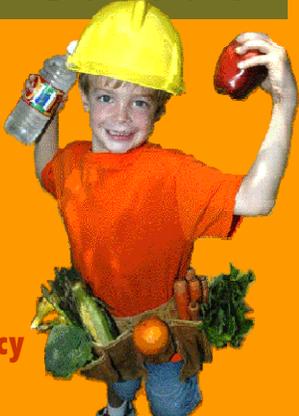


Olathe District Schools



BUILDING A HEALTHIER STUDENT BODY

A Guide to the Nutrition & Wellness Policy

Our Commitment

- The Olathe School District, in partnership with families and the community, is committed to providing a healthy school environment that promotes and enhances student wellbeing and the ability to learn.
- The Nutrition and Wellness Policy puts our commitment into action.



Why do we have a district policy on Nutrition and Wellness?

It's the Law...

Section 204 of the Child Nutrition and WIC Reauthorization Act of 2004 stated that...

"Not later than the first day of the school year beginning after June 30, 2006, each local educational agency...shall establish a local school wellness policy."



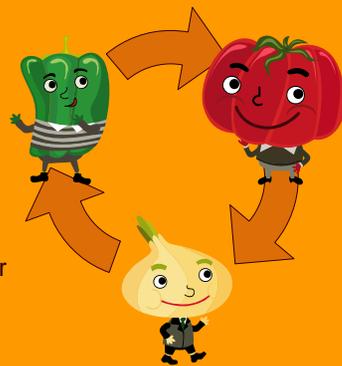
Development of the Policy

- The Nutrition and Wellness Policy was developed by the district's Nutrition and Wellness Council.
- On June 1, 2006, the Board of Education approved the policy.
- Implementation and monitoring of the policy guidelines are ongoing.



Who serves on the Nutrition and Wellness Council?

- Parents
- Students
- Educators, including PE teachers, nurses and administrators
- Food Services staff
- School Board Member

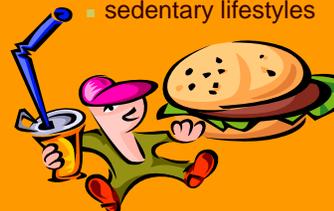


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Why the Concern?

There has been a drastic rise in childhood obesity. Health and nutrition experts cite a combination of factors as the cause:

- the convenience of fast and prepared foods
- larger portion sizes
- over consumption of sugary soft drinks
- sedentary lifestyles



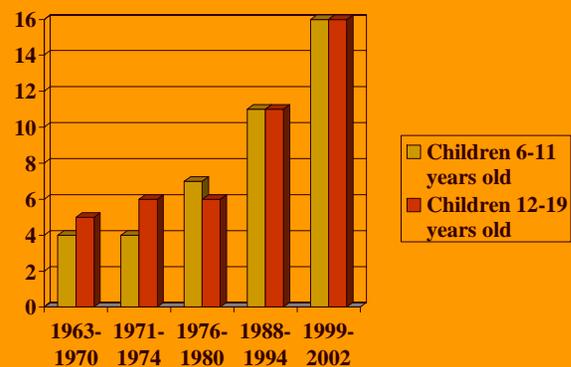
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Startling Statistics

- The number of overweight children ages 6-11 has more than doubled in the past 20 years.
- One in three American children born in 2000 will develop diabetes in their lifetime.
- Overweight children are less likely to achieve academic success.
- Overweight children and adolescents are more likely to remain overweight or become obese adults and develop chronic disease.
- Overweight children miss one more day of school per month than their like-age peers
- Overweight children are more likely to be bullied or become bullies.



Percentage of Overweight Children 1963 to 2002



From the National Health and Nutrition Examination Survey

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It's Time to Make Changes

- *“Because of the increasing rates of obesity, unhealthy eating habits, and physical inactivity, we may see the first generation that will be less healthy and have a shorter life expectancy than their parents.”*



Richard H. Carmona, MD, MPH, FACS
Surgeon General (2002-2006)
U.S. Department of Health and Human Services

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Schools Can Help

- Because children spend so much time in school, schools share the responsibility of keeping them physically active, teaching them about nutrition, and providing them with healthy food choices that nourish their growing bodies.



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Healthy Students = Academic Success

- Students perform better academically when their health needs are met.
- There is a positive link between physical activity and increasing test scores.
- There is a positive relationship between academic achievement and fitness levels of students.



What does the policy address?

- **Nutrition**
- **Nutrition Education**
- **Physical Activities**

BUILDING A HEALTHIER STUDENT BODY



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NUTRITION

Eat Well, Think Well



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Are School Meals Nutritious?

- YES. School meals meet or exceed all nutritional standards.
- Students in grades 7-12 who order food from the a la carte line can be sure that at least 50 percent of a la carte items are lower in fat and sugar, like low-fat and nonfat yogurt.



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Fascinating Facts about School Meals

- There are no fryers in any school kitchen; all food is baked or steamed.
- Only skim- or 1-percent milk is served.
- Unlimited fruits and vegetables are offered with every meal.
- School pizza has more protein, fiber, reduced-fat, and lower sodium than store-bought pizza.
- School cheeseburgers have approximately half the fat of a comparable restaurant cheeseburger.



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What about Vending Machines?

- Vending machines are in the process of being stocked with healthier foods.
- Our goal is to ensure that:
 - water, milk and 100 percent juice make up 50 percent of total vended beverages, and
 - at least 50 percent of vended foods are lower in fat and sugar.



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Nutrition Education

Knowledge is Power



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Nutrition Education in the Classroom

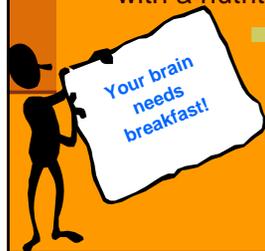
The Health Education curriculum has been revised, placing an increased emphasis on nutrition. The curriculum is consistent with state and federal guidelines.

- Students will receive at least 5 hours of nutrition education in grades K-6, 7 and 10.
- The district will provide teachers with additional resources for teaching students about nutrition.



Nutrition Education Outside the Classroom

- Classroom lessons will be reinforced through cafeteria posters stressing food facts and other health-related messages.
- Schools will be encouraged to hold events with a nutrition and fitness focus.
- Schools will communicate with parents about health and fitness issues, providing parents with suggestions for healthy snacks for holiday parties or birthday treats.



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PHYSICAL ACTIVITIES

Let's Get Physical



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Physical Activities

Physical activity is a major component of fitness. The district will focus on students' physical fitness in a variety of ways, including:

- Pre- and post-fitness testing in physical education classes (grades 4-12)
- Opportunities to participate in before- and after-school physical activities
- Family fitness education
- Increasing activity at recess through Trouble-Free Playgrounds, or other models



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Other Activities that Promote Wellness

- Parents and educators are important role models for children when it comes to living a healthy lifestyle.



The district's staff Wellness Program (in existence since 1999) provides exercise, nutrition, and stress-reduction classes for staff and offers incentive points for participation.

- This program has seen tremendous results in the improvement of overall health for district staff.

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Help Wanted

- Although the Council oversees and monitors the implementation of the Nutrition and Wellness Policy, it's up to all of us—staff and parents alike—to follow policy guidelines where applicable.



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What YOU can do...

- Be creative in rewarding student behavior. Instead of using food as a reward, offer a fun activity or special privilege.
- Both teachers and parents are encouraged to provide healthy snacks for classroom parties and special events.
- When planning fundraisers, consider those that are supportive of healthy eating and/or physical activity.
- Lists of non-food rewards, healthy snacks and alternative fundraising ideas are on the Web at www.olatheschools.com. Teachers will also find the lists in the Virtual File Cabinet.



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Parents Can Help

- *"I strongly believe that children learn better when they eat better. As a parent, a dietitian and member of the Nutrition and Wellness Council, I am excited to see the steps the district is taking to improve the health of our children. But it's not just the schools. Parents need to make changes in their homes, too."*



Robyn Stuewe, Parent

Our Vision: Students Prepared for *Their* Future

"For this generation of children, a dramatic rise in childhood obesity threatens to reduce their quality of life. Fortunately, as parents and educators, we have the power to reverse this trend. By doing so, we will fulfill our vision of 'Students Prepared for their Future'—one of good health for a long and prosperous life."



— Dr. Pat All, Superintendent