

ANDOVER SCHOOL DISTRICT WELLNESS POLICY

A School Wellness Policy is a written document that provides the rationale, goals, and standards for the activities that an individual school or district will implement to promote healthy lifestyles among students and staff.

READING THE ANDOVER DISTRICT WELLNESS POLICY:

The printed Wellness Policy is grouped by guideline status. The status is noted in the gray box at the start of each section,

The first section reads: “Guidelines Achieved”, which means that the guidelines in that section have been achieved.

Status sections include: “Not Applicable”, a “New Goal”, “In Progress”, or “Achieved”.

Within each status section, guidelines are grouped by these categories: “Nutrition Guidelines”, “Nutrition Education Guidelines”, and “Physical Activity Guidelines”.

Within each category, guidelines are grouped in sections appropriate to the category. For example, under the category “Nutrition”, “General Atmosphere”, these guidelines describe the school dining areas.

The letter noted at the start of each guideline denote the level that the particular guideline. The Exemplary level (“E”) is healthier than the Advanced (“A”), and the Advanced is healthier than the Basic (“B”).

As an example, below is a related group of guidelines for Lunch:

(5) Fresh fruits or vegetables are offered:

- a. Fewer than 3 days a week (basic)
- b. At least 3 days a week (advanced)
- c. daily (exemplary)

If we offer fresh fruits and vegetables daily, then we would indicate that item “c” is *Achieved*.

DEVELOPMENT OF THE WELLNESS POLICY:

Included in the development of this policy were: school and community representatives committed to improving student health, parents, students, representatives of the school nutrition program, the Board of Education (BOE), school administration, school nurses, physical education teachers and health teachers. (The School Health Council)

The School Health Council assessed the existing situation by determining what policies already existed that related to wellness and to clarify the need for a new policy.

Through regular updates, the BOE was informed about the discussions and goals of our School Health Council. The BOE president was also actively involved in our School Health Council.

We followed Kansas law, which requires each local school board to consider the State Board of Education's wellness policy guidelines. These guidelines were developed by the Kansas State Department of Education (KSDE) with input from health teachers, physical education teachers, school administrators, nurses, food service directors and leaders of health and education organizations across the state. The State Board of Education had approved the guidelines in August 2005. To develop our local Wellness Policy, we used the KSDE's Wellness Policy Builder online tool.

The preliminary Wellness Policy was presented to the BOE during the June 2006 regular meeting. We provided facts about the importance of adopting the proposed policies to back up the reasons healthy change is needed. The Wellness Policy was approved for adoption in the July BOE meeting.

Rollout of the approved Wellness Policy will occur with the start of the 2006-07 school years. Copies of the Wellness Policy are available online, at the District Administration office, in the school offices, and at open house and meet-the-teacher nights throughout the school year.

Monitoring a policy change is important because it can lead to additional or revised policies to improve student health. The School Health Council will monitor and document:

Perceived benefits: Change in academic performance, healthier students

Acceptance of change: Student and teachers' opinions, observations and attitudes about the policy changes before and after implementation

Perceived barriers: Impact on school revenue (i.e. school meal participation, vending sales, etc.)

Please call the Andover School Food Services office, 733-3653, with any questions.

Ann Katt
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Andover Public Schools