

## DISTRICT WELLNESS PROGRAM

The Board recognizes the relationship between student well-being and student achievement as well as the importance of a comprehensive district wellness program. Therefore, the district will provide developmentally appropriate and sequential nutrition and physical education as well as opportunities for physical activity. The wellness program will be implemented in a multidisciplinary fashion and will be evidence based.

### **Wellness Committee**

The district will establish a wellness committee that consists of at least one (1): parent, student, nurse, school food service representative, Board member, school administrator, member of the public, and other community members as appropriate. If available, a qualified, credentialed nutrition professional will be a member of the wellness committee. The Board designates the following individual as wellness program coordinator: Darlene Tepen, school nurse. Only employees of the district who are members of the wellness committee may serve as wellness program coordinators. Wellness coordinators, in consultation with the wellness committee, will be in charge of implementation and evaluation of this policy. Meetings, records and votes of the wellness committee will adhere to the requirements of the Missouri Sunshine Law.

### **Nutrition Guidelines**

It is the policy of the Pike County R-III (Clopton) School that all foods and beverages made available on campus during the school day are consistent with the Missouri Eat Smart nutrition guidelines. Guidelines for reimbursable school meals will not be less restrictive than regulations and guidance issued by the Secretary of Agriculture pursuant to law. The district will create procedures that address all foods available to students throughout the school day in the following areas:

- < National School Lunch Program and School Breakfast Program meals
- < A la carte offerings in the food service program
- < Vending machines
- < Classroom parties, celebrations, fundraisers, rewards and school events
- < Snacks served in after-school programs

### **Nutrition and Physical Education**

The district will provide nutrition and physical education aligned with the Show-Me Standards and Missouri's Frameworks for Curriculum Development in Health/Physical Education in all grades. The wellness program coordinators, in consultation with the wellness committee, will develop procedures that address nutrition and physical education.

## Other School-Based Activities

The wellness program coordinators, in consultation with the wellness committee, are charged with developing procedures addressing other school-based activities to promote wellness.

## Evaluation

The wellness committee will assess all education curricula and materials pertaining to wellness for accuracy, completeness, balance and consistency with the state and district's educational goals and standards. Wellness program coordinators shall be responsible for devising a plan for implementation and evaluation of the district wellness policy and are charged with operational responsibility for ensuring that schools meet the goals of the district wellness policy. Wellness program coordinators will report to the Board annually.

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*Note: The reader is encouraged to check the index located at the beginning of this section for other pertinent policies and to review administrative procedures and/or forms for related information.*

Adopted: July 16, 2007

Revised:

Cross Refs: EF, Food Services Management  
EFB, Free and Reduced-Cost Food Services  
IGAEA, Teaching about Drugs, Alcohol and Tobacco  
IGBC, Parent/Family Involvement in Instructional and Other Programs  
KI, Public Solicitations/Advertising in District Facilities

Legal Refs: §§ 610.010 - .028, RSMo.  
The Child Nutrition and WIC Reauthorization Act of 2004, Section 204,  
P.L. 108 - 265  
The Richard B. Russell National School Lunch Act, 42 U.S.C. §§ 1751 -  
1769h  
The Child Nutrition Act of 1966, 42 U.S.C. §§ 1771 - 1789

Pike County R-III (Clopton) School District  
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Clarksville, Missouri 63336

## DISTRICT WELLNESS PROGRAM

The primary goals of the Pike County R-III (Clopton) School's wellness program are to promote student health, reduce student overweight/obesity, facilitate student learning of lifelong healthy habits and increase student achievement. The following procedures will guide the implementation of the district wellness program.

### **Nutrition Guidelines**

The district designates the following nutrition guidelines, based on the Missouri Eat Smart Nutrition Guidelines, for foods and beverages served in schools during the school day:

*School Breakfasts* – Guidelines used to meet the National School Breakfast Program - (Nutrient Standard Menu Planning).

*School Lunches* – Guidelines used to meet the National School Lunch Program – (Nutrient Standard Menu Planning).

*A La Carte Food Items* – Implemented snack food items that are healthy choices for students and staff – (Example – baked chips).

*A La Carte Beverage Items* – Implemented all 100% juice drinks, water and milk choices.

*Food Items Sold in Vending Machines and School Stores (NA)* – No food vending machines or school stores. School trays served at breakfast and lunch and a la carte.

*Beverage Items Sold in Vending Machines and School Stores* – All beverage machines are located outside the school cafeteria. Venders have been requested to serve one half 100% juice and water drinks vs. soda beverages to work toward healthier choices.

*After-School Programs* – Snacks are served in compliance to meet the nutrition guidelines for state requirements.

*Staff Wellness* – Changes in beverage items offered for healthier choices – (Example – decaffeinated tea and coffee).

*Safe Food Preparation, Handling and Storage* – HACCP (Hazard Analysis Critical Control Point) regulations are followed by the Pike County R-III School District.

### **Nutrition Education**

The district's nutrition education goal is to integrate sequential nutrition education with the comprehensive health education program and, to the extent possible, the core curriculum taught at every grade level in order to provide students with the necessary knowledge and skills to make healthy nutrition decisions. In order to achieve the nutrition education goal, the district will:

1. Provide students at all grade levels with adequate nutritional knowledge including, but not limited to:
  - < The benefits of healthy eating.
  - < Essential nutrients.
  - < Principles of healthy weight management.
  - < The use and misuse of dietary supplements.
  - < Safe food preparation, handling and storage.
  
2. Provide students with nutrition-related skills that minimally include the ability to:
  - < Plan healthy meals.
  - < Understand and use food labels.
  - < Apply the principles of the Dietary Guidelines for Americans (DGA) and MyPyramid.
  - < Assess personal eating habits, nutrition goal-setting and achievement.
  
3. Provide instructional activities that stress the appealing aspects of healthy eating and are hands-on, behavior based, culturally relevant, developmentally appropriate and enjoyable. Examples of activities include, but are not limited to: food preparation, contests, promotions, taste testings, farm visits and school gardens.
  
4. Encourage district staff to cooperate with local agencies and community groups to provide students with opportunities for volunteer work related to nutrition, such as in food banks, soup kitchens or after-school programs.
  
5. Ensure that school counselors and school health services staff consistently promote healthy eating to students and other staff and that these professionals are prepared to recognize conditions such as unhealthy weight, eating disorders and other nutrition-related health problems among students and staff as well as assure access to healthcare.
  
6. Coordinate the food service program with nutrition instruction. Food service staff should also work closely with those responsible for other components of the school health program to achieve common goals.

### **Physical Activity**

The district's physical activity goal is to assist students in learning to value and enjoy physical activity as an ongoing part of a healthy lifestyle by ensuring that every student has the opportunity to develop the knowledge and skills necessary to perform a variety of

physical activities, maintain physical fitness and regularly participate in physical activity. In order to achieve the physical activity goal, the district will:

1. Develop a sequential program of appropriate physical education for every student. The program will:
  - < Provide physical education for students in the elementary grades through high school.
  - < Emphasize knowledge and skills for a lifetime of regular physical activity.
  - < Devote a portion of physical education class time to actual physical activity in each week, with as much time as possible spent in moderate to vigorous physical activity.
  - < Meet the needs of all students, especially those who are not athletically gifted or who have special needs.
  - < Provide a variety of activity choices, feature cooperative as well as competitive activities, and account for gender and cultural differences in students' interests.
  - < Prohibit exemptions from physical education courses on the basis of participation in an athletic team, community recreation program, ROTC, marching band or other school or community activity.
  - < Be closely coordinated with the other components of the overall school health program.
2. Provide time in elementary schools for supervised recess. Recess will be scheduled and held outdoors when possible.
3. Provide opportunities and encouragement for students to voluntarily participate in before- and after-school physical activity programs, such as intramural activities, interscholastic athletics and clubs by:
  - < Providing a diverse selection of competitive and noncompetitive, as well as structured and unstructured, activities to the extent that staffing and district/community facilities permit.
  - < Encouraging partnerships between schools and businesses. Promotion of such partnerships must be appropriate and in accordance with Board policy and applicable procedures.
4. Strive to provide joint school and community recreational activities by:

- < Actively engaging families as partners in their children's education and collaborating with community agencies and organizations to provide ample opportunities for students to participate in physical activity beyond the school day.
  - < Encouraging schools to work with recreation agencies and other community organizations to coordinate and enhance opportunities available to students for physical activity during their out-of-school time.
  - < Encouraging district officials to work together with local public works, public safety, police departments and/or other appropriate state and federal authorities in efforts to make it safer and easier for students to walk and bike to school.
5. Discourage the use of physical activity as a form of discipline or punishment.
  6. Discourage periods of inactivity that are excessive in length. When activities such as mandatory schoolwide testing make it necessary for students to remain indoors for long periods of time, staff should try to give students periodic breaks during which they are encouraged to stand and be moderately active.
  7. Provide opportunities and encouragement for staff to be physically active by:
    - < Allow recreation agencies and other community organizations to coordinate and enhance opportunities available to staff for physical activity during their out-of-school time.

### **Other School-Based Activities**

The district's goal for other school-based activities is to ensure an integrated whole-school approach to the district's wellness program. The district will achieve this goal by addressing the areas itemized below.

#### ***Community Involvement***

School instructional staff will collaborate with agencies and groups conducting nutrition education in the community to send consistent messages to students and their families. Guest speakers invited to address students will receive appropriate orientation to the relevant policies of the district.

The wellness program shall make effective use of district and community resources and equitably serve the needs and interests of all students and staff, taking into consideration differences of gender, cultural norms, physical and cognitive abilities and fitness level.

#### ***Family Involvement***

The district will strive to engage families as partners in their children's education by supporting parental efforts to motivate and help their children with maintaining and improving their health, preventing disease and avoiding health-related risk behaviors. Strategies the district may implement to achieve family involvement may include, but are not limited to:

1. Posting nutrition tips on district websites.
2. Providing nutrient analyses of district menus.
3. Providing parents/guardians a list of appropriate foods that meet the district's nutrition standards for snacks.
4. Providing parents/guardians with ideas for healthy celebrations, parties, rewards and fundraising activities.
5. Encouraging parents/guardians to pack healthy lunches and snacks and to refrain from including beverages and foods that do not meet the district's nutrition standards for individual foods and beverages.
6. Supporting efforts of parents/guardians to provide their children with opportunities to be physically active outside of school.
7. Providing information about physical education and other school-based physical activity opportunities available to students before, during and after the school day.
8. Sharing information about physical activity and physical education via the district's website, special events or physical education homework.
9. Encouraging parents/guardians to volunteer time in the school setting at special events that promote student health.
10. Disseminating information about community programs that offer nutrition assistance to families.

If practical, the district will provide information in a language understandable to parents/guardians.

### ***Marketing and Advertising***

Marketing in district facilities will be consistent with the goals of the district's wellness program and comply with Board policy. The district will strive to promote the wellness program and educate parents regarding the quality of district foods.

Tobacco advertising is not permitted on district property, at district-sponsored events or in district-sponsored publications.

### *Meal Times*

Students are not permitted to leave school campus during the school day to purchase food or beverages.

1. Activities such as tutoring or meetings will not be held during mealtimes unless students may eat during such activities.
2. Students will have access to hand-washing facilities before they eat meals or snacks.
3. The district will take reasonable steps to accommodate the tooth-brushing regimens of students.
4. Students will be allowed to converse during meals.
5. The cafeteria will be clean, orderly and inviting.
6. Adequate seating and supervision will be provided during meal times.

### *Staff Development and Training*

All staff will be provided with ongoing training and professional development related to all areas of student wellness. Staff responsible for nutrition education will be adequately prepared and regularly participate in professional development activities to effectively deliver the nutrition education program as planned. Staff responsible for implementing the physical education program will be properly certified and regularly participate in area-specific professional development activities.

Qualified nutrition professionals will administer the district meal programs and will receive ongoing, area-specific professional development. The district will provide continuing professional development for all district nutrition professionals. Staff development programs will include appropriate certification and/or training programs for child nutrition directors, school nutrition managers and cafeteria workers, according to their levels of responsibility.

### *Staff Wellness*

The Pike County R-III (Clopton) School District highly values the health and well-being of every staff member and will plan and implement activities and policies that support personal efforts by staff to maintain a healthy lifestyle. The district will offer staff wellness programs that include education on nutrition, healthy eating behaviors and maintaining a healthy weight for optimal health. The district will establish and maintain a staff wellness committee composed of at least one (1): staff member; wellness committee member; registered dietitian, school nurse or other health professional; employee benefits specialist; and other appropriate personnel. The staff wellness committee will serve as a subcommittee of the district wellness committee. The staff



wellness committee will develop, promote and oversee a multifaceted plan to promote staff health and wellness. The plan will be based on input solicited from district staff and will outline ways to encourage healthy eating, physical activity, sun safety and other elements of a healthy lifestyle. The staff wellness committee will distribute its plan to the wellness program committee annually.

### *Sun Safety*

"Sun safety" describes a range of behaviors that include wearing appropriate clothing, applying sunscreen and limiting sun exposure. The sun safety program will focus on outdoor behavior and will be developmentally appropriate, active, engaging and taught in lessons that emphasize the positive benefits of sun safety. Sun safety education will be designed to assist students with:

1. Knowledge about the harmful effects of the sun and ways to protect skin.
2. Sun-safe skills, including the correct use of protective clothing, hats, sunglasses, sunscreen and lip balm as well as seeking shade and limiting sun exposure when possible and practical during the hours of peak sun intensity.
3. Knowledge about how to assess personal sun safety habits, set goals for improvement and achieve these goals.

### *Tobacco*

Tobacco use prevention education will focus on all grades with particular emphasis on middle school and reinforcement in all later grades. Instructional activities will be participatory and developmentally appropriate. Tobacco use prevention education programs will be implemented in accordance with Board policy, relevant administrative procedures and law.

### **Oversight and Evaluation**

The wellness program coordinators are responsible for monitoring implementation of the district wellness program by:

1. Assuming responsibility for the assessment of existing policies and procedures.
2. Prioritizing wellness goals and writing work plans for each goal.
3. Measuring implementation of the district wellness policy and procedure.
4. Ensuring that the district meets the goals of the wellness policy and procedure.
5. Reporting to the Board on compliance and progress annually.

### *Monitoring*

The food service director/authorized representative will monitor food service areas for compliance with the district's nutrition guidelines and will report on this matter to the wellness program coordinators.

The program coordinators will develop an annual summary report based on input from schools within the district regarding districtwide compliance with the district's wellness policies. The report will include a baseline of assessed indicators, impact of the policy change on those indicators, a report of progress, steps for moving to the next priority, work plans for the next year, and recommended policy revisions. The report will be provided to the Board of Education and made available on the district's website or by other appropriate means.

*Compliance Indicators*

During initial development of the district's wellness-related policies and procedures, each school in the district will conduct a review of the schools existing nutrition and physical activity programs and practices.

*Policy Review*

The wellness program coordinators will provide policy revision recommendations to the Board of Education. The Board will revise the wellness policy as it deems necessary. Administrative procedures will be revised accordingly.

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*Note: The reader is encouraged to review policies and/or forms for related information in this administrative area.*

Implemented: July 16, 2007

Revised:

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