



2021 Wellness Policy Report

Junction Hill C-12



Our Wellness Goals

We met these goals:

- ✓ Following Healthy Nutrition Guidelines
- ✓ Community and Family Involvement
- ✓ Healthy foods marketing
- ✓ Staff training and wellness

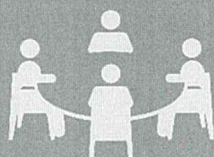
We are still working on these:

- ✗ Getting more nutrition education to all grade levels
- ✗ Provide adequate minutes of moderate physical activity to all grade levels
- ✗

District Wellness Committee

Actively recruiting!

- ✓ Meets annually about school health & safety
- ✓ Led by Nurse Bird
- ✓ Designates a Junction Hill School official to ensure that schools use the wellness policy

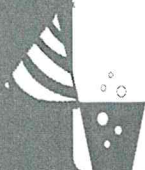


Our District Wellness Policies

- Follow nutrition guidelines based on the Missouri Eat Smart Nutrition Guidelines.
- Collaborate with community agencies and groups to provide consistent nutrition education.
- Engage families as partners in their children's wellness education.

Planning, Tracking, & Sharing

- Triennial Assessment completed based on the 2020-2021 school year.
- Plans to reconnect with the MU Extension office to provide nutrition education to elementary classes is in the works.



Model Wellness Policy Comparison Results

Component	Description
Tool used for Model LSWP Comparison:	CSBA BP 5030 Comparison Tool
Areas of Strength:	<p>1. All areas that were listed in the model policy were also covered in the LSWP.</p> <p>2. The majority of policy areas were more detailed in the LSWP than the model policy.</p> <p>3. Specific activities in health education and physical activity education were included in the LSWP.</p>
Opportunities for Improvement	<p>1. Some specific wording could be changed in the LSWP.</p> <p>2. No area of the LSWP states that there is an annual assessment, only that there are periodic reviews.</p> <p>3. A few examples of things the school can do could be removed because they are not applicable to our setting.</p>
As a result of the comparison, was new language adopted in the LSWP?	<input type="checkbox"/> Yes <input checked="" type="checkbox"/> No
If yes, briefly describe what was adopted (include page numbers for new language if possible)	
Describe next steps for strengthening your LSWP	The wording for the LSWP is adequate, implementation will need to be reviewed to ensure proper use of the LSWP.

California School Boards Association - Model Policy Comparison

This document is designed for a local educational agency to compare its local school wellness policy language with the California School Board Association's Model Local School Wellness Policy.

Select each tab below to continue.

- Instructions
- Nutrition Education
- Nutrition Promotion
- Physical Activity
- Other Goals
- Foods Sold
- Foods Given Away
- Food and Beverage Marketing
- Designated Person In Charge
- Involving School and Community Members
- Implementation Plan
- Annual Update
- Triennial Assessment

California Department of Education
June 2021

Instructions

How to Use This Document

Before you begin, gather your current Local School Wellness Policy (LSWP), any district administrative regulations, action plans, or other documents that describe your policy, implementation, evaluation, and review.

Each tab represents the required elements of the LSWP and provides a table to compare your local policy language with the CSBA Model Wellness Policy. Complete following steps for each tab to complete the model policy comparison.

Step 1: Select the tab with the LSWP Requirement you would like to compare.

Step 2: Enter your agency's name and date of your policy comparison at the top of the page (Column A, Rows 2 and 3).

Step 3: Add your agency's name and policy language under the column header [Agency Name] Policy Language.

Step 4: Compare your district's policy language to the California School Boards Association (CSBA) Model Policy Language which reflects the language from the CSBA model policy for the LSWP Requirement selected.

Step 5: Add your comparison analysis and conclusions under the column header Comparison Analysis and Conclusions.

Step 6: Document the next steps needed to continue improving the health of your students and school (examples: make policy language changes, hold a committee meeting, or update implementation plans) under the column header Next Steps.

Step 7: Select the next tab for each of the required elements of the LSWP and repeat the steps above.

Sources

The California Department of Education Local School Wellness Policy web page at:

<https://www.cde.ca.gov/ls/nul/wellness.asp>

The California School Boards Association (CSBA) Model Wellness Policy is available at:

<https://www.csba.org/GovernanceAndPolicyResources/ConditionsOfChildren/StudentPhysicalHealthWellness/StudentWellnessPolicy.aspx>

Local School Wellness Policy Requirement: Nutrition Education Junction Hill C-12

12/1/2021 Junction Hill C-12 Policy Language	California School Boards Association Model Policy	Comparison Analysis and Conclusions	Next Steps
<p>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 nutrition knowledge including, but not limited to: The benefits of healthy eating. Essential nutrients. Nutritional deficiencies. 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 USDA's Dietary Guidelines for Americans and MyPlate. Critically evaluate nutrition information, misinformation and commercial food advertising. 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. Provide information to all school staff about the symptoms of nutrition-related conditions such as unhealthy weight, eating disorders and other nutrition-related health problems. Staff members who identify students who may have nutrition-related conditions will notify school counselors or student health services staff. When appropriate, school counselors or student health services staff will provide information about these conditions, including available treatment options, to the student and his or her parents/guardians. 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.</p>	<p>The Board shall adopt specific goals for nutrition promotion and education, physical activity, and other school-based activities that promote student wellness. In developing such goals, the Board shall review and consider evidence-based strategies and techniques. (42 USC 1758b; 7 CFR 210.31).</p> <p>The district's nutrition education and physical education programs shall be based on research, shall be consistent with the expectations established in the state's curriculum frameworks and content standards, and shall be designed to build the skills and knowledge that all students need to maintain a healthy lifestyle.</p> <p>The nutrition education program shall include, but is not limited to, information about the benefits of healthy eating for learning, disease prevention, weight management, and oral health. Nutrition education shall be provided as part of the health education program and, as appropriate, shall be integrated into other academic subjects in the regular educational program, before- and after-school programs, summer learning programs, and school garden programs.</p>	<p>Our LSWP exceeds the requirements set in the model policy. The LSWP is more descriptive and specific in what will be taught to students.</p>	<p>No change in policy is necessary.</p>

Local School Wellness Policy Requirement: Nutrition Promotion

Junction Hill C-12

12/1/2021

Junction Hill C-12 Policy Language	California School Boards Association Model Policy Language	Comparison Analysis and Conclusions	Next Steps
<p>Nutrition Promotion: Nutrition promotion that uses evidence-based techniques to encourage healthy nutrition choices and participation in school meal programs positively influences lifelong eating behaviors. Students and staff will receive consistent nutrition messages throughout district facilities. Nutrition promotion also includes marketing and advertising nutritious foods and beverages to students and is most effective when implemented consistently by school staff, parents/guardians and the community. The district will promote the importance of good nutrition in its schools and in the community through one or more of the following activities: 1. Offering healthy eating seminars for parents/guardians. 2. Providing nutrition information to parents/guardians via newsletters, handouts, presentations or other appropriate means. 3. Posting nutrition tips on district websites. 4. Offering appropriate, participatory activities, such as cooking lessons or demonstrations, taste testings, farm visits and school gardens. 5. Disseminating information about community programs that offer nutrition assistance to families. 6. Posting links on district websites to research and articles explaining the connections between good nutrition and academic performance. 7. Providing school meals that meet a variety of cultural preferences with a special emphasis on the populations served by the district. 8. Posting menus, including nutrient contents and ingredients, on district and school websites. If practical, the district will provide information in a language understandable to the parents/guardians.</p>	<p>The Board shall adopt specific goals for nutrition promotion and education, physical activity, and other school-based activities that promote student wellness. In developing such goals, the Board shall review and consider evidence-based strategies and techniques. (42 USC 1758b; 7 CFR 210.31).</p>	<p>Model policy has no specific language stating what nutrition promotion consists of. The LSWP states specifically the types of nutrition promotion activities that will be done.</p>	<p>No change in policy is necessary.</p>

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Local School Wellness Policy Requirement: Other Goals

Junction Hill C-12

12/1/2021

LSWP-Other Goal Subtopics	Junction Hill C-12 Policy Language	California School Boards Association Model Policy Language	Comparison Analysis and Conclusions	Next Steps
Health Education	Not Addressed	Not addressed in model policy.	Not addressed	No change in policy is necessary.
Employee Wellness	The Junction Hill C-12 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 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 staff health, including physical activity and other elements of a healthy lifestyle. The staff wellness committee will provide a copy of its plan to the wellness program committee.	The Superintendent or designee shall encourage staff to serve as positive role models for healthy eating and physical fitness. He/she shall promote work-site wellness programs and may provide opportunities for regular physical activity among employees.	The LSWP is more detailed than the model policy.	No change in policy is necessary.
Social & Emotional School Climate	Not Addressed	Not addressed in model policy.	Not addressed	No change in policy is necessary.
Health Services	Not Addressed in Wellness Policy, separate policy on health services	In order to ensure that students have access to comprehensive health services, the district may provide access to health services at or near district schools and/or may provide referrals to community resources.	Our school district has a separate health services policy.	No change in policy is necessary.
Counseling, Psychologic, and Social Services	Not Addressed	Not addressed in model policy.	Not addressed	No change in policy is necessary.
Community Involvement	Staff will collaborate with agencies and groups conducting nutrition education in the community to send consistent messages to students and their families. A list of foods and beverages that meet the Smart Snacks nutrition standards and ideas for healthy celebrations, rewards and nonfood fundraising activities will be provided to community organizations that serve youth. Guest speakers invited to address students will receive appropriate information about the district's policies of the district. The wellness program staff shall develop and use of district and community resources and educational materials to address the needs and interests of all students and staff, taking into consideration differences of gender, cultural norms, physical and cognitive abilities and fitness level.	Not addressed in model policy.	Included in LSWP, not addressed in the model policy.	No change in policy is necessary.
Physical Environment	Outdoor Air Quality: The principal or designee of each school will be responsible for daily monitoring of Air Quality Index (AQI) information provided by local authorities. 1. When the AQI is "code orange" (unhealthy for sensitive groups of people), students with a history of reactions to ozone exposure will be permitted to reduce their outdoor exertion level or time spent outdoors, and the staff will arrange alternative indoor physical activities. Appropriately trained staff responsible for student supervision will monitor such students for symptoms of respiratory distress. 2. When the AQI is "code red" (unhealthy), students with a history of reactions to ozone exposure will remain indoors and participate in indoor physical activities. Appropriately trained staff responsible for student supervision will monitor such students for symptoms of respiratory distress. All other students will be allowed to engage in no more than one hour of heavy exertion (i.e., activities that involve high-intensity exercise such as basketball, soccer and running) while outdoors. 3. When the AQI is "code purple" (very unhealthy) or "code maroon" (hazardous), all students will be kept indoors and participate in indoor physical activities. Appropriately trained staff responsible for student supervision will monitor all students for symptoms of respiratory distress.	Not addressed in model policy.	Included in LSWP, not addressed in the model policy.	No change in policy is necessary.

Family Engagement	<p>The district will strive to engage families as partners in their children's education by supporting parental efforts to promote and help their children with maintaining and improving health. The district will provide information to parents about health-related risk behaviors and health-related issues. The district will implement the following strategies to achieve family involvement may include, but are not limited to:</p> <ol style="list-style-type: none"> 1. Providing information to parents about health-related risk behaviors and health-related issues. 2. Providing parents/guardians a list of appropriate foods that meet the district's nutrition standards for snacks. 3. Providing parents/guardians with ideas for nonfood rewards and healthy celebrations, parties and fundraising activities. 4. 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. 5. Designing curricular nutrition education activities and promotions to involve parents/guardians and the community. 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, newsletter, other take-home materials, special events or physical education homework. 9. Working with families to provide consistent sun safety information that includes an overview of the district's sun safety program, an explanation of how parents/guardians can reinforce the program at home and how they can become involved with and support the district's program. 10. Encouraging parents/guardians to help their children understand the importance of physical activity and physical education. 11. Providing opportunities for parent/guardian involvement with the district's wellness committee. <p>If practical, the district will provide information in a language understandable to parents/guardians.</p>	Not addressed in model policy.	Included in LSWP, not addressed in the model policy.	No change in policy is necessary.
Other-Professional Development, Anti-bullying, Water	<p>Staff Development and Training. All staff will be provided with ongoing training and professional development related to all areas of student wellness. The pre-service and ongoing in-service training will include teaching strategies for behavior change and will focus on giving teachers the skills they need to use non-lecture, active learning methods. Staff responsible for nutrition education will be required to prepare and regularly participate in professional development opportunities. Staff responsible for physical education will be required to participate in professional development opportunities. 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 developing 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. Students will have access to safe and unflavored drinking water throughout the school day in every district facility used by students. Free, safe and unflavored drinking water will be available to students during mealtimes in the places where meals are served.</p>	<p>Professional development may be regularly offered to the nutrition program director, managers, and staff, as well as health education staff, physical education teachers, coaches, activity supervisors, and other staff. Professional development will focus on enhancing their knowledge and skills related to student health and wellness.</p> <p>The Board recognizes that a safe, positive school environment is also conducive to students' physical and mental health and thus prohibits bullying and harassment of all students, including bullying on the basis of weight or health condition.</p> <p>The Superintendent or designee shall provide access to free, potable water in the food service area during meal times in accordance with Education Code 38086 and 42 USC 1758, and shall encourage students' consumption of water by educating them about the health benefits of water and by serving water in an appealing manner.</p>	The LSWP is more detailed in the area of professional development. No bullying policy is included in the LSWP. It is covered in its own policy. Water policy is comparable to the model policy. The LSWP also includes sun safety and tobacco, which the model policy does not.	No change in policy is necessary.
	<p>Mealtimes. Students are not permitted to leave school campus during the school day to purchase food or beverages. Mealtimes will comply with the following guidelines:</p> <ol style="list-style-type: none"> 1. Mealtimes provide a scheduled time for students to eat after sitting down for breakfast and lunch. 2. Activities such as talking or playing games during mealtimes will not be allowed. 3. Free, safe and unflavored drinking water will be available to students during meals in the meal service area. 4. Students will have access to hand-washing facilities before they eat meals or snacks. 5. The district will take reasonable steps to accommodate the toileting needs of students. 6. Students will be allowed to converse during meals. 7. The cafeteria will be clean, orderly and inviting. 8. Adequate seating and supervision will be provided during mealtimes. 			
	<p>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. Sun safety education will be designed to assist students with:</p> <ol style="list-style-type: none"> 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. 3. Knowledge about the importance of sun safety and the consequences of not practicing sun safety. 4. Knowledge about how to assess personal sun safety habits and goals for improvement and achieve these goals. 			
	<p>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.</p>			

Local School Wellness Policy Requirement: Standards for Foods Sold
Junction Hill C-12

12/1/2021	LSWP-Standards for Foods Sold Subtopics	Junction Hill C-12 Policy Language	California School Boards Association Policy Language	Comparison Analysis and Conclusions	Next Steps
School meals		<p>The primary goals of the Junction Hill C-12 School District'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 is committed to ensuring that all foods and beverages sold, provided or made available to students on school campuses during the school day support healthy eating and create an environment that reinforces the development of healthy eating habits. For that reason, and as required by law, the district has set the following nutrition standards for its meal programs, competitive foods and beverages sold outside the meal programs, and other foods and beverages provided or made available to students during the school day. For the purposes of this procedure, the school day is the time period from the midnight before to 30 minutes after the official school day. These meal standards do not apply to food sold at other times, such as evening or weekend events. Nutrition Standards for Meal Programs: The food sold to students as part of the district's meal programs will meet the requirements of the U.S. Department of Agriculture (USDA).</p>	<p>California School Boards Association Policy Language</p> <p>In order to maximize the district's ability to provide nutritious meals and snacks, all district schools shall participate in available federal school nutrition programs, including the National School Lunch and School Breakfast Programs and after-school snack programs, to the extent possible. When approved by the California Department of Education, the district may sponsor a summer meal program.</p>	<p>Comparison Analysis and Conclusions</p> <p>The LSWP states that USDA meal requirements will be followed, while the model policy states the National programs will be followed. Policies are equally adequate.</p>	No change in policy is necessary.
Competitive foods	<p>The foods and beverages sold and served during the school day outside the reimbursable school meal programs (competitive foods and beverages) will meet or exceed the USDA Smart Snacks in School (Smart Snacks) nutrition standards. These standards will apply in all locations any time foods and beverages are sold to students during the school day, which includes, but is not limited to, foods and beverages sold in vending machines, school stores, and snack or food carts; a la carte options in cafeterias; and food and beverages sold through district-sponsored fundraising, including fundraising by student-initiated groups, unless an exemption applies, as described below.</p>	<p>For all foods and beverages available on each campus during the school day, the district shall adopt nutrition guidelines which are consistent with 42 USC 1752, 1756, 1772, and 1779 and federal regulations which support the objectives of promoting student health and reducing childhood obesity. (42 USC 1758b)</p> <p>The Board believes that all foods and beverages sold to students at district schools, including those available outside the district's reimbursable food services program, should support the health curriculum and promote optimal health. Nutrition standards adopted by the district for foods and beverages provided through student stores, vending machines, or other venues shall meet or exceed state and federal nutrition standards.</p>		<p>Policies are equally adequate on stating the standards required of the food provided at school.</p>	No change in policy is necessary.
Fundraising	<p>The foods and beverages sold and served during the school day outside the reimbursable school meal programs (competitive foods and beverages) will meet or exceed the USDA Smart Snacks in School (Smart Snacks) nutrition standards. These standards will apply in all locations any time foods and beverages are sold to students during the school day, which includes, but is not limited to, foods and beverages sold in vending machines, school stores, and snack or food carts; a la carte options in cafeterias; and food and beverages sold through district-sponsored fundraising, including fundraising by student-initiated groups, unless an exemption applies, as described below.</p>	<p>For all foods and beverages available on each campus during the school day, the district shall adopt nutrition guidelines which are consistent with 42 USC 1752, 1756, 1772, and 1779 and federal regulations which support the objectives of promoting student health and reducing childhood obesity. (42 USC 1758b)</p> <p>The Superintendent or designee shall encourage school organizations to use healthy food items or non-food items for fundraising purposes.</p>		<p>Policies are equally adequate on stating the standards required of the food provided at school.</p>	No change in policy is necessary.
Other	<p>(Add your agencies policy language here.)</p>	No other areas addressed in model policy.	Not addressed.		No change in policy is necessary.

Local School Wellness Policy Requirement: Standards for Foods Given Away

Junction Hill C-12

12/1/2021

LSWP Standards for Foods Given Away Subtopics	Junction Hill C-12 Policy Language	California School Boards Association Model Policy Language	Comparison Analysis and Conclusions	Next Steps
<p>Rewards</p>	<p>All foods and beverages the district provides or makes available to students during the school day will meet or exceed the Smart Snacks nutrition standards. This includes, but is not limited to, foods and beverages provided or made available to students for celebrations, classroom parties and birthdays, regardless of the source of the food. The district will provide parents/guardians and district employees a list of foods and beverages that meet the Smart Snacks nutrition standards and a list of healthy party ideas, including nonfood celebration ideas. The district typically does not allow for food to be served during the school day outside the regular breakfast, lunch and FreshFruit Vegetable Snack meal program. However, for birthday parties, seasonal parties and some classroom parties, parents are encouraged to provide non-nutritious food to be served. During that time students may be served pre-packaged food provided by the teacher, parents or others. The ingredients of all foods served will be available, as well as the grams of fat and sugar and total calories. Students with food allergies will be provided alternative snacks. Students will not be provided more than two servings of additional snacks per day. Each serving will not exceed 2000 calories, 40g of sugar and 40g of fat. Foods and beverages should not be used as a reward or withheld as punishment.</p>	<p>California School Boards Association Model Policy Language He/she also shall encourage school staff to avoid the use of non-nutritious foods as a reward for students' academic performance, accomplishments, or classroom behavior.</p>	<p>The LSWP exceeds the standards of the model policy.</p>	<p>No change in policy is necessary.</p>
<p>Celebrations</p>	<p>All foods and beverages the district provides or makes available to students during the school day will meet or exceed the Smart Snacks nutrition standards. This includes, but is not limited to, foods and beverages provided or made available to students for celebrations, classroom parties and birthdays, regardless of the source of the food. The district will provide parents/guardians and district employees a list of foods and beverages that meet the Smart Snacks nutrition standards and a list of healthy party ideas, including nonfood celebration ideas. The district typically does not allow for food to be served during the school day outside the regular breakfast, lunch and FreshFruit Vegetable Snack meal program. However, for birthday parties, seasonal parties and some classroom parties/incentives the district makes an exception and does allow for food to be served. During that time students may be served pre-packaged food provided by the teacher, parents or others. The ingredients of all foods served will be available, as well as the grams of fat and sugar and total calories. Students with food allergies will be provided alternative snacks. Students will not be provided more than two servings of additional snacks per day. Each serving will not exceed 2000 calories, 40g of sugar and 40g of fat. Foods and beverages should not be used as a reward or withheld as punishment.</p>	<p>School staff shall encourage parents/guardians or other volunteers to support the district's nutrition education program by considering nutritional quality when selecting any snacks which they may donate for occasional class parties. Class parties or celebrations shall be held after the lunch period when possible.</p>	<p>The LSWP exceeds the standards of the model policy.</p>	<p>No change in policy is necessary.</p>
<p>Other</p>	<p>[Add your agencies policy language here.]</p>	<p>Not addressed in model policy.</p>	<p>Not addressed.</p>	<p>No change in policy is necessary.</p>

Local School Wellness Policy Requirement: Food and Beverage Marketing

Junction Hill C-12

12/1/2021

Junction Hill C-12 Policy Language	California School Boards Association Model Policy Language	Comparison Analysis and Conclusions	Next Steps
<p>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/guardians regarding the quality of district foods. Food and beverage marketing will be limited to the promotion of foods and beverages that meet the Smart Snacks nutrition standards. Other examples of marketing and advertising the district will scrutinize include, but are not limited to, pricing strategies that promote healthy food choices; audiovisual programming; educational incentive programs; scoreboards; book covers; district transportation; and vending machine displays.</p>	<p>To reinforce the district's nutrition education program, the Board prohibits the marketing and advertising of foods and beverages that do not meet nutrition standards for the sale of foods and beverages on campus during the school day. (Education Code 49431.9 7 CFR 210.31)</p>	<p>The LSWP exceeds the expectations of the model policy and provides more detail.</p>	<p>No change in policy is necessary.</p>

Local School Wellness Policy Requirement: Identification of Person in Charge

Junction Hill C-12

12/1/2021

Junction Hill C-12 Policy Language		California School Boards Association Model Policy Language	Comparison Analysis and Conclusions	Next Steps
The Board designates the school nurse as the wellness program coordinator. Only employees of the district who are members of the wellness committee may serve as wellness program coordinators. The wellness coordinator, in consultation with the wellness committee, will be in charge of implementation and evaluation of this policy.		The Superintendent designates the individual(s) identified below as the individual(s) responsible for ensuring that each school site complies with the district's wellness policy. (42 USC 175bb, 7 CFR 210.31)	Policies are equally adequate.	No change in policy is necessary.

Local School Wellness Policy Requirement: Involvement of School and Community Members
Junction Hill C-12

12/17/2021	Junction Hill C-12 Policy Language	California School Boards Association Model Policy Language	Comparison Analysis and Conclusions	Next Steps
	<p>The district will establish a wellness committee that consists of at least one parent, student, nurse or other school health professional, physical education teacher, 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. Committee meeting dates and agendas will be posted on the district's website in advance of each meeting and advertised in a manner designed to reach students, staff and members of the community. All wellness committee meeting agendas will include a public comment period in which students, staff and members of the community are encouraged to provide input on the district's wellness program. Meetings, records and votes of the wellness committee will adhere to the requirements of the Missouri Sunshine Law.</p>	<p>The Superintendent or designee shall invite feedback on district and school wellness activities from food service personnel, school administrators, the wellness council, parents/guardians, students, teachers, before- and after-school program staff, and/or other appropriate persons.</p> <p>The Superintendent or designee shall encourage parents/guardians, students, food service employees, physical education teachers, school health professionals, Board members, school administrators, and members of the public to participate in the development, implementation, and periodic review and update of the district's student wellness policy. (42 USC 1758b, 7 CFR 210.31)</p>	<p>Policies are equally adequate on involvement of school and community members.</p>	<p>No change in policy is necessary.</p>

Local School Wellness Policy Requirement: Implementation Plan

Junction Hill C-12

12/1/2021

Junction Hill C-12 Policy Language	California School Boards Association Model Policy Language	Comparison Analysis and Conclusions	Next Steps
<p>The program coordinators will use the Centers for Disease Control and Prevention (CDC) School Health Index as a measure of the overall effectiveness of the local wellness program. In addition, the wellness program coordinators will identify at least one other assessment tool, including those available through the USDA or CDC, that provides measures not covered by the School Health Index. Assessment tools may be locally created.</p>	<p>The Board and the Superintendent or designee shall establish indicators that will be used to measure the implementation and effectiveness of the district activities related to student wellness. Such indicators may include, but are not limited to:</p> <ol style="list-style-type: none"> 1. Descriptions of the district's nutrition education, physical education, and health education curricula and the extent to which they align with state academic content standards and legal requirements 2. An analysis of the nutritional content of school meals and snacks served in all district programs, based on a sample of menus and production records 3. Student participation rates in all school meal and/or snack programs, including the number of students enrolled in the free and reduced-price meals program compared to the number of students eligible for that program 4. Extent to which foods and beverages sold on campus outside the food services program, such as through vending machines, student stores, or fundraisers, comply with nutrition standards 5. Extent to which other foods and beverages that are available on campus during the school day, such as foods and beverages for classroom parties, school celebrations, and reward/incentives, comply with nutrition standards 6. Results of the state's physical fitness test at applicable grade levels 7. Number of minutes of physical education offered at each grade span, and the estimated percentage of class time spent in moderate to vigorous physical activity 8. A description of district efforts to provide additional opportunities for physical activity outside of the physical education program 9. A description of other districtwide or school-based wellness activities offered, including the number of sites and/or students participating, as appropriate <p>As feasible, the assessment report may include a comparison of results across multiple years, a comparison of district data with county, statewide, or national data, and/or a comparison of wellness data with other student outcome such as academic indicators or student discipline rates.</p>	<p>The model policy is more detailed than the LSWP, but most of the items listed are items that are assessed yearly in the Annual Wellness Program Assessment.</p>	<p>No change in policy is necessary.</p>

Local School Wellness Policy Requirement: Annual Update

Junction Hill C-12

12/1/2021	Junction Hill C-12 Policy Language	California School Boards Association Model Policy Language	Comparison Analysis and Conclusions	Next Steps
	The wellness program coordinators will provide policy revision recommendations to the Board as part of the periodic report. The recommendations will be based on analysis of the compliance indicators and comparison of the district's policy to model policies provided, recommended or referenced by the USDA. The Board will revise the wellness policy as it deems necessary. Administrative procedures will	The Superintendent or designee shall inform the public about the content and implementation of the district's wellness policy and shall make the policy, and any updates to the policy, available to the public on an annual basis. He/she shall also inform the public of the district's progress towards meeting the goals of the wellness policy, including the availability of the internal district assessment. (Education Code 49432; 42 USC 1758b; 7 CFR 210.31)	The LSWP does not specifically say annually, but does mention the periodic report, which is done annually.	No change in policy is necessary.

Local School Wellness Policy Requirement: Triennial Assessment

Junction Hill C-12

12/1/2021	Junction Hill C-12 Policy Language	California School Boards Association Model Policy Language	Comparison Analysis and Conclusions	Next Steps
	<p>The local wellness program will be assessed at least once every three years. The assessment will measure the district's level of compliance with implementing the local wellness program, including compliance levels in each of the district's schools; the extent to which the district's policy compares to model wellness policies; and a description of the progress made in attaining the goals of the program. The wellness program coordinator will report the results of assessments to the Board, and the results of each assessment will be made available to the public on the district's website and by other appropriate means. The wellness program coordinator will make recommendations for modifications to the wellness policy in accordance with these assessments, and the Board will revise the wellness policy as it deems necessary based on these recommendations. Administrative procedures will be revised accordingly.</p>	<p>The Superintendent or designee shall assess the implementation and effectiveness of this policy at least once every three years. (42 USC 1758b; 7 CFR 210.31)</p> <p>The assessment shall include the extent to which district schools are in compliance with this policy, the extent to which this policy compares to model wellness policies available from the U.S. Department of Agriculture, and a description of the progress made in attaining the goals of the wellness policy. (42 USC 1758b)</p> <p>In addition, the Superintendent or designee shall prepare and maintain the proper documentation and records needed for the administrative review of the district's wellness policy conducted by the California Department of Education (CDE) every three years.</p> <p>The assessment results of both the district and state evaluations shall be submitted to the Board for the purposes of evaluating policy and practice, recognizing accomplishments, and making policy adjustments as needed to focus district resources and efforts on actions that are most likely to make a positive impact on student health and achievement.</p> <p>[The Superintendent] shall also inform the public of the district's progress towards meeting the goals of the wellness policy, including the availability of the triennial district assessment. (Education Code 49432; 42 USC 1758b; 7 CFR 210.31)</p>	<p>Comparison Analysis and Conclusions</p> <p>Policies are equally adequate.</p>	<p>Next Steps</p> <p>No change in policy is necessary.</p>

Extent of Compliance for All Schools with the LSWP Template

Policy Area (Write the requirements included in your LSWP in the column below)	Not Met (Number of Schools)	Partial Compliance (Number of Schools)	Full Compliance (Number of Schools)
Nutrition Education Requirements(s)		1	
Nutrition Promotion Requirements(s)			1
Physical Activity Requirement(s)		1	
Nutrition Guidelines Requirement(s)			1
Other Student Wellness Requirements(s)			1
Community Involvement Family Involvement			1
Mealtimes			1
Outdoor Air Quality			1
Staff Development and Training			1
Staff Wellness			1
Sun Safety			1
Tobacco			1

District LSWP Components	For the components below, indicate whether the district is in compliance.
Public Involvement Members of the public can come to Wellness Committee meetings and join in discussion.	<input checked="" type="checkbox"/> Yes <input type="checkbox"/> No
Public Notification The Wellness Policy is available to view on the school website and can be requested from the school as well.	<input checked="" type="checkbox"/> Yes <input type="checkbox"/> No
Triennial Assessment <ul style="list-style-type: none"> • Once every three years, the district will assess the LSWP by completing the following: Comparing district LSWP to a model LSWP • Assessing the extent of compliance for all schools with the LSWP • Assessing the progress made in attaining the goals of the LSWP 	<input checked="" type="checkbox"/> Yes (As of this assessment) <input type="checkbox"/> No



Centers for Disease Control and Prevention

Your Online Source for Credible Health Information

School Health Index (SHI)

Your School's SHI: 2020-2021

Overall Scorecard

Modules	Low		Medium		High
	0-20%	21-40%	41-60%	61-80%	81-100%
Module 1 - School Health and Safety Policies and Environment					
Module 2 - Health Education					
Module 3 - Physical Education and Physical Activity Programs					✓
Module 4 - Nutrition Environment and Services					✓
Module 5 - School Health Services			✓		
Module 6 - School Counseling, Psychological, and Social Services					
Module 7 - Social and Emotional Climate					
Module 8 - Physical Environment				✓	
Module 9 - Employee Wellness and Health Promotion			✓		
Module 10 - Family Engagement			✓		
Module 11 - Community Involvement			✓		

Progress in Reaching LSWP Goals Template

Goal As defined by your LSWP	Was the Goal Met? Yes/ Partially/ No	What Was Achieved? Describe how you achieved this goal	Documentation Share documents (as links or attachments) used to measure LSWP implementation
Nutrition Education Goal(s) 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	Partially	Kindergarten through 2 nd grade received nutrition education in extra class. All grades received some nutrition education integrated in their physical education class.	Mrs. Jan and Coach Harrill's statement that nutrition education was integrated into their classes is documentation.
Nutrition Promotion Goal(s) Food and beverage marketing will be limited to the promotion of foods and beverages that meet the nutrition standards adopted by the Board.	Yes	An itemized list of findings shows only healthy marketing in the building	An itemized list of findings will serve as evidence of completion. Poster: Moore Cheese Please, marketing for cheese by midwestdairy.com Poster: Build a healthy lunch, marketing for healthy nutrition choices by DESE

Goal As defined by your LSWP	Was the Goal Met? Yes/ Partially/ No	What Was Achieved? Describe how you achieved this goal	Documentation Share documents (as links or attachments) used to measure LSWP implementation
Physical Activity Goal(s) 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.	Partially	The goal of 260 minutes of moderate physical activity each five-day school week for elementary school students and the goal of 295 minutes of moderate physical activity each five-day school week for middle school students was partially met.	Documentation of the minutes of PE and recess that each grade level received serves as documentation. Kindergarten: 365 minutes 1 st -4 th : 240 minutes 5 th : 165 minutes 6 th -8 th : 365 minutes
Nutrition Guidelines The district will continue to follow healthy nutrition guidelines, based on the Missouri Eat Smart Nutrition Guidelines, for foods and beverages served in schools during the school day.	Met	A Missouri Eat Smart Guidelines check sheet was given to the head cook to complete and the food services program consistently fell into the advanced and exemplary categories.	Attachment 1, Missouri Eat Smart Guidelines

Goal As defined by your LSWP	Was the Goal Met? Yes/ Partially/ No	What Was Achieved? Describe how you achieved this goal	Documentation Share documents (as links or attachments) used to measure LSWP implementation
Other student wellness Goal(s) 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.	Met	The Howell County Health Department's Monthly Monitor is sent home with students.	Attachment 2, Monthly Monitor
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.	Met	The school nurse website and Facebook page is updated periodically with new nutrition and other wellness information.	Attachment 3, screenshot of update
Mealtimes Mealtimes will provide students with at least 20 minutes to eat	Met	Students have 22 minutes to eat breakfast after getting off the bus and before the first bell.	Total number of minutes serves as evidence. Breakfast: 22 minutes

Goal As defined by your LSWP	Was the Goal Met? Yes/ Partially/ No	What Was Achieved? Describe how you achieved this goal	Documentation Share documents (as links or attachments) used to measure LSWP implementation
after sitting down for breakfast and 20 minutes after sitting down for lunch.		Students have 23 minutes to eat lunch.	Lunch: 23 minutes
Outdoor Air Quality The principal of each school will be responsible for daily monitoring of Air Quality Index (AQI) information provided by local authorities.	Met	If air pollution reaches an unsafe amount and students must be kept indoors on any given day it will be documented.	Documentation: days that children were kept indoors due to air quality: 0
Staff Development and Training All staff will be provided with ongoing training and professional development related to all areas of student wellness.	Met	Staff was provided with blood borne pathogens orientation before school started. Any wellness information for individual students that needed to be given to teachers was done in an as needed, ongoing basis.	Percentage of employees receiving professional development will serve as evidence. 100%
Staff Wellness The district will offer staff wellness programs that include education on nutrition, healthy eating behaviors and	Met	The school nurse will be available to answer any nutrition or health questions that staff members may have. A scale and blood pressure monitor are in the nurse's office for any	Percentage of staff with access to nutrition and health information will serve as evidence of completion. 100%

Goal As defined by your LSWP	Was the Goal Met? Yes/ Partially/ No	What Was Achieved? Describe how you achieved this goal	Documentation Share documents (as links or attachments) used to measure LSWP implementation
maintaining a healthy weight for optimal health.		<p>staff that would like to have weight or blood pressure checked by the nurse.</p> <p>Dr. Mills will come to the school once a year to perform biometric screenings for staff who are enrolled in the school insurance plan.</p>	
Sun Safety 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.	Met	Sun safety video was posted to the Healthy Hornets' Facebook page for parent education.	Attachment 4, Screenshot
Tobacco Tobacco use prevention education will focus on all grades with particular emphasis on middle school and reinforcement in all later grades.	Met	Red Ribbon week activities were done for the students and 5 th grade participates in the D.A.R.E. program through the Howell County Sheriff's Department.	Activities were completed.

Junction Hill School
District Wellness Program Assessment
2020-2021

The primary goals of the Junction Hill C-12 School District's wellness program are to promote student health, reduce student overweight/obesity, facilitate student learning of lifelong healthy habits and increase student achievement.

Nutrition Guidelines

The district will continue to follow healthy nutrition guidelines, based on the Missouri Eat Smart Nutrition Guidelines, for foods and beverages served in schools during the school day.

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 to provide students with the necessary knowledge and skills to make healthy nutrition decisions.

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.

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.

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.

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.

Meal Times

Students are not permitted to leave school campus during the school day to purchase food or beverages. Meal times will comply with set guidelines.

Outdoor Air Quality

The principal of each school will be responsible for daily monitoring of Air Quality Index (AQI) information provided by local authorities.

Staff Development and Training

All staff will be provided with ongoing training and professional development related to all areas of student wellness. The pre-service and ongoing in-service training will include teaching strategies for behavior change and will focus on giving teachers the skills they need to use non-lecture, active learning methods.

Staff Wellness

The Junction Hill C-12 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.

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.

Tobacco

Tobacco use prevention education will focus on all grades with particular emphasis on middle school. 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.

**Junction Hill School
District Wellness Program
2020-2021**

Area of Responsibility: Nutrition Guidelines

Goal: The district will follow healthy nutrition guidelines, based on the Missouri Eat Smart Nutrition Guidelines, for foods and beverages served in schools during the school day.

Objective: The food services program will be monitored throughout the year and checked once a year against the Missouri Eat Smart Guidelines to determine which level our program is currently falling into (minimum, intermediate, advanced or exemplary).

Activity: A check sheet will be given to the head cook to complete, and then reviewed by the Wellness Program Coordinator to make a determination on the current level of our food services program.

Evaluation: A copy of the completed check sheet will serve as evidence of completion.

Completion: Our food services program consistently falls into the advanced and exemplary categories. The check sheet is attached.

Missouri Eat Smart Guidelines – Grades Pre – K-12, 2nd Ed.

School Meals: National School Lunch Program (NSLP) & School Breakfast Program (SBP)

MINIMUM: All school meals comply with USDA regulations and state policies.

☐

INTERMEDIATE (More Healthful than Minimum)	ADVANCED (More Healthful than Intermediate)	EXEMPLARY (More Healthful than Advanced)
BREAKFAST: At least 50% of cereals offered contain: <ul style="list-style-type: none"> no more than 35% of calories from sugar (less than 9 grams of sugar per 100 calories) per serving. Excludes cereals with real fruit. 	BREAKFAST: At least 50% of cereals offered contain: <ul style="list-style-type: none"> no more than 35% of calories from sugar (less than 9 grams of sugar per 100 calories) per serving. Excludes cereals with real fruit. and at least 1 gram of fiber per serving. 	BREAKFAST: 100% of cereals offered contain: <ul style="list-style-type: none"> no more than 35% of calories from sugar (less than 9 grams of sugar per 100 calories) per serving. Excludes cereals with real fruit. and at least 2 grams of fiber per serving.
<input type="checkbox"/>	<input type="checkbox"/>	<input checked="" type="checkbox"/>
Foods containing whole grains are offered 1 day a week.	Foods containing whole grains are offered 3 days a week.	Foods containing whole grains are offered daily.
<input type="checkbox"/>	<input type="checkbox"/>	<input checked="" type="checkbox"/>
Fresh, canned, dried or frozen fruits or vegetables are offered at least 3 days a week.	Fresh, canned, dried or frozen fruits or vegetables are offered daily.	Fresh fruits or vegetables are offered daily. Fresh, canned, dried or frozen fruits or vegetables may also be offered.
<input type="checkbox"/>	<input type="checkbox"/>	<input checked="" type="checkbox"/>
At least one of the following will be offered daily: low fat (1% or ½%) <u>or</u> skim (nonfat) milk, unflavored or flavored.	Only the following will be offered daily: low fat (1% or ½%) <u>and</u> skim (nonfat) milk, unflavored or flavored.	Only the following will be offered daily: low fat (1% or ½%) <u>and</u> skim (nonfat) milk, unflavored or flavored.
<input type="checkbox"/>	<input type="checkbox"/>	<input checked="" type="checkbox"/>

Missouri Eat Smart Guidelines – Grades Pre – K-12, 2nd Ed.

LUNCH: A main dish with total fat ≤ 16 grams per serving is offered at least 3 times a week.	LUNCH: A main dish with total fat ≤ 16 grams per serving is offered daily.	LUNCH: • A main dish with total fat ≤ 16 grams per serving is offered daily. • 10% or less of calories from saturated fat (1 gram of fat per 100 calories) per serving. • Zero grams of trans fat per serving.
<input type="checkbox"/>	<input type="checkbox"/>	<input checked="" type="checkbox"/>
Dark green or orange vegetable or fruit is offered 1 time a week.	Dark green or orange vegetable or fruit is offered 3 times a week.	Dark green or orange vegetable or fruit is offered daily.
<input type="checkbox"/>	<input type="checkbox"/>	<input checked="" type="checkbox"/>
Fresh fruits or raw vegetables are offered 1 to 3 times a week.	Fresh fruits or raw vegetables are offered 4 to 5 times a week.	Fresh fruits or raw vegetables are offered daily.
<input type="checkbox"/>	<input type="checkbox"/>	<input checked="" type="checkbox"/>
A food item containing whole grains is offered at least 1 time a week.	A food item containing whole grains is offered 3 times a week.	A food item containing whole grains is offered daily.
<input type="checkbox"/>	<input type="checkbox"/>	<input checked="" type="checkbox"/>
At least one of the following will be offered daily: low fat (1% or ½%) <u>or</u> skim (nonfat) milk, unflavored or flavored.	Only the following will be offered daily: low fat (1% or ½%) <u>and</u> skim (nonfat) milk, unflavored or flavored.	Only the following will be offered daily: low fat (1% or ½%) <u>and</u> skim (nonfat) milk, unflavored or flavored.
<input type="checkbox"/>	<input type="checkbox"/>	<input checked="" type="checkbox"/>
Reduced-fat and/or fat-free salad dressing(s) are offered.	Only reduced-fat and/or fat-free salad dressing(s) are offered.	Only reduced-fat and/or fat-free salad dressing(s) are offered.
<input type="checkbox"/>	<input type="checkbox"/>	<input checked="" type="checkbox"/>

Missouri Eat Smart Guidelines – Grades Pre – K-12, 2nd Ed.

A La Carte: All other food and beverage items sold by the school food service program in the school cafeteria or other locations where school meals are served or eaten.

don't have

MINIMUM: A la carte items comply with USDA regulations prohibiting the sale of **Foods of Minimal Nutritional Value** where school meals are served or eaten during the meal period. ☐

INTERMEDIATE (More Healthful than Minimum)	ADVANCED (More Healthful than Intermediate)	EXEMPLARY (More Healthful than Advanced)
<p>A LA CARTE FOOD ITEMS include the following:</p> <ul style="list-style-type: none"> Main dishes are comparable in portion sizes to any food item served in the NSLP or SBP. <input type="checkbox"/> Fruits and vegetables. <input type="checkbox"/> Yogurt. <input type="checkbox"/> <p>Other items – At least 50% of items offered meet the following criteria:</p> <ul style="list-style-type: none"> Fat – Except for nuts, seeds and nut butters, no more than 35% of total calories from fat (less than 4 grams of fat per 100 calories) per serving. <input type="checkbox"/> 	<p>A LA CARTE FOOD ITEMS include the following:</p> <ul style="list-style-type: none"> Main dishes are comparable in portion sizes to any food item served in the NSLP or SBP. <input type="checkbox"/> Fruits and vegetables. <input type="checkbox"/> Low-fat and/or nonfat yogurt. <input type="checkbox"/> <p>Other items – At least 50% of items offered meet all of the following criteria:</p> <ul style="list-style-type: none"> Fat – Except for nuts, seeds and nut butters, no more than 35% of total calories from fat (less than 4 grams of fat per 100 calories) per serving. Sugar – Except for fruit without added sugar, no more than 35% of calories from sugar (less than 9 grams of sugar per 100 calories) per serving. 	<p>A LA CARTE FOOD ITEMS include the following:</p> <ul style="list-style-type: none"> Main dishes are comparable in portion sizes to any food item served in the NSLP or SBP. <input type="checkbox"/> Fruits and vegetables. <input type="checkbox"/> Low-fat and/or nonfat yogurt with no more than 30 grams of total sugars per 8 oz serving. <input type="checkbox"/> <p>Other items – 100% of items offered meet all of the following criteria:</p> <ul style="list-style-type: none"> Fat – Except for nuts, seeds and nut butters, no more than 35% of total calories from fat (less than 4 grams of fat per 100 calories) per serving. 10% or less of calories from saturated fat (1 gram of fat per 100 calories) per serving. Zero grams of trans fat per serving.

Missouri Eat Smart Guidelines – Grades Pre – K-12, 2nd Ed.

	<p>Other items (cont'd)– At least 50% of items offered meet all of the following criteria:</p> <ul style="list-style-type: none"> Calories – No more than 200 calories per selling unit. 	<p>Other items (cont'd)– 100% of items offered meet all of the following criteria:</p> <ul style="list-style-type: none"> Sugar – Except for fruit without added sugar, no more than 35% of calories from sugar (less than 9 grams of sugar per 100 calories) per serving. Sodium – 200 mg or less per serving. Calories – No more than 200 calories per selling unit.
<p>A LA CARTE BEVERAGES includes the following:</p> <ul style="list-style-type: none"> Water. <input type="checkbox"/> Milk, unflavored or flavored. <input type="checkbox"/> 50-100% juice. <input type="checkbox"/> 	<p>A LA CARTE BEVERAGES include the following:</p> <ul style="list-style-type: none"> Water, without flavoring, additives, or carbonation. <input type="checkbox"/> Only low-fat (1% or ½%) and/or skim (nonfat) milk, unflavored or flavored. <input type="checkbox"/> 100% juice. <input type="checkbox"/> Calcium-fortified soy or rice beverages may be offered, unflavored or flavored. <input type="checkbox"/> 	<p>Only the following A LA CARTE BEVERAGES are served:</p> <ul style="list-style-type: none"> Water, without flavoring, additives, or carbonation. <input type="checkbox"/> Only low-fat (1% or ½%) and/or skim (nonfat) milk, unflavored. <input type="checkbox"/> Flavored milk, low fat (1% or ½%) and/or skim (nonfat) with no more than 24 grams of total sugars per 8 fluid oz. serving. <input type="checkbox"/> 100% juice, 8 fluid oz. or less. <input type="checkbox"/> Calcium-fortified soy or rice beverages may be offered, unflavored. <input type="checkbox"/> Calcium-fortified, flavored soy or rice beverages with no more than 24 grams of total sugars per 8 fluid oz. serving may be offered. <input type="checkbox"/>

Missouri Eat Smart Guidelines – Grades Pre – K-12, 2nd Ed.

Vending: Machines and School Stores

MINIMUM: All vended foods and beverages are sold in compliance with USDA regulations prohibiting the sale of **Foods of Minimal Nutritional Value** where school meals are served or eaten during the meal period.

INTERMEDIATE (More Healthful than Minimum)	ADVANCED (More Healthful than Intermediate)	EXEMPLARY (More Healthful than Advanced)
<p>The sale of Foods of Minimal Nutritional Value (see definition) are not allowed on school property in areas accessible to students:</p> <ul style="list-style-type: none"> • in elementary and middle schools until after the end of school day. • In high schools until one hour after the end of the last lunch period. <p><input type="checkbox"/></p>	<p>The sale of Foods of Minimal Nutritional Value (see definition) are not allowed on school property in areas accessible to students:</p> <ul style="list-style-type: none"> • in elementary and middle schools. • in high schools until after the end of the school day. <p><input type="checkbox"/></p>	<p>The sale of vended foods and beverages does not exist in areas accessible to students.</p> <p><input type="checkbox"/></p> <p style="text-align: center;">OR</p> <p>The sale of Foods of Minimal Nutritional Value (see definition) are not allowed on school property in areas accessible to students:</p> <ul style="list-style-type: none"> • in elementary and middle schools. • in high schools. <p><input type="checkbox"/></p>
<p>The sale of OTHER VENDED FOODS – At least 50% of items offered must meet all of the following criteria:</p> <ul style="list-style-type: none"> • Fat – Except for nuts, seeds and nut butters, no more than 35% of total calories from fat (less than 4 grams of fat per 100 calories) per serving. <p><input type="checkbox"/></p>	<p>The sale of OTHER VENDED FOODS – At least 50% of items offered must meet all of the following criteria:</p> <ul style="list-style-type: none"> • Fat – Except for nuts, seeds and nut butters, no more than 35% of total calories from fat (less than 4 grams of fat per 100 calories) per serving. 	<p>The sale of OTHER VENDED FOODS – 100% of items offered must meet all of the following criteria:</p> <ul style="list-style-type: none"> • Fat – Except for nuts, seeds and nut butters, no more than 35% of total calories from fat (less than 4 grams of fat per 100 calories) per serving. • 10% or less of calories from saturated fat (1 gram of fat per 100 calories) per serving. • Zero grams of trans fat per serving.

Missouri Eat Smart Guidelines – Grades Pre – K-12, 2nd Ed.

	<p>The sale of OTHER VENDED FOODS (cont'd) – At least 50% of items offered must meet all of the following criteria:</p> <ul style="list-style-type: none"> Sugar – Except for fruit without added sugar, no more than 35% of calories from sugar (less than 9 grams of sugar per 100 calories) per serving. Calories – No more than 200 calories per selling unit. 	<p>The sale of OTHER VENDED FOODS (cont'd) – 100% of items offered must meet all of the following criteria:</p> <ul style="list-style-type: none"> Sugar – Except for fruit without added sugar, no more than 35% of calories from sugar (less than 9 grams of sugar per 100 calories) per serving. Sodium – 200 mg or less per serving. Calories – No more than 200 calories per selling unit.
<p>BEVERAGES – At least 50% of items offered must including the following:</p> <ul style="list-style-type: none"> Water. Milk, unflavored or flavored. 50-100% juice. 	<p>BEVERAGES – At least 50% of items offered must including the following:</p> <ul style="list-style-type: none"> Water, without flavoring, additives or carbonation. Only low-fat (1% or ½%) and/or skim (nonfat) milk, unflavored or flavored. 100% juice. Calcium-fortified soy or rice beverages may be offered, unflavored or flavored. 	<p>BEVERAGES – 100% of items offered must including the following:</p> <ul style="list-style-type: none"> Water, without flavoring, additives or carbonation. Only low-fat (1% or ½%) and/or skim (nonfat) milk, unflavored. Flavored milk, low fat (1% or ½%) and/or skim (nonfat) with no more than 24 grams of total sugars per 8 fluid oz. portion. 100% juice, 8 fluid oz. or less. Calcium-fortified soy or rice beverages may be offered, unflavored. Calcium-fortified, flavored soy or rice beverages with no more than 24 grams of total sugars per 8 fluid oz. portion may be offered.

Missouri Eat Smart Guidelines – Grades Pre – K-12, 2nd Ed.

Before and After School Programs: Snacks are served regardless of funding source.

MINIMUM: “Snack” is two or more items that are served as a unit. If served under the USDA Before or After School Snack Program, the food items comply with all applicable federal regulations and state policies. ☐

INTERMEDIATE (More Healthful than Minimum)	ADVANCED (More Healthful than Minimum)	EXEMPLARY (More Healthful than Advanced)
<p>On at least 3 days of the week, snacks meet the following standards:</p> <ul style="list-style-type: none"> • Fat – Except for cheese, nuts, seeds and nut butters, no more than 35% of total calories from fat (less than 4 grams of fat per 100 calories) per serving. • Sugar – Except for fruit without added sugar, no more than 35% of calories from sugar (less than 9 grams of sugar per 100 calories). • 100% juice. • Milk, unflavored or flavored. <div style="text-align: right;"><input type="checkbox"/></div>	<p>On all days of the week, snacks meet the following standards:</p> <ul style="list-style-type: none"> • Fat – Except for cheese, nuts, seeds and nut butters, no more than 35% of total calories from fat (less than 4 grams of fat per 100 calories). • Sugar – Except for fruit without added sugar, no more than 35% of calories from sugar (less than 9 grams of sugar per 100 calories). • 100% juice. • Milk, unflavored or flavored. <div style="text-align: right;"><input type="checkbox"/></div>	<p>On all days of the week, snacks meet the following standards:</p> <ul style="list-style-type: none"> • Fat – Except for cheese, nuts, seeds and nut butters, no more than 35% of total calories from fat (less than 4 grams of fat per 100 calories). • 10% or less of calories from saturated fat (1 gram of fat per 100 calories) per serving. • Zero grams of trans fat per serving. • Sugar – Except for fruit without added sugar, not more than 35% of calories from sugar (less than 9 grams of sugar per 100 calories). • 100% juice, 8 fluid oz. or less. • Low-fat (1% or ½%) and/or skim (nonfat) milk, unflavored or flavored. <div style="text-align: right;"><input checked="" type="checkbox"/></div>

Missouri Eat Smart Guidelines – Grades Pre – K-12, 2nd Ed.

OTHER: Classroom Rewards, Classroom Parties & Celebrations, Fundraisers, Intramural Events	
<p>MINIMUM: All foods and beverages are offered in compliance with USDA regulations prohibiting the sale of Foods of Minimal Nutritional Value where school meals are served or eaten during the meal period. <input type="checkbox"/></p>	
INTERMEDIATE & ADVANCED (More Healthful than Minimum)	EXEMPLARY (More Healthful than Advanced)
<ul style="list-style-type: none"> Students are encouraged to have individual water containers in the classroom. Foods or beverages will not be used as rewards in the classroom nor be withheld as a form of punishment for academic performance or student behavior. Fundraising and intramural activities are supportive of physical activity and healthy eating. <input type="checkbox"/> <p>Consideration of the following points should be given for classroom parties and celebrations:</p> <ul style="list-style-type: none"> Foods and beverages offered are supportive of healthy eating. Limiting the frequency of event. Scheduled after the lunch period. <input type="checkbox"/> 	<ul style="list-style-type: none"> Students are encouraged to have individual water containers in the classroom. Foods or beverages will not be used as rewards in the classroom nor be withheld as a form of punishment for academic performance or student behavior. Fundraising and intramural activities are supportive of physical activity and healthy eating. <input checked="" type="checkbox"/> <p>The following points are applied for classroom parties and celebrations:</p> <ul style="list-style-type: none"> No more than 3 events per school year. Always scheduled after the lunch period. Non-food activities are included. <input checked="" type="checkbox"/> <p>In the event food is offered, the following points should be considered:</p> <ul style="list-style-type: none"> Fresh or dried fruit (no sugar added), raw vegetables or both are included. Whole grain food is included. Water is included. <input checked="" type="checkbox"/>

Missouri Eat Smart Guidelines – Grades Pre – K-12, 2nd Ed.

Environmental Factors: Student participation in the Child Nutrition Programs is promoted to facilitate good nutrition and academic learning.

EXEMPLARY

<p>BREAKFAST:</p> <p>Schools encourage a relaxed dining experience by:</p> <ul style="list-style-type: none"> • Encouraging conversation for the development of social skills. • Providing 10 minutes to eat for all students. The time begins once a student sits at a table to the time s/he leaves it. <input checked="" type="checkbox"/> 	<p>LUNCH:</p> <p>Schools encourage a relaxed dining experience by:</p> <ul style="list-style-type: none"> • Encouraging conversation for the development of social skills. • Providing 20 minutes to eat for all students. The time begins once a student sits at a table to the time s/he leaves it. <input type="checkbox"/> 	<p>LUNCH:</p> <p>At the elementary level, lunch periods follow recess periods.</p> <p><input checked="" type="checkbox"/></p>
<p>ALL MEALS:</p> <ul style="list-style-type: none"> • Safe drinking water is available to students during meals. • Convenient access to facilities for hand washing and oral hygiene is available. <input checked="" type="checkbox"/> 	<p>ALL MEALS:</p> <ul style="list-style-type: none"> • Schools operate "closed" campuses during meal periods to encourage students to eat a nutritious lunch. <input type="checkbox"/> 	<p>MARKETING AND ADVERTISING:</p> <ul style="list-style-type: none"> • Food and beverage marketing is limited to the promotion of foods and beverages that meet the nutrition standards in the exemplary category. The promotion of fruits, vegetables, whole grains and low-fat dairy products are encouraged. <input checked="" type="checkbox"/>

References:

- Dietary Guidelines for Americans 2005. *U.S. Department of Health and Human Service; U.S. Department of Agriculture.*
- Committee on Nutrition Standards for Foods in Schools. *Nutrition Standards for Foods in Schools: Leading the Way Toward Healthier Youth. Institute of Medicine of the National Academies.* (2007).
- HealthierUS School Challenge: Recognizing Nutrition Excellence in Schools. *U.S. Department of Agriculture, Food and Nutrition Service.* (2008 ed.).
- Fit, Healthy and Ready to Learn; Part 1: Physical Activity, Healthy Eating and Tobacco--Use Prevention. *National Association of State Boards of Education.* (2000).

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Missouri Council for Activity & Nutrition and
Child Nutrition & Wellness, Kansas State Department of Education

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Missouri Eat Smart Guidelines – Grades Pre – K-12, 2nd Ed.

Bottled water or drinking water is defined in *21 CFR § 165.110*. This section establishes a standard of identity and a standard of quality for bottled water. Under the standard of identity (165.110(a)), FDA describes bottled water as water that is intended for human consumption and that is sealed in bottles or other containers with no added ingredients except that it may contain safe and suitable antimicrobial agents. Fluoride also may be added within the limits set by the FDA. The name of the food is "bottled water" or "drinking water."

Dark Green or Orange Vegetables or Fruit. Examples are acorn squash, beet and mustard greens, bok choy, broccoli, butternut squash, carrots, collard greens, dark green leaf lettuces or salad greens (e.g. mesclun, romaine lettuce, spinach), Hubbard squash, kale, pumpkin, sweet potatoes or yams (orange), turnip greens, watercress, apricots, cantaloupe, guava, mandarin oranges, mango, nectarines, orange, papaya, peaches, tangerines (Food & Nutrient Guidance, HealthierUS School Challenge, 2006).

Foods of Minimal Nutritional Value (FMNV) are those foods as defined in federal regulations for the National School Lunch Program (7CFR Part 210) and the School Breakfast Program (7CFR Part 220). FMNV includes all soda water (includes soda), water ices (popsicles), chewing gum, certain candies such as hard candy, jellies and gums, marshmallow candies, fondant (candy corn and soft mints), licorice, spun candy and candy coated popcorn; except for individual items in these categories that have been specifically exempted by the U.S. Department of Agriculture.

Fruits may be fresh, frozen, canned or dried. Condiments (such as jam or jelly) made from fruit are not considered "fruit" under the Missouri* Eat Smart Guidelines. Canned fruit should be packed in light syrup, or preferably in juice.

Foods Containing Whole Grain - Whole grains include, but are not limited to, whole wheat flour, entire wheat flour, graham flour, brown rice, old-fashioned oatmeal, and quick-cooking oats or cornmeal. To be considered as a food containing whole grain, a commercially produced food item would have a whole grain listed as one of the first three ingredients on the product's list of ingredients. School-prepared products would have a whole grain as one of three ingredients with the greatest weight as shown on the recipe. The 2005 Dietary Guidelines for Americans recommend that at least half of an individual's recommended grain servings should be whole grains.

Missouri* Eat Smart Guidelines defines four levels of nutrition standards for schools: minimum, intermediate, advanced and exemplary. The minimum level complies with the minimum requirements found in federal Child Nutrition Program regulations and state policy. The standards for each subsequent level are more healthful than those for the previous level.

National School Lunch Program (NSLP) is a federal Child Nutrition Program designed to provide students with healthful lunches that meet approximately 1/3 of their daily nutritional needs.

School Breakfast Program (SBP) is a federal Child Nutrition Program designed to provide students with healthful breakfasts that meet approximately 1/4 of their daily nutritional needs.

Selling Unit (SU) is a pre-portioned or pre-packaged food or beverage item sold as one whole unit.

Vegetables may be fresh, frozen or canned and should not be fried. Snack foods (such as potato chips) and condiments (such as pickle relish, catsup and chili sauce) made from a vegetable are not considered a "vegetable" under the Missouri* Eat Smart Guidelines.

Vended items include foods and beverages sold through vending machines and school stores in competition with the school's nonprofit food service program.

Missouri Eat Smart Guidelines – Grades Pre – K-12, 2nd Ed.

To calculate percentage of calories from fat: 1) Multiply total grams of fat and saturated fat in one serving by 9. 2) Divide this number by the amount of calories per serving. 3) Multiply by 100.

To calculate percentage of calories from sugar: 1) Multiply total grams of sugar in one serving by 4. 2) Divide this number by the amount of calories per serving. 3) Multiply by 100.

Steering Committee:

Karen Wootton, RD, LD (Co-chair)
Department of Elementary and Secondary Education (DESE)
Director, School Food Services Section

Alma Hopkins, MEEd, RD, LD, (Co-chair)
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Child Nutrition & Wellness, Kansas State Department of Education

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**Junction Hill School
District Wellness Program
2020-2021**

Area of Responsibility: Nutrition Education

Goal: 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.

Objective: Students in all grade levels will receive a form of nutrition education.

Activity: Kindergarten through 4th grade will have nutrition education built into the curriculum.

5th through 8th grade will have nutrition education included in the physical education/health program.

Evaluation: Documentation of nutrition education for each age group will serve as evidence of completion.

Completion: Kindergarten through 2nd had nutrition education in Mrs. Jan's extra class.
All grades had some nutrition education during physical education class.

**Junction Hill School
District Wellness Program
2020-2021**

Area of Responsibility: Physical Activity

Goal: 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.

Objective: The elementary program will provide for an average of 260 minutes of moderate physical activity each five-day school week or an average of 52 minutes per school day.

Objective: The middle school program will provide for 295 minutes of moderate physical activity during each school week.

Activity: A combination of recess and physical education time each day will total up to at least the minimum average requirements.

Evaluation: The total minutes of recess and physical education time for each week will serve as evidence of completion.

Completion: Kindergarten receives 365 minutes of physical activity each school week.

1-4 receives 240 minutes of physical activity each school week. 20 minutes short.

5th grade receives 165 minutes of physical activity each school week. 130 minutes short.

6th – 8th grade receives 365 minutes of physical activity each school week.

**Junction Hill School
District Wellness Program
2020-2021**

Area of Responsibility: Community Involvement

Goal: School instructional staff will collaborate with agencies and groups conducting nutrition education in the community to send consistent messages to students and their families.

Objective: To have interaction between the school and community agencies on the topic of nutrition.

Activity: Howell County Health Department's Monthly Monitor will be sent home with students each month.

Evaluation: A copy of one of the Monthly Monitor's will serve as evidence of completion.

Completion: A copy of a Monthly Monitor that was sent home is attached.

HOWELL COUNTY
HEALTH DEPARTMENT

OCTOBER CALENDAR

WIC: 1, 2, 5, 6, 13, 14, 15,
16, 19, 20, 21, 22, 23, 26, 27,
29, 30

Willow Springs WIC: 7

Mountain View WIC: 28

Family Planning: 13, 20, 21

Immunizations: 15, 22, 27

Food Handlers: 26

Flu Clinics: October 8, 9

Holiday's (closed): 12th-
Columbus Day

**INSIDE THIS
ISSUE:**

Vital Records 2

Mountain View & Wil-
low Springs Flu Clinics 2

Vitamin D 2

Mission and Contact
Info 3

HCHD Staff and Email 3

Clinic Hours:

Monday-Friday 8-12 & 1-5,
closed for lunch 12-1

Administration Hours

Monday-Friday 8-5

Monthly Monitor

VOLUME 218

OCTOBER 2020

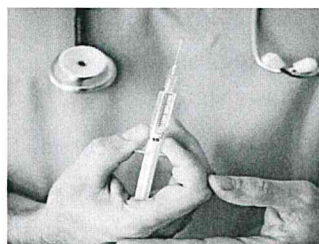
Changes to Our Annual Flu Clinics

This year while working to reduce the spread of COVID-19 and maintaining social distancing we will be making our annual flu clinic in West Plains a drive thru flu clinic.

Where: At Howell County Health Department, 180 Kentucky, West Plains.

When: Thursday, October 8th (8:30 am-5 pm) for adults and children age 10 and over whose last name begins with A-M.

Friday, October 9th (8:30 am-5 pm) for adults and children age 10 and over whose last name begins with N-Z.



A separate clinic for children age 9 and younger will be held on Friday, October 23rd at the health department by appointment only. Please call the health department to schedule.

In order to speed up the process at the drive thru flu shot clinic please go to our website at www.howellcountyhealth.com and print off our flu consent form and fill it out and bring it with you.

Centers for Disease Control recommend that everyone 6 months and older get a flu vaccine yearly, especially if you are at a higher risk from flu complications. It takes up to 2 weeks to build immunity once you are vaccinated. Therefore get vaccinated in the early fall, by the end of October if possible.

The flu vaccine can help reduce flu illnesses, missed work and school and doctors visits. For more information call us or go to <https://www.cdc.gov/flu/index.htm>

See page 2 for Mountain View and Willow Springs flu clinic information.

COVID-19 Testing Sites in Howell County

Please call ahead to the testing location to see if you meet their criteria to be screened for COVID-19 and to make an appointment. **Burton Creek: 417-256-2111.**

Southern Missouri Community Health Center: 417-255-8464. Ozarks Medical Center Family Clinics are offering testing in West Plains and Mountain View. You

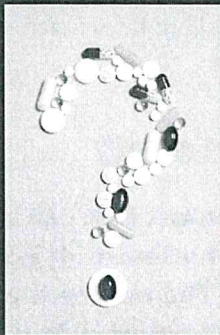
must first call the OMC hotline at 417-505-7120. The hotline is open 24hours a day, 7 days a week. OMC nurses will determine if you meet the criteria to be screened.



*We can print
Missouri birth and
death certificates.*

*Flu Clinics in Mountain
View & Willow Springs
will be October 14th.*

*A high
percentage
of American's
are vitamin D
deficient.*



Vital Records at HCHD

Certified copies of birth certificates for persons born in Missouri from 1920 to present can be obtained in our office for \$15.00 per copy. Cash, check, money order or credit card (processing fees apply) are all accepted forms of payment. If you are requesting a birth certificate in person they will only be issued to the following people: Registrant, relatives up to, but not including cousins, legal guardians, step-parents, legally authorized individuals as determined by Missouri Department of Health rules relating to access to vital records.

Certified copies of death certificates are available for deaths occurring from 1980 to present. Death Certifi-

cates are \$14.00 for the first copy and each additional copy is \$11 each issued to the same person in the same visit. Cash, check, money order or credit card (processing fees apply) are all accepted forms of payment. Death certificates will only be issued to the following people: Family members, authorized agent or funeral director acting on behalf of the registrant or his/her family, third parties with a legal need.

Mountain View & Willow Springs Flu Clinics

Annual flu clinics will be held in Willow Springs and Mountain View on Wednesday, October 14.

Mountain View will be held from 9 am-12 noon

at the Good Samaritan Clinic, 501 US Hwy 60.

The Willow Springs clinic will be held from 1:30-4:30 pm at the United Methodist Church, 4th and Harris streets.

Please go to our website to print your flu consent form to speed up the wait time. For more information or questions please call the health department at 417-256-7078.

Vitamin D by April Bridges, WIC Nutritionist

There is lots of talk these days about taking supplements to boost immunity. Vitamin D helps our bodies absorb calcium, but also is vital for the immune system. Vitamin D is manufactured in the skin by action of ultraviolet light (the sun) on chemicals naturally present in the skin. Because many of us are indoors during day-

light hours, and covered with sunscreen when we are out, a high percentage of Americans are Vitamin D deficient. The dietary requirement for vitamin D depends on the amount of sunlight exposure and age, but most of us require about 600 IU's of vitamin D each day. Vitamin D is added to cow's milk and cheese to help absorb that

calcium to build and maintain bone mass. Adults need 3 cups of dairy each day, but even drinking that much milk won't meet the DRI for vitamin D alone. Be sure to fit in foods that are naturally high in vitamin D, like fish, liver, and egg yolks. Talk to your doctor about your individual needs, and whether a supplement is right for you.

**Junction Hill School
District Wellness Program
2020-2021**

Area of Responsibility: Family Involvement

Goal: 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.

Objective: The school nurse will distribute information to parents periodically on nutrition and physical education.

Activity: Nutrition and physical education material will be posted on the school nurse's website and Facebook page.

Evaluation: A screenshot will serve as evidence of completion.

Completion: The school nurse website and Facebook page is updated periodically with new nutrition and other wellness information. A screenshot of one of the updates is attached.



Healthy Hornets

April 13 · 🌐

...

It's starting to warm up outside which means kids need to be staying hydrated. Remember when choosing drinks to watch for added sugar!



are beverages with added sugar

- These drinks include soda pop, juice/fruit drinks, sweetened teas/coffees, flavored waters, chocolate milk, sports and energy drinks
- A typical 20 ounce soda or juice/fruit drink contains 15-18 tsp. of sugar— as much as in three chocolate candy bars!

SDBs are bad for your teeth

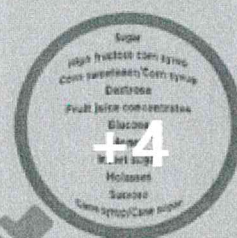
- Drinking soda especially doubles the risk of cavities in children. Further, the sugar in SDBs feeds the bacteria that produces acid which attacks and dissolves tooth enamel

SDBs increase the chance of becoming overweight or obese

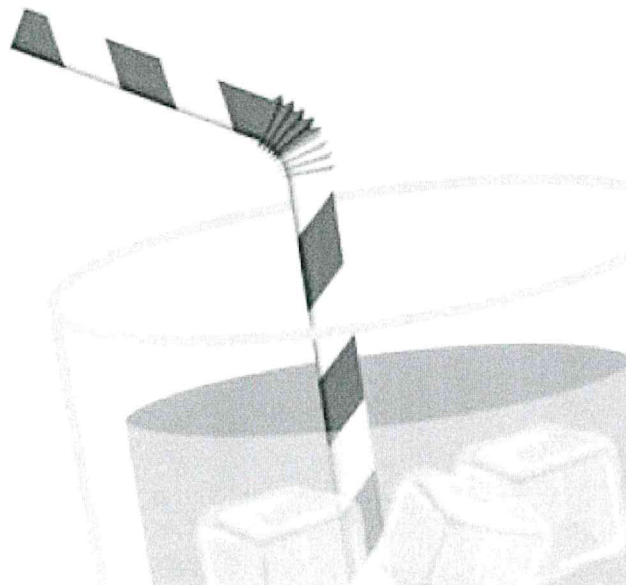
- Drinking an 8 ounce SDB each day for a year is equal to 55,000 calories, or 15

17
packets of
SUGAR

To find out if a drink contains added sugar, look for these words on the label:



Nutrition Facts



**Junction Hill School
District Wellness Program
2020-2021**

Area of Responsibility: Marketing and Advertising

Goal: Marketing in district facilities will be consistent with the goals of the district's wellness program and comply with Board policy.

Objective: Food and beverage marketing will be limited to the promotion of foods and beverages that meet the nutrition standards adopted by the Board.

Activity: The school nurse will monitor all types of advertising/marketing in the school to ensure only food and beverages that meet nutritional standards are advertised.

Evaluation: An itemized list of findings will serve as evidence of completion.

Completion: 2 Posters:

More Cheese Please – marketing for cheese, midwestdairy.com

Build a healthy lunch – marketing for healthy nutrition choices, DESE

**Junction Hill School
District Wellness Program
2020-2021**

Area of Responsibility: Mealtimes

Goal: Mealtimes will provide students with at least 20 minutes to eat after sitting down for breakfast and 20 minutes after sitting down for lunch.

Objective: To allow at least 20 minutes to eat breakfast and lunch.

Activity: Adequate time will be scheduled for breakfast and lunch.

Evaluation: The total number of minutes for each mealtime will serve as evidence of completion.

Completion: Students have 22 minutes to eat breakfast after getting off the bus and before the first bell.

Students have 23 minutes to eat lunch.

**Junction Hill School
District Wellness Program
2020-2021**

Area of Responsibility: Outdoor Air Quality

Goal: The principal of each school will be responsible for daily monitoring of Air Quality Index (AQI) information provided by local authorities.

Objective: To keep students safe from air pollution.

Activity: The principal will monitor the Air Quality Index daily, and the guidelines will be followed for any increase in air pollution.

Evaluation: If air pollution reaches an unsafe amount and students must be kept indoors on any given day it will be documented and the documentation will serve as evidence of completion.

Completion: There were no days that children were kept inside due to air quality.

**Junction Hill School
District Wellness Program
2020-2021**

Area of Responsibility: Staff Development and Training

Goal: All staff will be provided with ongoing training and professional development related to all areas of student wellness.

Objective: To keep staff up to date and informed on any changes related to student wellness.

Activity: All staff will receive training during orientation before school starts and will attend in-services periodically during the school year.

Evaluation: The percentage of employees who received professional development training related to student wellness will serve as evidence of completion.

Completion: 100% of staff was provided with blood borne pathogens orientation before school started.

Any wellness information for individual students that needed to be given to teachers was done in an as needed, ongoing basis.

**Junction Hill School
District Wellness Program
2020-2021**

Area of Responsibility: Staff Wellness

Goal: The Junction Hill C-12 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.

Objective: 100% of staff members will have access to nutrition or health information and weight and blood pressure checks.

Staff members on school insurance will have access to a biometric screening by a physician every year.

Activity: The school nurse will be available to answer any nutrition or health questions that staff members may have. A scale and blood pressure monitor are in the nurse's office for any staff that would like to have weight or blood pressure checked by the nurse.

Dr. Mills will come to the school once a year to perform biometric screenings for staff who are enrolled in the school insurance plan.

Evaluation: Documentation of the percentage of staff members who had access to these services will serve as evidence of completion.

Documentation of the percentage of staff members enrolled in the school insurance plan will serve as evidence of completion.

Completion: 100% of staff has access to nutrition or health information and weight and blood pressure checks.

100% of staff who are enrolled in the school insurance plan had access to a physician performed biometric screening.

**Junction Hill School
District Wellness Program
2020-2021**

Area of Responsibility: Sun Safety

Goal: 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.

Objective: Each grade level will have a form of sun safety education during the school year.

Activity: The school nurse, in collaboration with grade level teachers and physical education/health teacher will provide each class with a lesson on sun safety.

Evaluation: A copy of the materials used in the lessons will serve as evidence of completion.

Completion: Sun safety video was posted to the Healthy Hornets Facebook page for parent education.



Healthy Hornets

Edit Page info

+ Add a button

Promote



Healthy Hornets

Published by YouTube • May 18, 2021 •

...

Suggested Groups for Your Page

Find groups with Pages like yours and people who may be interested in Healthy Hornets.



Parents of Students Learning

Online

2.2K members

Join



HBCU College Admissions &
School Counselors Connect

995 members • 3 posts a day

Join



Delta Educators

2.1K members • 50 posts a week

Join

See all

Photos

See all



YOUTUBE.COM

Parenting Hacks | Sun Safety: Part 1 | Disney Junior UK

With lots of lovely sunny days now on the horizon (we hope! ☀️), it...

