

DEERFIELD USD #216 ENROLLMENT FOR THE 2010-2011 SCHOOL YEAR  
TUESDAY, AUGUST 3<sup>RD</sup> 8:00 AM to 8:00 PM  
WEDNESDAY, AUGUST 4<sup>TH</sup> 8:00 AM to NOON

District-wide enrollment will be held at the high school; please enter through the superintendent's doors. Any student entering a Kansas school for the first time will need a student physical, which can be given by the health nurse, if not participating in sports; and a sports physical is required for anyone participating in sports and must be given by a physician. Physical forms are available in the district office and also in the principal's offices. **School starts on Wednesday, August 11<sup>th</sup>, at 7:50 am with a half day of school – lunch will be served.** The regular school day is Monday through Thursday from 7:50 am to 4:00 pm. Fall sports practices begin on Monday, August 16<sup>th</sup>, 2010.

**ENROLLMENT FEES:**

Kindergarten through 5 <sup>th</sup> grades	\$30.00
6 <sup>th</sup> grade through 12 <sup>th</sup> grades	\$35.00

Enrollment fees are due at the time of enrollment.

<b>MEAL FEES:</b>	<b>Lunch</b>	<b>Breakfast</b>
Preschool/ K-5 <sup>th</sup>	\$1.80	\$1.40
6 <sup>th</sup> -12 <sup>th</sup>	\$2.00	\$1.40
Adults	\$3.00	\$1.50
Reduced	\$ .40	\$ .30

Milk – the first 2 are free, additional at .50 each.

Parents who are eligible for Free and Reduced meals will find the eligibility guidelines available in this newsletter and also in the principal's offices. A student will be allowed to charge up to \$5.00 for lunches and/or breakfast. At this time a cut off letter will be sent by mail to the parents; and a copy of the cut-off letter will also be given to the student notifying them of the cut off. The letter will state that they have five (5) days from the dating on the letter (this date will be shown on the letter) to make payment in full or their child/children will need to bring a sack lunch. Daily payment for lunch/breakfast will not be allowed until the bill is paid in full.

**TECHNOLOGY FEE:** A technology fee of \$25.00 HS/MS or \$15.00 Elementary (grades 3-5) per year will be due at time of enrollment.

**LIBRARY FEES:** If you owe library fines and/or replacement fees for lost books from the previous year, the student will not be allowed to check out library books until **ALL** library bills are paid for in full.

**SHOP FEES:** A shop fee if \$25/per semester must be paid before the first day of classes or your child/children will not be allowed to enroll in shop for the current school year. All shop fees or expenses incurred during the school year will be paid in full by the end of the school year. This policy applies regardless if the project is finished or not.

**BAND INSTRUMENT FEES:** Students renting instruments from USD 216 for band must pay an instrumental fee of \$25.00 per semester prior to the first day of classes. Your child/children will not be allowed to enroll in band for that year unless fees are paid in full.

**ART FEES:** An art fee of \$25.00 per semester must be paid before the first day of classes or your child/children will not be allowed to enroll in art for the current year. All art fees or expenses incurred during the school year will be paid in full by the end of the school year. This policy applies regardless if the project is finished or not.

**DRIVER EDUCATION FEES:** Students enrolled in the summer of 2011 driver's education classes will be responsible for the annual fee of \$100.00 for a student who attends Deerfield Schools and \$100.00 if the student does not attend Deerfield Schools.

Here we are at the end of July, school will soon start, and if you're like me, you can't believe the summer is already coming to an end! Soon the school buses will be leaving the bus barn and the school hallways will be full of energetic students!!!

I am excited to be beginning my first year in the position of Superintendent of Schools. As school funding issues still loom over our heads, I am confident we are prepared to handle the next round of funding cuts. With the implementation of the 4-day school week and the elimination of an administrator position we are well poised financially to withstand another cut expected late this fall. I would like to thank the community for their continued support of the school district as decisions are made to get us through this tough time.

I would like to welcome the following individuals to our "family" at Deerfield Schools:

Nathan Reed – DMS/DHS Principal  
Chelsea Reed – 5<sup>th</sup> Grade  
Janelle Robins-Gaede – Physical Education  
JD Johnson – Business/Computers  
Julie Chamberlin – DMS Inter-related

The following individuals have transferred to different positions in order to meet the needs of our students. I would like to thank them for the willingness to make these transitions!

Jeff Braun – DMS/DHS Art  
Shane Burns – Activities Director  
Kim Webb – TWIX After-School Coordinator  
Jessica Lofquist – Kindergarten & DHS Spanish  
Marilyn Danler – 3<sup>rd</sup> Grade

All-district enrollment will take place in the high school building on August 3<sup>rd</sup> & 4<sup>th</sup>. Please enter using the southeast Superintendent entrance. New students to the district will need to bring a copy of their birth certificate, immunization records, and grades from their previous school (if available). Any student wishing to enroll as an out-of-district student needs to fill out an application **AND BE APPROVED** prior to enrollment. Approval is based on behavior history and academic status.

I look forward to being a part of your child's education at USD#216 during the 2010-11 school year. I hope you will find that 2010-11 is a NEW YEAR with a NEW ATTITUDE!!! ☺

Amy DeLaRosa  
Superintendent of Schools  
Elementary Principal



**DEERFIELD USD 216  
ORGANIZATIONAL CHART**

**2010-2011  
BOARD OF EDUCATION**

Jerrad Webb, Pres.	Richard Braun, V-Pres.
Randy Combs	Christopher Pettz
Mark Goudy	Craig Turrentine
David Whatley	

**SUPERINTENDENT'S OFFICE**

Superintendent – Amy DeLaRosa  
Board Clerk – Betty Greer  
Board Treasurer – Connie Braun  
Supt's Secretary – Jan Meyers

**SUPPORT STAFF FOR ALL LEVELS**

Technology coordinator	Dan Eslinger
K-12 Counselor	Audrey Neuschafer
Librarian	Marilyn Danler
High School Library Para	Linda Harris
School Nurse	Gayle Tackett
Substitute Scheduling	Carlene Moore
Food Service Clerk	Morgan Butteris
QPA Chair	Michael Bowser
QPA Chair	Sheryl Smith
QPA Analysis	Amy DeLaRosa
Head Cook	Becky Kinyon
Assistant Cook	Nancy Hernandez
Assistant Cook	Martha Gonzalez
Assistant Cook	
Transportation Director	Lance Carter
Custodial Director	Valentin Herrera
Bus Driver	Irma Infante
Bus Driver	Dan Eslinger
Bus Driver	Gene Slate
Bus Driver	Mary Rich
Day Care	Shawna Jury
Day Care	Cindy Skipper
Behavior Specialist	Mike Burnett
School Psychologist	Katherine Brokofsky

**ELEMENTARY (Pre-5)**

Principal/Testing Coordinator	Amy DeLaRosa
Secretary	Morgan Butteris

**TEACHERS**

Preschool	Amy Griffin
Kindergarten	Sally Garcia
Kindergarten	Jessica Lofquist
First Grade	Cheryl Lamar
Second Grade	Sheryl Smith
Third Grade	Marilyn Danler

Third Grade	Jerri Jones
Fourth Grade	Amy Jorgensen
Fifth Grade	Chelsea Reed
Vocal Music	Judy Steinbrink
Instrumental Music	Mike Quilling
Physical Education	Janelle Robins-Gaede
ESL Consultant	Regine Eslinger
Special Education	Tyce Yates
Title 1	Charlotte Dillingham
SFA Coordinator	Charlotte Dillingham
SFA Teacher	Anna McElroy

**ELEMENTARY SUPPORT STAFF**

Pre-School Para	Claudia Lozano
Para-educator	Shirley Warden
ESL Para-educator	Lupe Longoria
Title 1 Para-educator	Amy Browning
SPED Para-educator	
SPED Para-educator	Tami Stelling
SPED Speech	Jennifer Jones
Custodian	Ovanda Partridge
Custodian	Ramona Lopez
Odyssey of the Mind	
After School Program	Kim Webb

**FAMILY LEARNING CENTER  
FEDERAL PROGRAMS**

Federal Projects Coord.	Regine Eslinger
Family Literacy Coordinator	Tino Rosales
Family Literacy Para	
Family Literacy Para	Nancy Chavira

**MIDDLE SCHOOL (6-8)**

Principal	Nathan Reed
Secretary	Laurel Horton

**TEACHERS**

Language Arts	Amy Calderon
ESL Consultant	Lisa Bowser
Science/Health/PE	Doug Crandall
Math	Chuck Neuschafer
Social Studies	Vita DeLaRosa
Physical Education	
Indus. Arts	Jared Petersilie
Vocal Music/Band	Mike Quilling
Inter-related SPED	Julie Chamberlain
Life Skills	Erin Petersilie
Art	Jeff Braun
Computers	J.D. Johnson
Keyboarding	Vita DeLaRosa

## MIDDLE SCHOOL ACTIVITIES STAFF

Athletic Director	Shane Burns
Head Football	Shane Burns
Assistant Football	J.D. Johnson
Head Volleyball	Amy Calderon
Assistant Volleyball	Vita DeLaRosa
Head Boys BB	Chris Smith
Assistant Boys BB	J.D. Johnson
Head Girls BB	Lisa Bowser
Assistant Girls BB	Vita DeLaRosa
Head Track	Jeff Braun
Assistant Track	Amy Calderon
Cheerleading	Amy Calderon
Scholar's Bowl	Vita DeLaRosa
Stuco	Doug Crandall

## MIDDLE SCHOOL SUPPORT STAFF

Custodian	Irma Infante
SPED Para-Educator	Holly Meyers
SPED Para-Educator	
Bilingual Para	Aggie Solis

## HIGH SCHOOL (9-12)

Principal	Nathan Reed
Secretary	Carlene Moore

## TEACHERS

Language Arts	Michael Bowser
Business/Computers	J.D. Johnson
Vocational Ed/FFA	Jared Petersilie
Mathematics	Bob Paxton
FACS	Erin Petersilie
Band/Music	Mike Quilling
Driver's Education	
Science	Brandi West
Social Sciences	Joel McClure
Inter-Related SPED	Shane Burns
ESL	Lisa Bowser
Art	Jeff Braun

## CLASS SPONSORS

Senior Class Sponsor	
Senior Class Sponsor	Claudia Lozano
Junior Class Sponsor	Michael Bowser
Junior Class Sponsor	Lisa Bowser
Sophomore Class Sponsor	Vita DeLaRosa
Sophomore Class Sponsor	Amy Calderon
Freshman Class Sponsor	Erin Petersilie
Freshman Class Sponsor	Jared Petersilie

HS Stuco Sponsor	Michael Bowser
Electric Car Sponsor	Jared Petersilie
FCCLA Sponsor	Erin Petersilie
FFA Sponsor	Jared Petersilie

## HIGH SCHOOL ACTIVITIES STAFF

Athletic Director	Shane Burns
Head Football	Chris Smith
Assistant Football	Doug Crandall
Head Volleyball	Lisa Bowser
Assistant Volleyball	Vita DeLaRosa
Head Boys BB	Jeff Braun
Assistant Boys BB	Joel McClure
Head Girls BB	Doug Crandall
Assistant Girls BB	Regine Eslinger
Head Track	Doug Crandall
Assistant Track	Amy Calderon
Cheerleading	J. Katz & H. Meyers
Scholar's Bowl	Joel McClure
Cross Country	Bob Paxton
Yearbook	Michael Bowser
School Play	Carlene Moore
Forensics	Carlene Moore
Summer Weight Lifting	Chris Smith
Vocal Music/Band	Mike Quilling
Golf	
Power Lifting	Dan Eslinger
Odyssey of the Mind	Amy Griffin

## HIGH SCHOOL SUPPORT STAFF

Custodian	Jose Infante
TI-IN Para	Lois Hubbard
Bilingual Para	Claudia Lozano
Bilingual Para	Cesilia Enriquez
SPED Para-Educator	Becky White
SPED Para-Educator	

## AN EQUAL EMPLOYMENT/EDUCATIONAL OPPORTUNITY AGENCY

Unified School District 216, Deerfield, Kansas, does not discriminate on the basis of sex, race, color, national origin, disability, or age in admission or access to, or treatment or employment in, its programs or activities. Any questions regarding the Department's compliance with Title VI, Title IX, or Section 504 may be directed to the Title IX Coordinator, who can be reached at (620) 426-8516, 803 Beech St., Deerfield, KS 67838-0274, or to the Assistant Secretary for Civil Rights, U.S. Department of Education.

## **Bus Rules**

1. The bus driver shall be in charge of all passengers while they are riding, loading on or unloading from the bus.
2. The bus driver shall have the authority to assign seats to each passenger.
3. Passengers shall not stand in the traveled portion of a roadway while waiting for a bus.
4. Passengers shall not extend any part of their body out of the bus windows.
5. Passengers shall not get on or off the bus or move about while the bus is in motion.
6. Possession or use of Tobacco inside the bus is prohibited.
7. Intoxication liquor or alcohol or illegal drugs shall not be transported in a bus.
8. Animals shall not be transported on a bus.
9. No weapons of any type, except side arms carried by law enforcement officers shall be transported on a bus.
10. Classroom conduct shall be observed on district buses at all times. Ordinary conversation in a normal tone will be permitted but unnecessary noise, crowding, pushing or fighting will not be tolerated.
11. Passengers who cross the road after disembarking from the bus shall pass in front of the bus.
12. Passengers will not be permitted to leave the bus other than their designated destination without parental/guardian permission in the form of a note or a telephone to the bus driver or supervisory, or Mr. Lance Carter.
13. Eating or drinking will not be allowed on the bus unless approved by the bus driver and coach.
14. Displaying or use of an open flame on the bus is prohibited.
15. If rules are disobeyed:
  - 1<sup>st</sup> Offense- Transportation Disciplinary Report Given to Principal
  - 2<sup>nd</sup> Offense- Transportation Disciplinary Report given to student and talk With student, principal and parent.
  - 3<sup>rd</sup> Offense- Student will not be allowed to ride the bus for a week.
  - 4<sup>th</sup> Offense- Student will not ride the bus for the remainder of the month.
  - 5<sup>th</sup> Offense- Student will not ride the bus for the remainder of the semester.

If you know that your son/daughter will not be riding the bus or if you plan to pick your son/daughter up after school is out, please call the bus barn ahead of time. This will allow us to notify the driver not to stop at your residence or to wait for them to load the bus at the end of the school day.

Bus Barn Phone: 426-7911

Superintendent's Office: 426-8516

USD #216 has four regular bus routes

<b><u>Bus #</u></b>	<b><u>Driver</u></b>	<b><u>Where</u></b>
01-1	Irma Infante	South Route
00-1	Mary Rich	North Route
97-1	Gene Slate	Northwest Route
95-1	Dan Eslinger	Trailer Courts

If your child presently rides the bus, the pick-up time will be approximately the same time as last year. For new students, notify the building secretaries at enrollment for pick-up times.

**UNIFIED SCHOOL  
DISTRICT  
NO. 216**



**Proposed Wellness Plan**

**For**

**Deerfield Schools**

**UNIFIED SCHOOL DISTRICT No. 216**  
**School Wellness Policies and Plan**

**UNIFIED SCHOOL DISTRICT No. 216's Wellness Policies on Physical Activity and Nutrition.**

**PREAMBLE**

**Whereas**, children need access to healthful foods and opportunities to be physically active in order to grow, learn, and thrive;

**Whereas**, good health fosters student attendance and education;

**Whereas**, obesity rates have doubled in children and tripled in adolescents over the last two decades, and physical inactivity and excessive calorie intake are the predominant causes of obesity;

**Whereas**, heart disease, cancer, stroke, and diabetes are responsible for two-thirds of deaths in the United States, and major risk factors for those diseases, including unhealthy eating habits, physical inactivity, and obesity, often are established in childhood;

**Whereas**, 33% of high school students do not participate in sufficient vigorous activity and 72% of high school students do not attend daily physical education classes;

**Whereas**, only 2% of children (2 to 19 years) eat a health diet consistent with the five main recommendations from the Food Guide Pyramid;

**Whereas**, nationally, the items most commonly sold from school vending machines, school stores, and snack bars include low-nutrition foods and beverages, such as soda, sports drinks, imitation fruit juices, chips, candy, cookies, and snack cakes;

**Whereas**, school districts around the country are facing significant fiscal and scheduling constraints; and

**Whereas**, community participation is essential to the development and implementation of successful school wellness policies;

**Thus, the Unified School District No. 216** is committed to providing school environments that promote and protect children's health, well-being, and ability to learn by supporting healthy eating and physical activity. **Therefore**, it is the policy of the **Unified School District No. 216** that:

**LOCAL WELLNESS POLICY**

The Board of Education shall promote and monitor a local wellness program. The program shall:

- Include goals for nutrition education, physical activity and other school-based activities designed to promote student wellness in a manner that the board determines is appropriate;

- Include nutrition guidelines for all foods available in each school during the school day; the objectives of the guidelines shall be to promote student health and to reduce childhood obesity;
- Assure that guidelines for reimbursable school meals shall not be less restrictive than regulations and guidance issued by the Secretary of Agriculture, as those regulations and guidelines apply to schools;
- Establish a plan for measuring implementation of the local wellness policy, including designation of one or more district employees who shall be charged with operational responsibility for ensuring wellness policy is effectively enforced; and
- Involve parents, students, representatives of the school food authority, the school board, administrators and the public in the development of the school wellness policy.

**Policy Approved:** 06-11-07

**TO ACHIEVE THESE POLICY GOALS:**

**I. School Health Councils**

USD #216 will create, strengthen, or work within existing health councils to develop, implement, monitor, review, and, as necessary, revise school nutrition and physical education activities. The councils will also serve as resources to school sites for implementing those policies.

In USD #216, the responsibilities of the local Site Council will be broadened to include food service representatives, physical education instructor, and other health care professional from within the community. The Site Council will meet two times per school year for the specific purpose of reviewing the Local Wellness Policy and Implementation of guidelines and recommendations.

**II. Nutritional Quality of Foods and Beverages Sold and Served on Campus**

Meals served through the National School Lunch and Breakfast Programs will:

- Be appealing and attractive to children;
- Be served in clean and pleasant settings;
- Meet, at a minimum, nutrition requirements established by local, state, and federal statutes and regulations;
- Offer a variety of fruits and vegetables
- Serve only low-fat (2%) and 1% fat-free milk and nutritionally-equivalent non-dairy alternatives (to be defined by USDA); and
- Work to help ensure that half of the served grains are whole grain.

The implementation of these guidelines shall be the sole responsibility of the food services director under the supervision of the building principals. From time to time, the food service director will offer opportunities for students, parents and staff, a taste-test of new entrees

and surveys, in selecting foods offered through the school hot lunch and breakfast programs in order to identify new, healthful, and appealing food choices.

**Breakfast.** To ensure that all children have breakfast, either at home or at school, in order to meet their nutritional needs and enhance their ability to learn:

- USD #216 will operate the School Breakfast program.
- USD #216 will operate the School Breakfast program in conjunction with the bus schedules in order to give every student the opportunity to take part in the program.
- The School Breakfast program and menus will be advertised throughout the year in the local school newspaper and on local school TV channel.

**Free and Reduced-priced Meals.** USD #216 will encourage families to take part in the free and reduced-priced meal program. Every effort will be made by the district to maintain the confidentiality of those who are eligible for free and reduced-price school meals(5).

**Meal Times and Scheduling.** USD #216:

- will provide students with a minimum of 20 minutes for no more than 25 minutes to eat after sitting down for lunch. Breakfast shall be scheduled in such a manner that students may eat without being late to any class;
- should schedule meal periods at appropriate times – for example: lunch should be served between 10:50 AM and 12:30 PM;
- should not schedule activities, organizational/class meetings during mealtimes, unless students may eat during such activities;
- will provide access to and encourage students to hand washing or sanitizing before they eat meals or snacks;
- should take reasonable steps to accommodate students who have special food needs (due to food allergies or special diet) and other special needs (such as oral dental care).

**Qualification of School Food Service Staff.** Qualified nutrition professionals will administer the school meal programs. As part of USD #216's responsibility to operate a food service program, continuing education opportunities shall be provided for all nutrition professionals in the school. The staff shall take part in the programs sponsored by the State of Kansas as part of their continuing education program.

**Sharing of Foods and Beverages.** USD #216 shall discourage students from sharing their foods or beverages with one another during meal or snack times, given concerns about allergies, disease transmission and other restrictions on a child's diet.

## **FOODS AND BEVERAGES SOLD INDIVIDUALLY OUTSIDE THE REIMBURSABLE SCHOOL MEALS**

**Deerfield Schools.** The foods and beverages sold individually outside the reimbursable school meals program through vending machines or direct sales shall use the following as guidelines established and supervised by the building principals:

- **Beverages Allowed:** Water or seltzer water without caloric sweeteners; fruit and vegetable juices and fruit-based drinks that contain at least 50% fruit juice and do not contain additional caloric sweeteners; unflavored or low-fat (2%) or

1% fat-free milk and nutritionally-equivalent nondairy beverages (to be defined by the USDA);

- **Beverages Not Allowed:** soft drinks containing caloric sweeteners; fruit-based drinks that contain less than 50% real fruit juice or that contain additional caloric sweeteners.
- **Food Items Sold Individually:** A food item sold individually
  - will have no more than 35% of its calories from fat (excluding nuts, seeds, peanut butter, and other nut butters) and 10% of its calories from saturated and trans fat combined;
  - will have no more than 35% of its *weight* from added sugars;
  - will contain no more than 230 mg of sodium per serving for chips, cereals, crackers, French fries, baked goods, and other snack items; will contain no more than 480 mg of sodium per serving for pastas, meats, and soups; and will contain no more than 600 mg of sodium for pizza, sandwiches, and main dishes. USD #216 will limit the sale of any food item other than approved snack items.
- **When Fruit and/or non-fried vegetables are sold individually:** Should USD #216 choose to offer fruit and/or non-fried vegetables for sale individually, the following offering and guidelines shall be used:
  - shall include, but not limited to, fresh fruits and vegetables; 100% fruit or vegetable juice; fruit-based drinks that are at least 50% fruit juice and that do not contain additional caloric sweeteners; cooked, dried, or canned fruits (canned in fruit juice or light syrup); and cooked, dried, or canned vegetables (that meet the above fat and sodium guidelines).
- **Portion Sizes:** USD #216 shall ensure that the sale of the above foods and beverages shall meet the followings portion size guidelines:
  - one and one-half ounces for chips, crackers, popcorn, cereal, trail mix, nuts, seeds, dried fruit and jerky;
  - one ounce for cookies;
  - two ounces for cereal bars, granola bars, pastries, muffins, doughnuts, bagels, and other bakery items;
  - four fluid ounces for frozen desserts, including, but not limited to, low-fat (2%) or 1% fat-free ice cream;
  - eight ounces for non-frozen yogurt;

**Fundraising Activities.** To support children’s health and nutrition-education efforts, USD #216 will limit fundraising activities to those that do not involve food sales unless they meet the nutrition and portion size guidelines listed above for foods and beverages sold individually. USD #216 will encourage fundraising activities that promote a healthy lifestyle through additional physical activities.

**Snacks.** Snacks served during the school day, used as reward/reinforcement incentives or served during the after school program or other school enrichment programs (including summer school) shall make a positive contribution to the child’s diets and health. USD #216 will not approve of snacks that do not meet the above guidelines for food and beverages. Emphasis will be on healthy snack and drinks and must be considered in relationship to the time of breakfast and lunch for the student. The building principal shall provide a list of snacks considered to be healthy and will monitor this program.

**Celebrations and Parties.** USD #216 will allow one celebration per month in addition to celebrating calendar holidays during the school day and insist that no more than one food or beverage is included that does not meet nutrition standards for foods and beverages sold individually based upon the above guidelines.

**School-Sponsored Events (such as but not limited to, athletic events, dances, or performances).** A choice of foods and drinks offered or sold at school-sponsored events outside the school day shall meet the nutrition standards for meals or for foods and beverages sold individually based upon the above guidelines.

### **III. Nutrition and Physical Activity Promotion and Food Marketing**

**Nutrition Education and Promotion.** Unified School District No. 216 aims to teach, encourage, and support healthy eating by students. USD #216 will provide nutrition education and engage in nutrition promotion that:

- is offered at each grade level as part of a sequential, comprehensive, standards-based program designed to provide students with the knowledge and skills necessary to promote and protect their health;
- is part of not only health education classes, but also classroom instruction in subject such as math, science, language arts, social sciences, and elective subjects;
- includes enjoyable, developmentally-appropriate, culturally-relevant, participatory activities, such as contests, promotions, taste-testing, farm visits, and other activities promoting a healthy lifestyle;
- promotes fruits, vegetables, whole grain products, low-fat (2%) and 1% fat-free dairy products, healthy food preparation methods, and health-enhancing nutrition practices;
- emphasizes caloric balance between food intake and energy expenditure (physical activity/exercise);
- links with school meal programs, other school foods, and nutrition-related community services;
- teaches media literacy with an emphasis on food marketing (public relations for what we are doing); and
- includes training for teachers and other staff.

**Integrating Physical Activity in the Classroom Setting.** We encourage teachers to do what they can to help students to receive the nationally-recommended amount of daily physical activity (i.e. at least 60 minutes per day) and for students to fully embrace regular physical activity as a personal behavior, Toward that end USD #216:

- will complement physical education through the classroom health education program by reinforcing the knowledge and self-management skills needed to maintain a physically-active lifestyle and to reduce time spent on sedentary activities, such as watching television and playing video-games;
- will encourage opportunities for physical activity to be incorporated into other subject lessons; and
- will provide short physical activity breaks between lessons or classes, as appropriate.

**Communication with Parents.** USD #216 will support parent's effort to provide a healthy lifestyle for their children. Through a variety of means, the USD #216 will provide information to help parents understand the role the schools are playing in the health of their child and to

provide information to help parents to better understand what a healthy lifestyle is in regard to diet and daily physical activity. A copy of the district's policy and the food and beverages that meet the district's standards will be made available to parents in a variety of means.

**Food Marketing in Schools.** Parents must understand the effort the school is making in regard to nutrition education and health promotion. USD #216 shall make known via a variety of means the accepted food and beverage marketing allowed in the schools and a list of acceptable marketing products.

#### **IV. Physical Activity Opportunities and Physical Education**

**Daily Physical Education (P.E.) K-12.** Unified School District No. 216 will implement a daily physical education program for ALL students (K-5 and 7<sup>th</sup> & 9<sup>th</sup> grades), including students with disabilities, special health-care needs, and in alternative educational settings, allowing students the opportunity to have physical education (or its equivalent of 125 minutes/week for elementary school students and 225 minutes/week for junior and senior high school students) for the entire year. This amounts to an average of 25 minutes a day for elementary and 45 minutes a day for secondary students.

Students will spend at least 50% of the time in physical education class participating in moderate to vigorous physical activity.

**Daily Recess.** All Deerfield Elementary School students will have at least a minimum of 15 minutes a day of supervised recess, preferably outdoors, during which the supervising staff will encourage moderate to vigorous physical activity for the students.

**Safe Routes to School.** Each building in USD #216 will determine the safest routes to and from school. In addition, the schools will work closely with the local officials to promote safety in the areas of walking, biking, and driving to and from school. A bike safety program shall be developed in conjunction with any local organization that has bike safety as a service project. If no program exists, the building principal shall work closely with the local Site Councils to develop a program.

**Use of School Facilities Outside of School Hours.** USD #216 will work closely with the Deerfield Recreation Commission and the Physical Education instructors to determine the best use of the school facilities outside regular school hours to promote a healthy and physically fit lifestyle. All use of the facilities must be approved by the building administrator and must follow the local Board of Education guidelines. Special care must be given to insure that no activities are unsupervised at anytime and that the community's traditional Wednesday and Sunday services are not in anyway compromised.

#### **V. Monitoring and Policy Review**

**Monitoring.** The superintendent of USD #216 or designee will ensure compliance with established district-wide nutrition and physical activity wellness policies. In each school, the building principal or designee will ensure compliance with those policies in their school and will report on the school's compliance to the superintendent of schools or designee.

School food service staff will ensure compliance with nutrition policies and will report on this matter to the superintendent or designee. This includes reporting on all inspections, changes in guidelines from the Federal Food Program, or other pertinent information regarding the nutrition

program. The food service directors shall have a list of all nutritional values of the food that is prepared and served upon request.

This policy will be reviewed at least every three years with the superintendent or designee filing a written report with the USD #216 Board of Education and building Site Councils.

**Policy Review.** In reviewing the district's current practices, enough data is available, especially in the food service area that very little needs to be changes at this time. Food service directors are responsible in their daily menu work and food preparation of determining the nutritional value of the food served. Changes are being made in the area of healthy snacks and beverages. This will be in full force no later than the end of the 2006-2007 first semester.

It shall be recommended that the USD #216 Physical Education Program be reviewed immediately and put into place at the beginning of the 2006-2007 school year. Recommended changes in delivery shall follow the guidelines as set forth in the above areas of Physical Activity.

Once the plan is fully in place and operational, an assessment will be repeated every three years to ensure compliance, assess progress and determine areas in need of improvement. Policies will be revised as necessary with plans set forth to facilitate implementation of any new policies or activities.

### **Footnotes:**

2 – To the extent possible, schools will offer at least two non-fried vegetables and two fruit options each day and will offer five different fruits and five different vegetables over the course of a week. Schools are encouraged to source fresh fruits and vegetables from local vendors when possible.

3 – As recommended by *Dietary Guidelines for American 2005*.

4 – A whole grain is one labeled as a “whole” grain product or with a whole grain listed as the primary grain ingredient in the ingredient statement. Examples include “whole” wheat flour, cracked wheat, brown rice, and oatmeal.

5 – It is against the law to make others in the cafeteria aware of the eligibility status of children for free, reduced-price, or “paid” meals.

6 – School nutrition staff development programs are available through the USDA, School Nutrition Association, and National Food Service Management Institute.

7 – Surprisingly, seltzer water may not be sold during meal times in areas of the school where food is sold or eaten because it is considered a “Food of Minimal Nutritional Value.”

8 – If a food manufacturer fails to provide the *added* sugars content of a food item, use the percentage of weight from total sugars (in place of the percentage of weight from *added* sugars), and exempt fruits, vegetables, and dairy foods from this total sugars limit.

9 – School s that has vending machines are encouraged to include refrigerated snack vending machines, which can accommodate fruits, vegetables, yogurts, and other perishable items.

10 – Unless this practice is allowed by a student's individual education plan (IEP).

**NOTE:** This model policy was developed by the **NATIONAL ALLIANCE FOR NUTRITION AND ACTIVITY**. It has been reviewed and adapted for use by Unified School District 216, Deerfield, Kansas.

## Deerfield Schools USD#216

Dear Parent/Guardian:

Your child may be eligible to receive healthy school meals at a reduced price or free. Following are questions and answers about who is eligible and how to apply.

Meal Charges	Elementary		Middle or Jr. High		High School	
	Full Price	Reduced Price	Full Price	Reduced Price	Full Price	Reduced Price
<input checked="" type="checkbox"/> Lunch	1.80	0.40	2.00	0.40	2.00	0.40
<input checked="" type="checkbox"/> Breakfast	1.40	0.30	1.40	0.30	1.40	0.30
<input type="checkbox"/> After School Snack						

1. **Do I need to fill out an application for each child?**  
Use one application for all students in your household (except foster children; see instructions on page 2). Enter all required information and return the completed application to: **Mrs. Carlene Moore 803 Beech Street Deerfield, KS 67838.**
2. **Who can get free meals?**  
Students in households getting Food Assistance, Temporary Assistance for Families (TAF), or Food Distribution Program on Indian Reservations (FDPIR), and most foster children can get free meals regardless of your income. Also, students in your household can get free meals if your household income is within the free limits on the Federal Income Eligibility Guidelines.
3. **Can a homeless, runaway or migrant student get free meals?**  
If you have not been informed that the student will get free meals, please contact the school's Homeless Liaison or Migrant Coordinator: **Amy DeLaRosa, Superintendent, 803 Beech Street Deerfield, KS 67838 or (620)426-8516 .**
4. **Who can get reduced price meals?**  
Students in your household can get reduced price meals if your household income is within the reduced price limits on the Federal Income Eligibility Guidelines (see chart on the back of the application form).
5. **Should I fill out an application if I received a letter this school year saying my children are approved for free meals?**  
Please read the letter carefully and follow the instructions. If you have questions, contact the Determining Official: **Mr. Nathan Reed, 803 Beech Street Deerfield, KS 67838 or (620)426-8401**
6. **My child's application was approved last year. Do I need to fill out another one?**  
Unless the school told you that your child is approved for the new school year, you must send in a new application.
7. **I get WIC. Can my child(ren) get free meals?**  
Students in households participating in WIC may be eligible for reduced price or free meals. Please fill out an application.
8. **Will the information I give be checked?** Yes, we may ask you to send written proof.
9. **If I don't qualify now, may I apply later?** Yes, you may apply at any time during the school year.
10. **What if I disagree with the school's decision about my application?**  
Talk to the Determining Official. You may also request a hearing by contacting the Hearing Official: **Mrs. Amy DeLaRosa (620)426-8516**
11. **May I apply if someone in my household is not a U.S. citizen?**  
Yes. You or your child(ren) do not have to be a U.S. citizen to qualify for reduced price or free meals.
12. **Who should I include as members of my household?**  
Include yourself, all children who live with you and all people living in your household, related or not (such as grandparents, other relatives, or friends).
13. **What if my gross income is not always the same?**  
List the amount that you normally get. For example, if your normal gross income is \$1,000 each month, but you missed some work last month and only got \$900, put down that you get \$1,000 per month. If you normally get overtime, include it, but only if you regularly work overtime.
14. **We are in the military. Do we include our housing allowance as income?**  
If your housing is part of the Military Housing Privatization Initiative, do not include your housing allowance as income. All other allowances must be included in your gross income.
15. **My spouse is deployed in a combat zone. Is his/her combat pay counted as income?**  
Combat pay is not counted as income if it is received in addition to basic pay and it wasn't received before deployment.
16. **My family needs more help. Are there other programs for which we can apply?**  
Contact the Kansas Department of Social and Rehabilitation Services at 1-888-369-4777 or visit [www.srs.ks.gov](http://www.srs.ks.gov).

If you have other questions or need help, call: 620-426-8401

Si necesita ayuda, por favor llame al teléfono: 620-426-8401

Si vous voudriez d'aide, contactez nous au numero: 620-426-8401

## How to Apply for Reduced Price or Free School Meals

If you are applying for a **FOSTER CHILD**, follow these instructions:

**Part A: Use a separate application for each foster child.**

- Check the box on line 1.
- Enter the student's first and last name, school and grade.
- If the student has zero personal use income, check the zero income box.
- If the student has personal use income, enter the amount and circle the Frequency code that shows how often the income is received.

**Part B:** Sign and date the form. A Social Security number is not necessary.

If your household gets **Food Assistance, TAF or FDPIR**, follow these instructions:

**Part A:** Enter the following information:

- Each household member's first and last name.
- Each student's school and grade.
- Food Assistance, TAF or FDPIR case number for any household member receiving benefits. A Medicaid number cannot be accepted.

**Part B:** Sign and date the form. A Social Security number is not necessary.

**ALL OTHER HOUSEHOLDS**, including WIC households, follow these instructions:

**Part A: Report the names and GROSS income for all household members from last month.** Gross income is the amount earned BEFORE taxes and any other deductions. This is NOT the same as take-home pay. The gross amount should be listed on the pay stub.

- **Students:**
  - Enter the student's first and last name, school and grade.
  - Check the zero income box if the student has **no income**.
  - If the student has income, record the amount in the column that best describes the source of the income (i.e. Earnings from Work or Other Regular Income) and circle the Frequency code that shows how often the income is received.
- **All Other Household Members:**
  - List the first and last name of each person living in your household, related or not (such as grandparents, other relatives, or friends). Include yourself and all children living with you who are not already listed as students. Attach another sheet of paper if more space is needed.
  - Check the zero income box if the person has **no income**.
  - List the **gross income** the person earned from work and circle the Frequency code that shows how often the income is received.
  - List the amount the person got last month from other income including welfare, child support, alimony, retirement pensions, Social Security, Worker's Compensation, unemployment, strike benefits, Supplemental Security Income (SSI), veteran's benefits (VA benefits), disability benefits, regular contributions from people who do not live in your household, and ANY OTHER INCOME. Circle the Frequency code that shows how often the income is received.
  - If the household has **income from self-employment** (such as from a self-owned business, farm or rental income), report net income in the Earnings from Work columns. See the back side of the application form for instructions on reporting self-employment income.
  - If the household is in the **Military Housing Privatization Initiative** or gets combat pay, do NOT include these allowances as income.
  - Check the box if this person is temporarily not working due to strike, lay-off, injury or short-term disability.

**Part B:** An adult household member must sign the form and list his or her Social Security number or write "NONE" if he or she does not have one.

## 2010-2011 Application for Child Nutrition Program Benefits

**Important! Important!** Carefully follow instructions. An incomplete application cannot be approved. Complete one application per foster child OR household. Return completed application to school.

A. HOUSEHOLD MEMBERS						GROSS INCOME BEFORE ANY DEDUCTIONS					
Check if Foster Child	List Names of ALL Household Members		Complete these columns ONLY for students enrolled in Deerfield Schools USD#216			Check if ZERO Income	Frequency: Circle ONE next to each income amount: W=Weekly, E2=Every 2 Weeks, 2M=Twice a Month, M=Monthly, Y=Yearly				Check if TEMPORARILY not working due to strike, lay-off, injury or short-term disability.
	First Name	Last Name	School Name	Grade	Food Assistance, TAF or FDPIR Case Number		Earnings from Work		Other Regular Income		
							Amount	Circle Frequency	Amount	Circle Frequency	
1. <input type="checkbox"/>						<input type="checkbox"/>	\$	W E2 2M M Y	\$	W E2 2M M Y	<input type="checkbox"/>
2.						<input type="checkbox"/>	\$	W E2 2M M Y	\$	W E2 2M M Y	<input type="checkbox"/>
3.						<input type="checkbox"/>	\$	W E2 2M M Y	\$	W E2 2M M Y	<input type="checkbox"/>
4.						<input type="checkbox"/>	\$	W E2 2M M Y	\$	W E2 2M M Y	<input type="checkbox"/>
5.						<input type="checkbox"/>	\$	W E2 2M M Y	\$	W E2 2M M Y	<input type="checkbox"/>
6.						<input type="checkbox"/>	\$	W E2 2M M Y	\$	W E2 2M M Y	<input type="checkbox"/>
7.						<input type="checkbox"/>	\$	W E2 2M M Y	\$	W E2 2M M Y	<input type="checkbox"/>
8.						<input type="checkbox"/>	\$	W E2 2M M Y	\$	W E2 2M M Y	<input type="checkbox"/>
9.						<input type="checkbox"/>	\$	W E2 2M M Y	\$	W E2 2M M Y	<input type="checkbox"/>
10.						<input type="checkbox"/>	\$	W E2 2M M Y	\$	W E2 2M M Y	<input type="checkbox"/>

**B. ADULT HOUSEHOLD MEMBER INFORMATION** – Refer to the Privacy Act Statement on the reverse side of this application.

Print Name \_\_\_\_\_ Daytime Phone \_\_\_\_\_ Evening Phone \_\_\_\_\_

Address, City, State, Zip \_\_\_\_\_ Email \_\_\_\_\_

I certify (promise) that all information on this application is true and that all income is reported. I understand that the school will receive Federal and State funds based on the information I give; school officials may verify the information; and if I purposely give false information, my child(ren) may lose meal benefits and I may be prosecuted under applicable Federal and State criminal statutes.

Sign Here X \_\_\_\_\_ Social Security Number (SSN) \_\_\_\_\_ OR write NONE if you have no SSN Date \_\_\_\_\_

**FOR SCHOOL USE ONLY. DO NOT WRITE BELOW.**

<p><b>Application Type</b> (check one)</p> <p><input type="checkbox"/> Total Household Income: \$ _____ Household Size: _____</p> <p>Household's Income Frequency – Circle ONE: W E2 2M M Y Multiple=Yearly</p> <p><input type="checkbox"/> Food Assistance or TAF or FDPIR</p> <p><input type="checkbox"/> Foster Child – Annual personal use income: \$ _____</p>	<p><b>Application Status</b></p> <p>Approved.....<input type="checkbox"/> Free OR <input type="checkbox"/> Reduced Price</p> <p>Temporarily Approved...<input type="checkbox"/> Free OR <input type="checkbox"/> Reduced Price Expires On: _____</p> <p>Denied .....<input type="checkbox"/> Income over allowed amount <input type="checkbox"/> Incomplete/missing:</p> <p>Notes: _____</p>
---	--

Determining Official's Signature: \_\_\_\_\_ Approval/Denial Date: \_\_\_\_\_ Notification Date: \_\_\_\_\_

Processor's Initials: \_\_\_\_\_ Confirming Official's Signature (ONLY for applications to be verified): \_\_\_\_\_ Review Date: \_\_\_\_\_

Your children may qualify for reduced price or free meals if your household income falls within the limits on this chart.

<b>Federal Income Eligibility Guidelines</b>					
<b>Household size</b>	<b>Yearly</b>	<b>Monthly</b>	<b>Twice a Month</b>	<b>Every 2 Weeks</b>	<b>Weekly</b>
1	20,036	1,670	835	771	386
2	26,955	2,247	1,124	1,037	519
3	33,874	2,823	1,412	1,303	652
4	40,793	3,400	1,700	1,569	785
5	47,712	3,976	1,988	1,836	918
6	54,631	4,553	2,277	2,102	1,051
7	61,550	5,130	2,565	2,368	1,184
8	68,469	5,706	2,853	2,634	1,317
Each additional person:	6,919	577	289	267	134

**Income from Self Employment:** Self-employed persons may use income tax records for the preceding calendar year as a base to project the current year's net income, unless the current monthly income provides a more accurate measure. Report income derived from the business venture less operating costs incurred in the generation of that income. Deductions for personal expenses such as interest on home payments, medical expenses, and other similar non-business deductions are not allowed in reducing gross business income. Additional income from other kinds of employment must be treated as separate and apart from the income generated or lost from your business venture. For example, if you operated a business at a net loss, but held additional employment for which a salary was received, the income for purposes of applying for reduced price or free meals would be the income from the salary only. The loss from the business cannot be deducted from a positive income earned in other employment. For purposes of this application, it is not possible to report a negative income from any business venture. The least income possible is zero (no income). The necessary information for arriving at allowable income from private business operation may be taken from your most recent U.S. Individual Income Tax Return - Form 1040. Add together the amounts reported on the following lines:

LINE 12	\$ _____	Business Income or (Loss)
LINE 13	\$ _____	Capital Gain or (Loss)
LINE 14	\$ _____	Other Gains or (Losses)
LINE 17	\$ _____	Rental real estate, royalties, partnerships, S corporations, trusts, etc.
LINE 18	\$ _____	Farm Income or (Loss)
TOTAL	\$ _____	<b>Report yearly income in Part 1, Gross Income Before Any Deductions.</b>

**Privacy Act Statement: This explains how we will use the information you give us.** The Richard B. Russell National School Lunch Act requires the information on this application. You do not have to give the information, but if you do not, we cannot approve your child for reduced price or free meals. You must include the Social Security number of the adult household member who signs the application. The Social Security number is not required when you apply on behalf of a foster child or you list a Food Assistance, Temporary Assistance for Families (TAF) or Food Distribution Program on Indian Reservations (FDPIR) case number or other FDPIR identifier for your child or when you indicate that the adult household member signing the application does not have a Social Security number. We will use your information to determine if your child is eligible for reduced price or free meals, and for administration and enforcement of the lunch and breakfast programs. We MAY share your eligibility information with education, health, and nutrition programs to help them evaluate, fund, or determine benefits for their programs, auditors for program reviews, and law enforcement officials to help them look into violations of program rules.

**Non-discrimination Statement: This explains what to do if you believe you have been treated unfairly.** In accordance with Federal law and U.S. Department of Agriculture policy, this institution is prohibited from discriminating on the basis of race, color, national origin, sex, age, or disability. To file a complaint of discrimination, write to *USDA, Director, Office of Civil Rights, 1400 Independence Avenue, SW, Washington DC 20250-9410* or call (800) 795-3272 or (202) 720-6382 (TTY). USDA is an equal opportunity provider and employer.

# Deerfield USD #216

## August 2010

Monday	Tuesday	Wednesday	Thursday	Friday
2	3	4	5	6
9	10	11 Cereal Poptart Fruit or Fruit Juice Milk ----- Corn dog Chips cookie Peaches Milk	12 Pancakes Sausage Patty Fruit or Fruit Juice Milk ----- Pepperoni Pizza Corn Brownie Fresh Fruit Milk	13
16 Mini Bites Fruit or Fruit Juice Milk ----- Pig in a Blanket Tater Tots Peas Peaches Milk	17 Cereal Donuts Fruit or Fruit Juice Milk ----- Cheese Burger French Fries Mixed Vegetables Pineapple Milk	18 Breakfast Pizza Fruit or Fruit Juice Milk ----- Soft Taco Refried Beans Corn Rosey Applesauce Milk	19 French Toast Fruit or Fruit Juice Milk ----- Chicken Strips Mashed Potatoes Gravy Fresh Roll Green Beans Fruit Cocktail Milk	20
23 Burrito Fruit or Fruit Juice Milk ----- Spaghetti Meat Sauce French Bread Broccoli Mix Peaches Milk	24 Biscuits /Gravy Sausage Fruit or Fruit Juice Milk ----- Rib Sandwich Seasoned Potatoes Streamed Carrots Oranges Slices Milk	25 Cereal Poptart Fruit or Fruit Juice Milk ----- Chicken Fajita Rice Onions/Green Peppers Strawberries & Bananas / Milk	26 Pancakes Syrup Fruit or Fruit Juice Milk ----- Steak Fingers Mashed Potatoes Gravy Peas Fresh Roll Mixed Fruit Milk	27
30 Mini Bites Fruit or Fruit Juice Milk ----- Chicken Sandwich French Fries Mixed Vegetables Mixed Fruit Milk	31 Cereal Muffin Fruit or Fruit Juice Milk ----- Mac & Cheese Smokies Peas Fresh Roll Peaches Milk	1 Cereal Donuts Fruit or Fruit Juice Milk ----- Enchiladas Rice Blushing Pears Milk	2 Breakfast Ham Bar Hash Brown Fruit or Fruit Juice Milk ----- Baked Chicken Mashed Potatoes / Gravy Roll Green Beans Pineapple Milk	

Notice of Compliance

In compliance with the Executive order 11246 Title II of Education Amendments of 1976; Title VI of the Civil Rights Act of 1964, as amended by the Equal Opportunity Act of 1972; Section 504 of the Rehabilitation Act on 1973; and all other Federal, State, School rules, laws, regulation and policies, Unified School District #216 shall not discriminate on the basis of sex, race, color, national origin, or handicapped in educational programs, employment or other activities which it operates. It is in the intent of USD #216 to comply with both the letter and spirit of the law in making certain discrimination does not exist in its policies, regulations, and operations. Grievance procedures for Title IX (sex) and Section 504 (handicap) should be referred to Title IX and Section 504 Coordinator, Amy DeLaRosa, Superintendent, USD #216, 803 Beech St., Deerfield, KS 67838, 620-426-8516.

Annual Notice of Asbestos

USD #216 has removed or has sealed the asbestos within the proper casing. The district in compliance with the "EPA" and "AHERA" rules and regulations and has the safety and well being of its students and staff in mind. The Management Plans are available at the building offices as well as the district office.

OSHA Hazard Communication Standard

USD #216 is in compliance with the law and has adopted a program including: hazardous materials inventory listings, locations, vendors, phone numbers, material safety data sheets, labeling of all containers, and directions for training of employees involved. Each custodian has a notebook on the use and safety of these materials.

Sexual Harassment/Racial Harassment

The Board of Education is committed to providing a positive and productive working and learning environment, free from discrimination on the basis of sex or on the basis of race, color, or national origin. Sexual harassment and racial harassment will not be tolerated in the school district. Further explanation and/or a copy of this policy from the Deerfield USD 216 policy book are available from the Superintendent's office or the building offices.

Immunizations and Health Records

Students in USD #216 must have a state mandated health assessment included in their health records. All new students please bring your immunization records and birth certificate to enrollment. Immunization requirements for all ages follow:

**Four Diphtheria, Pertussis & Tetanus**

- a. There must be a minimum of four weeks between doses, with six months between the third and fourth dose.
- b. At least one dose must be on or after the fourth birthday.
- c. The TD booster is required 10 years after the date of the last DPT, or may be given as early as five years after the last DPT.

**Three Polio (OPV/IPV)**

- a. There must be four weeks between doses and one dose must be on or after the fourth birthday, OR

**Four Polio (OPV/IPV)**

- a. There must be four weeks between each dose.

**Two MMR**

- a. First dose must be received on or after the first birthday.
- b. There must be four weeks between first and second dose.

In addition, the state recommends that upon entering Kindergarten, all children age five on or before Sept. 1 are to have completed (or be in the process of completing) the hepatitis B vaccination series of three shots. This recommendation will become a school entry requirement for the 5-year-old age group entering Kindergarten in the 2010-2011 school year. Our school, Kearny or Finney County Health Departments and Garden City Mexican-American Ministries can all assist with this.

**Emergency School Closing  
Due to Weather  
RADIO**

KIUL 1240 AM	KSKZ 99.9 FM
KBUF 1030 AM	KJIL 99.1 FM
KULY 1420 AM	KULY 106.7 FM
KBGU	KANZ 91.1 FM
KFLA	KKJQ 97.3 FM
KGNO 1370 AM	KYBD 98.1 FM
KSKL 94.5 FM	KOLS 93.9 FM

**TV**

KSNG	Channel 11
KUPK	Channel 13
KBSD	Channel 6
Cable	Channel 12

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TTY 1-800-792-4292

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children 0-19 qualify!

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