

Gasconade C4 Wellness Policy

Gasconade C4 is committed to the optimal development of every student. The District believes that for students to have the opportunity to achieve personal, academic, developmental, and social success, we need to create positive, safe, and health-promoting learning environments at every level, in every setting, throughout the school year.

This policy outlines the District's approach to ensuring environments and opportunities for all students to practice healthy eating and physical activity throughout the day with minimizing commercial distractions. Specifically, the policy establishes goals and procedures to ensure that:

- Students in the District have access to healthy foods throughout the school day—both through reimbursable school meals and other foods available throughout the school campus—in accordance with Federal and state nutrition standards.
- Students receive quality nutrition education that helps them develop lifelong healthy eating behaviors.
- Students have opportunities to be physically active before, during, and after school.
- School engages in nutrition and physical activity promotion and other activities that promote student wellness.
- The District establishes and maintains an infrastructure for management, oversight, implementation, communication about, and monitoring of the policy and its established goals and objectives.

Wellness Policy Implementation, Monitoring, Accountability, and Community Engagement

Implementation Plan

The District will develop and maintain a plan for implementation to manage and coordinate the execution of this wellness policy. The plan includes information of specific goals and objectives for nutrition standards for all foods and beverages available on the school campus, food and beverage marketing, nutrition promotion and education, physical activity, physical education, and other school-based activities that promote student wellness.

Recordkeeping

The District will retain records to document compliance with the requirements of the wellness policy with the Food Service Director. Documentation maintained in this location will include but will not be limited to:

- The Written wellness policy:
- Documentation demonstrating compliance with community involvement requirements.
- Documentation of the annual policy progress reports .

- Documentation of the triennial assessment of the policy.
- Documentation demonstrating compliance with public notification requirements, including:: Methods by which the wellness policy, annual progress reports, and triennial assessments are made available to the public and efforts to actively notify families about the availability of the wellness policy.

Triennial Progress Assessments

At least once every three years, the district will evaluate compliance with the wellness policy to assess the implementation of the policy and include:

- The extent to which the school is in compliance with wellness policy
- The extent to which the District's wellness policy compares to Alliance for a Healthier Generation's model wellness policy and
- A description of the progress made in attaining the goals of the District's wellness policy

The person responsible for managing the triennial assessment is Terri Gregory FSD and Gasconade C4.

The District will actively notify households of the availability of the triennial progress report.

Revisions and updating the policy

The DWC will update or modify the wellness policy based on the results of the annual progress reports and triennial assessments, and/or as District priorities change; community needs change; wellness goals are met; new health science, information, and technology emerges; and new Federal or state guidance or standards are issued.

Community Involvement, Outreach and Communications

The district is committed to being responsive to community input, which begins with awareness of the wellness policy. The district will actively communicate ways in which representatives of DWC and others can participate in development, implementation, and periodic review and update of the wellness policy through a variety of means. The district will also inform parents of the improvements that have been made to school meals and compliance with school meal standard, availability of child nutrition programs and how to apply, and a description of the compliance with Smart Snacks in School nutrition standards.

The district will actively notify the parents and public about the content of or any updates to the wellness program annually. The district will also inform the community about the availability of the annual and triennial reports.

Nutrition

School Meals

Our school district is committed to serving healthy meals to children, with plenty of fruits, vegetables, whole grains, and fat-free and low-fat milk; moderated in sodium, low in saturated fat, and zero grams trans-fat per serving; and to meet the nutrition needs of school children within the calorie requirements.

The school meal programs aim to improve the diet and health of school children, help mitigate childhood obesity, model healthy eating to support the development of lifelong healthy eating patterns, and support healthy choices while accommodating cultural food preferences and special dietary needs.

Gasconade C4 participates in USDA child nutrition programs, including the National School Lunch Program, The School Breakfast Program and The Fresh Fruit & Vegetable Program. The school is committed to offering school meals through the NSLP and SBP programs, and other applicable Federal child nutrition programs, that:

- Are accessible to all students
- Are appealing and attractive to children
- Are served in clean and pleasant settings
- Meet or exceed current nutrition requirements established by local, state, and Federal statutes and regulations. The district offers reimbursable school meals that meet USDA nutrition standards.
- Promote healthy food and beverage choices such as
 - ❖ Slices or cup fruit is available daily
 - ❖ White milk is placed in front of other beverage choices
 - ❖ Student surveys and taste testing opportunities are used to inform menu development, dining space decor, and promotional ideas
 - ❖ Student artwork is displayed in the dining area
 - ❖ Daily announcements are used to promote and market menu options
 - ❖ Menus are posted on district website and include nutrient content and ingredients.
 - ❖ School meals are administered by a team of child nutrition professionals.
 - ❖ The district child nutrition program will accommodate students with special dietary needs.
 - ❖ Students will be allowed at least 10 minutes to eat breakfast and at least 20 minutes to eat lunch, counting from the time they have received their meal and are seated.
- Participation in Federal child nutrition programs will be promoted among students and families to help ensure that families know what programs are available in their children's school.

Staff Qualifications and Professional Development

All school nutrition program directors, managers, and staff will meet or exceed hiring and annual continuing education/training requirements.

Water

To promote hydration, free, safe, unflavored drinking water will be available to all students throughout the school day. The district will make drinking water available where school meals are served during mealtimes. In addition, students will be allowed to bring and carry approved water bottles filled with only water obtained at school with them throughout the day.

Competitive foods and Beverages

Gasconade is committed to ensuring that all foods and beverages available to students at school support healthy eating. The foods and beverages sold and served outside of the school meal program will meet the USDA Smart Snacks in School nutrition standards, at a minimum. Smart Snacks aim to improve student health and well-being, increase consumption of healthful foods during the school day, and create an environment that reinforces the development of healthy eating habits. A summary of the standards and information are available at: <http://www.fns.usda.gov/healthierschoolday/tools-schools-smart-snacks>. To support healthy food choices and improve student health and well-being, all foods and beverages outside the reimbursable school meal programs that are sold to students at school during the school day will meet or exceed the USDA Smart Snacks nutrition standards. These standards will apply in all locations and through all services where foods and beverages are sold, which may include, but are not limited to school stores, and snack or food carts.

Celebrations and Rewards

All foods offered at school will meet or exceed the USDA Smart Snacks in School nutrition standards including:

- Celebrations and parties. The school will provide a list of healthy party ideas to parents and teachers, including non-food celebration ideas. Healthy party ideas from the Alliance for a Healthier Generation and from the USDA.
- Classroom snacks brought by parents. The school will provide to parents a list of foods and beverages that meet Smart Snacks nutrition standards and
- Rewards and incentives. The School will provide teachers and other relevant school staff a list of alternative ways to reward children. Foods and beverages will not be used as a reward, or withheld as punishment for any reason, such as for performance or behavior.

Fundraising

Food and beverages that meet or exceed the USDA Smart Snacks in School Nutrition standards may be sold through fundraisers on the school campus during the school day. The District will make available to parents and teachers a list of healthy fundraising ideas.

Nutrition Promotion

Nutrition promotion and education positively influence lifelong eating behaviors by using evidence-based techniques and nutrition messages, and by creating food environments that encourage healthy nutrition choices and encourage participation in school meal programs. Students and staff will receive consistent nutrition messages throughout school, classrooms, gymnasiums, and cafeterias. Nutrition promotion also includes marketing and advertising nutritious foods and beverages to students and is most effective when implemented consistently through a comprehensive and multi-channel approach by school staff and teachers, parents, students, and community. The district will promote healthy food and beverage choices for all students throughout the school, as well as encourage participation in school meal programs.

Nutrition Education

The district aims to teach, model, encourage, and support healthy eating by students. The school will provide nutrition education and engages in nutrition promotion that:

- Is 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 integrated into classroom instruction through subjects such as math, science, language arts, social sciences, and elective subjects
- Include enjoyable, developmentally-appropriate, culturally-relevant, and participatory activities, such as cooking demonstrations or lessons, promotions, taste-testing, farm visits, and school gardens
- Promote fruits, vegetables, whole-grain products, low-fat and fat-free dairy products, and healthy food preparation methods
- Emphasize caloric balance between food intake and energy expenditure
- Link with school meal programs, cafeteria nutrition promotion activities, school gardens, Farm to School programs, other school foods, and nutrition-related community services
- Teach media literacy with an emphasis on food and beverage marketing and
- Include nutrition education training for teachers and staff.

Essential Healthy Eating Topics in Health Education

The school will include in the health education curriculum the following essential topics on healthy eating:

- The relationship between healthy eating and personal health and disease prevention
- Food guidance from My Plate
- Reading and using USDA's food labels
- Eating a variety of foods every day
- Balancing food intake and physical activity
- Eating more fruits, vegetables, and whole grain products
- Choosing foods that are low in fat, saturated fat, and cholesterol and do not contain trans fat
- Choosing foods and beverages with little or no added sugars
- Eating more calcium-rich foods
- Preparing healthy meals and snacks
- Risks of unhealthy weight control practices
- Accepting body size differences
- Food safety
- Importance of water consumption
- Importance of eating breakfast
- Making healthy choices when eating at restaurants
- Eating disorders
- The Dietary Guidelines for Americans
- Reducing sodium intake

- Social influences on healthy eating, including media, family, peers, and culture
- How to find valid information or services related to nutrition and dietary behavior

USDA's Team Nutrition provides free nutrition education and promotion materials, including standards-based nutrition education curricula and lesson plans, posters, interactive games, menu graphics, and more.

Food and Beverage Marketing in Schools

Gasconade is committed to providing a school environment that ensures opportunities for all students to practice healthy eating and physical activity behavior throughout the school day while minimizing commercial distraction. The District strives to teach students how to make informed choices about nutrition, health, and physical activity. These efforts will be weakened if students are subjected to advertising on District property that contains messages inconsistent with the health information the District is imparting through nutrition education and health promotion efforts. It is the intent of the District to protect and promote student's health by permitting advertising and marketing for only those foods and beverages that are permitted to be sold on the school campus, consistent with the District's wellness policy. This includes but is not limited to:

- Brand names, trademarks, logos or tags, except when placed on a physically present food or beverage product or its container
- Displays, such as on vending machine exteriors
- Corporate brand, logo, name, or trademark on school equipment, such as marquees, message boards, scoreboards, or backboards
- Corporate brand, logo, name, or trademark on cups used for beverage dispensing, menu boards, coolers, trash cans, and other food service equipment ; as well as on posters, book covers, pupil assignment books, or school supplies displayed, distributed, offered, or sold by the District
- Advertisements in school publications or school mailings.
- Free product samples, taste tests, or coupons of a product, or free samples displaying advertising of a product.

(Note: immediate replacement of these items are not required, however, districts will consider replacing or updating equipment over time so that decisions about the replacement include compliance with the marketing policy.)

Physical Activity

Children and adolescents should participate in 60 minutes of physical activity every day. A substantial percentage of student's physical activity can be provided through a comprehensive, school-based physical activity program (CSPAP) that includes these components: physical education, recess, classroom-based physical activity, and out of school time activities and the district is committed to providing these opportunities. Schools will ensure that these varied opportunities are in addition to, and not a substitute for, physical education. Everyone will be encouraged to participate in Let's Move! Active Schools (www.letsmoveschools.org) in order to successfully address all CSPAP areas.

Physical activity during the school day (including but not limited to recess, physical activity breaks, or physical education will not be withheld as punishment for any reason. This does not include participation on sports teams that have specific academic requirements. The district will provide teachers and other school staff with a list of ideas for alternative ways to discipline students.

To the extent practicable, the District will ensure that its grounds and facilities are safe and that equipment is available to students to be active. The District will conduct necessary inspections and repairs.

Physical Education

The District will provide students with physical education, using as age-appropriate, sequential physical education curriculum consistent with national and state standards for physical education. The physical education curriculum will promote the benefits of a physically active lifestyle and will help students develop skills to engage in life long healthy habits, as well as incorporate essential health education concepts.

All students will be provided equal opportunity to participate in physical education classes. The District will make appropriate accommodations to allow for equitable participation for all students and will adapt physical education classes and equipment as necessary.

All elementary students in each grade will receive physical education for at least 60-89 minutes per week throughout the school year.

The school physical education program will promote student physical fitness through individualized fitness and activity assessments (via the Presidential Youth Fitness Program or other appropriate assessment tool) and will use criterion-based reporting for each student.

Essential Physical Activity topics in Health Education

The District will include in the health education curriculum the following essential topics on physical activity:

- The physical, psychological, or social benefits of physical activity
- How physical activity can contribute to a healthy weight
- How physical activity can contribute to the academic learning process
- How an inactive lifestyle contributes to chronic disease
- Health related fitness, this is cardiovascular endurance, muscular endurance, muscular strength, flexibility, and body composition
- Differences between physical activity, exercise, and fitness
- Phases of an exercise session, that is, warm up, workout, and cool down
- Overcoming barriers to physical activity
- Decreasing sedentary activities, such as TV watching
- Opportunities for physical activity in the community
- Preventing injury during physical activity

- Weather related safety, for example, avoiding heat stroke, hypothermia, and sunburn while being physically active
- How much physical activity is enough, this is, determining frequency, intensity, time, and type of physical activity
- Developing an individualized physical activity and fitness plan
- Monitoring progress toward reaching goals in an individualized physical activity plan
- Dangers of using performance enhancing drugs, such as steroids

Social influences on physical activity, including media, family, peers, and culture

- How to find valid information or services related to physical activity and fitness
- How to influence, support, or advocate for other to engage in physical activity
- How to resist peer pressure that discourages physical activity

Recess (Elementary)

Elementary school will offer at least 20 minutes of recess on all or most days during the school year. If recess is offered before lunch, schools will use appropriate hand-washing facilities and/or Hand-sanitizing mechanisms to ensure proper hygiene prior to eating and students are required to use these mechanisms before eating. Hand-Washing time, as well as time to put away coats/hats gloves, will be built into the recess transition period time frame before students enter the cafeteria.

Outdoor recess will be offered when weather is feasible for outdoor play.

In the event that the school must conduct indoor recess, teachers and staff will follow the indoor recess guidelines that promote physical activity for students, to the extent practicable.

Recess will complement, no substitute, physical education class. Recess monitors or teachers will encourage students to be active, and will serve as role models by being physically active alongside the students whenever feasible.

Physical Activity Breaks (Elementary and Secondary)

The District recognizes that students are more attentive and ready to learn if provided with periodic breaks when they can be physically active or to stretch throughout the day on all or most days during a typical school week. The district recommends teachers provide short (3-5 min.) physical activity breaks to students during and between classroom times. These physical activity breaks will complement, no substitute, for physical education class, recess, and class transition periods. The district will provide resources and links to resources, tools, and technology with ideas for physical activity breaks. Resources and ideas are available through USDA and the Alliance for a Healthier Generation.

Activity Academics

Teachers will incorporate movement and kinesthetic learning approaches into core subject instruction when possible and do their part to limit sedentary behavior during the school day. Teachers will serve as role models by being physically active alongside the students whenever feasible.

Before and After School Activities

The District offers opportunities for students to participate in physical activity either before and or after the school day through a variety of methods. The District will encourage students to physically active before and after school.

Other activities that promote student wellness

The District will integrate wellness activities across the entire school setting, not just in the cafeteria, other food and beverage venues, and physical activity facilities. The district will coordinate and integrate other and integrate other initiatives related to physical activity, physical education, nutrition, and other wellness components so all efforts are complementary, not duplicative, and work towards the same goals and objectives promoting student well-being, optimal development, and strong educational outcomes.

The district is encouraged to coordinate content across curricular areas that promote student health, such as teaching nutrition concepts in mathematics, with consultation provided by either the school or the District's curriculum experts.

All efforts related to obtaining federal, state or association recognition for efforts, or grants funding opportunities for healthy school environments will be coordinated with and complementary of the wellness policy, including by not limited to ensuring the involvement of the DWC/SWC.

All school-sponsored events will adhere to the wellness policy; All school-sponsored wellness events will include physical activity opportunities.

Community Partnerships

The District will develop relationships with community partners in support of this wellness policy's implementation. Existing and new community partnerships and sponsorships will be evaluated to ensure that they are consistent with wellness policy and its goals.

Community Health promotion and engagement

The district will promote to Parents and care givers, families, and the general community the benefits or and approaches for healthy eating and physical activity throughout the school year. Families will be informed and invited to participate in school sponsored activities and will receive information about health promotion efforts.

