

South Holt Nutrition & Physical Activity Advisory Committee

The Advisory Committee will meet twice a year,
Once each semester.

Members of the Advisory Committee include:

Bob Ottman, Superintendent
Mark Anderson, JH/HS Principal
Ted Quinlin, Elementary Principal
Susan Lentz, RN BSN School Nurse
Carmen Mudd, Food Services Director
Brenda Lynn, Health/PE/K-2 Counselor
Josh Petersen, Health/PE Instructor
Leandra Buckles, FACS/FCCLA Teacher
Jessica Aeschliman, AG/FFA Teacher
Haylee Olberding, K-12 Guidance Counselor
Lisa Slusher, Elementary/JH Teacher
Pam Million, Superintendent Secretary
Dave Cotton, Building Maintenance
Chad Scheuerell JH/HS History/Coach
Krissy Prussman, Health Dept. Adm.

*All members are not mandated to attend every meeting.

DOCUMENTATION TO WELLNESS POLICY 2750

1. Provide a comprehensive learning environment for developing and practicing lifelong wellness behaviors.

South Holt R-1 School follows all state/federal requirements for the school breakfast and lunch program. Students are not allowed to leave during their lunchtime. We were proactive and eliminated the alternative candy sales in August 2007. At the same time we also eliminated any soda/pop beverages in the machine that had sugar or caffeine. Sports drinks and water are available to high school students during lounge. Water fountains are located throughout the building.

2. Support and promote proper dietary habits contributing to student's health status and academic performance.

The South Holt R-1 School District meets the district nutrition standards. Input within the committee is ongoing, and new menu ideas are discussed.

South Holt R-1 School acknowledges the presence of students with food allergies that can be life threatening. Signs depicting such allergies are posted outside the door of necessary classrooms, and on busses. Nut-Free zones are designated in the cafeteria. Parents receive written notification every August of any food allergies in their child's classroom. Presentations regarding food allergies are given at preschool and kindergarten roundup, and in individual classrooms. Food allergy information is in all student handbooks. Training for all staff in regards to food allergies is done annually in August by the school nurse. No peanut butter or nut products are served in the school cafeteria.

3. Provide more opportunities for students to engage in physical activity.

- ❖ P.E. - At the present time physical education classes for K-6 are twice a week for 30 minutes. Preschool has PE one semester for 30 minutes weekly. Jr. High students have PE/Health daily for 45 minutes. One semester of Health is required for all tenth grade students. Ninth grade students have PE daily for 45 minutes. Students in grades 10 through 12 are offered body conditioning and lifetime sports classes for 45 minutes daily. A semester college dual credit PED 101 class is offered to 11th and 12th grade for 45 minutes daily, for 1 semester.
- ❖ Recess – Presently preschool has 45 minutes, grades K-3 have recess twice a day for a total of 35 minutes. Grades 4 through 6 have a 20 minute recess daily.
- ❖ Co-Curricular – Present activities include:

FFA Community Garden

7th Grade Hunter Safety Program at School with MODOC

4-H and Girl Scouts meet at school and do wellness activities

FIRST AID/CPR/AED Certification – all coaches required every 2 yrs.

CPR/AED/CHOKING requirement for student's graduation – annually

Sports programs JH/HS include volleyball, football, basketball, cheerleading, marching band, track, softball (HS) and wrestling co-op

Elementary track and field day in May, with high school students assisting

Volleyball Clinic grades 3 - 6

School counseling classes weekly for thirty minutes for K-6

Red Ribbon Week activities

School Nurse in-class education programs

Preschool Health Promotions (Holt Co. Health Department)

Bike helmets provided with education 2nd grade annually (HCHD)

Summer weight program, basketball shoot outs for grades 7-12

Fall Festival 5K run sponsored by school

Flag football program for grades 3-6 offered fall semester

Allison's school of dance offered weekly to grades PS-6 at school

Hosted Food Power Adventure (3 Schools- 3/2014) grades PK-4

Delta Dental Hygiene Performance every 2 yrs. 9/2017

Project Fit America Equipment (on elementary playground) utilized in
Grades PK-6

Elementary Roller Skating incentive for students grades K-6 who meets
academic criteria

Junior Hoopster Basketball - grades 4-6

PK - 4 Little Dribblers basketball (weekly in January)

Holt County Track Day – grades 5-6

FFA MODOT Adopt a Highway (Hwy 59)

Saving Sight Vision screening available to community every fall

AED Maintenance

It Only Takes One – seatbelt campaign – 2015/16, 2018/19 (HS)

Selected for Kinsa Smart Thermometer FLUENCY program 2015/16; Free
thermometers for all staff and each family PS- 6

Operational Professional Services custodial services implemented 2015/16

HVAC added to remainder of building 2014/15

Don't Text and Drive Program Oct. 2018

Bottle fill stations at water fountains 2017

New concessions stand August 2018

Check and Connect Program (JH/HS)

Suicide/Bullying Awareness Prevention Speakers Staff in Services 2017/18

Clothes closet resource
Flu Shot Clinic offered at school annually for staff
Food, Activities, Fellowship every Wednesday all summer for all students
provided by Community Action Committee
ACES social worker contracted twice a month
Grape picking opportunity for FFA

Each of these activities promotes wellness and physical activities in varied ways.

4. The District is committed to improving academic performance.

Public awareness promoting the positive relationship between nutrition, physical activity and student academic performance is continual at South Holt R-1. Examples include:

- ❖ Monthly menus sent home to each family grades PS-6; available in office/online for everyone
- ❖ Posters/cafeteria décor regularly updated
- ❖ School website: www.southholtr1.com resource
- ❖ Partnership with Elementary Booster Club provides healthy snacks grades K-6 during MAP/Terra Nova testing.
- ❖ Athletic Booster Club provides healthy meals for athletes before games for football, volleyball, softball and basketball
- ❖ Incentive trips (grades 3 -12) for students who are advanced/proficient on MAP/EOC performance; trips involve much physical activity/exercise
- ❖ NHS painted and bought new furniture for the two teacher lounges, providing a nice atmosphere for eating lunch. Dec. 2015
- ❖ Yearly fitness testing is done in grades 5-9 in PE class

5. Establish and maintain a district-wide Nutrition & Physical Activity Council with the purpose of developing, monitoring, evaluating, serving and revising policy as necessary.

South Holt R-1 has established a council that will meet each semester of each school year. Members may be added or changed as deemed necessary. Additional input may be obtained from other sources including but not limited to Team Nutrition, MO Extension, and the Holt County Health Department

DOCUMENTATION FOR WELLNESS REGULATION 2750

(Also refer to documentation for policy 2750)

1. Advisory Council – South Holt R-1 School District does not sell any a la carte food items. Grades 9-12 are offered healthy snack alternatives during lounge. No other food items are sold in the school in vending machines. Fundraising sales are: Fruit/Meat sales through FFA/FCCLA.

2. Student Nutrition – The South Holt R-1 School follows the DESE/USDA Requirements for Federal School Meals Programs and the District Nutrition Standards.

3. Student Nutrition Education –

Student: The school nurse educates students in regards to food allergies annually. Teachers incorporate nutrition themes into daily lessons when appropriate. Missouri Learning Standards are followed for all classes.

Wellness is covered in the following classes:

Health: Brenda Lynn

FACS: Leandra Buckles

AG: Jessica Aeschliman

Counseling: Brenda Lynn, Haylee Olberding

PE: Josh Petersen

Parent: Parents are educated in a variety of methods including the school website: www.southholtr1.com, menus, bulletin boards, brochures, and information sent home with students.

Staff: Physical activities for staff include:

Senior/Faculty volleyball in 1st semester

Weight room access before and after school

Gym/Outdoor track/school hallways available for walkers

Gym is open to community every Sunday evening

Nutrition Education – Provided to staff by the school nurse, Holt County Health Department and Holt County Extension

Pound Plunge January 2016

Access to Forrest T. Jones wellness website through Cigna insurance

Food allergy awareness annually by school nurse

- 4. District Nutrition Standards** – South Holt R-1 School follows the district nutrition standards. There are no vending machines in the school, and candy is not sold or purchased according to the guidelines.

- 5. Student Physical Activity** – In addition to educational opportunities already mentioned, South Holt R-1 offers a summer weight lifting program. We are encouraging students to walk to school after receiving the Safe Routes to School Grant through MODOT. New sidewalks to the school were built. Two bike racks have been provided for the students to promote bike riding to and from school. Smokebusters purchased 1 of the bike racks. South Holt shoot-out basketball program is offered to grades 7-12 in the summer. Summer Spike and Summer Jam programs are available for grades 7-12. South Holt is supportive of the summer baseball and softball programs offered to grades PS-8. New Playground equipment was installed August 2018, including all new swings, zip line and spinner. Other equipment available for community use is the Project Fit America equipment, Welty Park, basketball hoops, outdoor track for walking and the playground.

NUTRITION & PHYSICAL ACTIVITY ADVISORY COMMITTEE WELLNESS DOCUMENTATION OF MEETINGS

The committee met in the superintendent's outer room on Wednesday, October 3, 2018, with eleven members present, to review and discuss progression of the wellness policy. Discussion included:

- Updates/Changes reviewed and made to the wellness documentation.
- Mr. Ottman encouraged use of the Forest T. Jones /Cigna wellness website.
- Mr. Ottman informed the committee of the upcoming breakfast/lunch state review.
- Susan Lentz reminded the committee that the wellness policy is posted on the school website: www.southholtr1.com Parents can check under the information tab if they wish to contact Mr. Ottman in regards to the policy.

**NUTRITION & PHYSICAL ACTIVITY ADVISORY COMMITTEE
WELLNESS
DOCUMENTATION OF MEETINGS**

The committee met on Wednesday October 3, 2018 to reorganize for 2018-2019. Five committee members have changed due to staff changes. An additional high school teacher was added to the committee. Each section of Policy 2750 and Regulation 2750 were discussed. Each committee member is comfortable to suggestions from one another. The data, mandated reports, menus, etc. will serve as reference for making improvements.

Susan Lentz, RN BSN volunteered to enter the continuing data.