***Glenwood R-VIII Wellness and Safety Program***

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***Revised and board Approved August 2021***

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***Glenwood R-8 School District***

10286 State Route 17

West Plains, Missouri 65775

Revised August 2021

**Purpose-DISTRICT WELLNESS PROGRAM (Student)**

The primary goals of the Glenwood R-VIII 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.

**Wellness Committee**

Glenwood will maintain a wellness committee that consists of at least one parent, nurse, school food service representative, board member, school administrator, member of the public, and other community members as appropriate. If available, a qualified, credentialed nutrition professional will be a member of the wellness committee. The board designates Kathy Wages (school nurse) and Lucas Brown (principal) as the current wellness and committee chairs. Only members of the district who are member of the wellness committee may serve as wellness program coordinators. Wellness coordinators, in consultation with the wellness committee will be in charge of implementation and evaluation of the program.

**Wellness/ Safety/ Drug Education Advisory Committee**: Responsibilities include providing leadership for the district’s wellness, safety, health, and drug-free programs.

**Chairperson: Kevin Browning**, Mariah Hayes, Kathy Wages, Stacy Kutter, Janelle Wright, Shawn Owens, Nita Cawvey, Helen Ryan, Allison Reef, Lucas Brown, David Kirk, Adilee Joyner, Jaycee Clinton

**Nutrition Guidelines**

All foods and beverages sold to students within the Nutrition Services program or sold to students during the school day on any property under the jurisdiction of the district will meet the nutrition standards established by the U.S. Department of Agriculture (USDA). These nutrition standards apply to all food and beverages sold to students, including those sold in vending machines, school stores and through school-sponsored fundraisers (which encompasses fundraising conducted by district sponsored and student-initiated groups), unless an exemption applies. 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.

*Fundraising Exemption to Nutrition Guidelines*

Unless otherwise prohibited by Board policies or limitations on marketing, the following are exemptions to the rule requiring that foods sold as fundraisers meet USDA standards:

1. Foods sold off campus, outside the school day or to nonstudents do not have to meet the USDA standards.

2. Distribution of order forms for and delivery of foods that do not meet USDA standards and are not intended for consumption at school are permitted during the school day to the extent it otherwise complies with district policies and procedures.

**Water and Milk**

Students will have access to free drinking water during mealtimes in the places where meals are served. Lunches served by the district will include a variety of fluid milk options consistent with the most recent Dietary Guidelines for Americans. Food and fluid milk substitutions will be provided to students in accordance with law and Board policy.

**Nutrition Education**

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

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.

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 My Plate.

Critically evaluate nutrition information, misinformation and commercial food advertising.

Assess personal eating habits, nutrition goal-setting and achievement.

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.

Ensure that school staff consistently promote healthy eating to students and, are able to recognize conditions such as unhealthy weight, eating disorders and other nutrition-related health problems and, when appropriate, provide information about these conditions, including available treatment options. 5.

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.

**Nutrition Promotion**

The district will promote the importance of good nutrition in its schools and in the community through one or more of the following activities:

Providing nutrition information to parents/guardians via newsletters, handouts, presentations or other appropriate means. 2.

Posting nutrition tips on district websites.

Posting links to research and articles explaining the connections between good nutrition and academic performance.

**Physical Activity**

Moderate Physical Activity – Low-impact to medium-impact physical exertion designed to increase an individual's heart rate to rise to at least 75 percent of his or her maximum heart rate. Examples of moderate physical activity include, but are not limited to, running, calisthenics or aerobic exercise. Time spent in recess and physical education counts as moderate physical activity.

Recess – A structured play environment outside of regular classroom instructional activities that allows students to engage in safe and active free play.

The district's physical activity goal is to assist students in learning to value and enjoy physical activity as an ongoing part of a healthy lifestyle by ensuring that every student has the opportunity to develop the knowledge and skills necessary to perform a variety of physical activities, maintain physical fitness and regularly participate in physical activity. In order to achieve the physical activity goal, the district will:

1. Develop a sequential program of appropriate physical education for every student. The elementary program will provide for:

Twenty (20) minutes of recess per day. Recess may be incorporated into the lunch period, but will be scheduled before or after lunch and held outdoors when possible.

An average of 450 minutes of moderate physical activity each three-week rotation or an average of 30 minutes per school day under the supervision of a certified physical education instructor. Students may be given alternate activities if they continue to meet the average minimum state requirements for physical activities.

The middle school program will provide for an average of 117 minutes of moderate physical activity during each school week and 4,000 minutes of physical education per year.

All activities will:

Emphasize knowledge and skills for a lifetime of regular physical activity.

Meet the needs of all students, especially those who are not athletically gifted or who have special needs.

Provide a variety of activity choices, feature cooperative as well as competitive activities, and account for gender and cultural differences in students' interests.

Negotiating mutually acceptable, fiscally responsible arrangements with community agencies and organizations to keep district-owned facilities open for use by students, staff and community members during non-school hours and vacations.

Working with local public works, public safety, police departments and/or other appropriate state and federal authorities in efforts to make it safer and easier for students to walk and bike to school.

 Prohibit the use of physical activity as a form of discipline or punishment (e.g., sit-ups, pushups or running laps).

Discourage periods of inactivity that exceed two or more hours. When activities such as mandatory school wide testing make it necessary for students to remain indoors for long periods of time, staff should give students periodic breaks during which they are encouraged to stand and be moderately active.

 Provide and encourage—verbally and through the provision of space, equipment and activities—daily periods of moderate to vigorous physical activity for all participants in onsite after-school child care and enrichment programs sponsored by the district.

**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**

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

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

**Family Involvement**

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

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.

Supporting efforts of parents/guardians to provide their children with opportunities to be physically active outside of school.

Providing information about physical education and other school-based physical activity opportunities available to students before, during and after the school day. .

Sharing information about physical activity and physical education via the district's website, newsletter, other take-home materials, special events or physical education homework.

**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.

**Mealtimes**

 Meal times will comply with the following guidelines:

Meal times will provide students with at least ten minutes to eat after sitting down for breakfast and 20 minutes after sitting down for lunch.

Activities such as tutoring or meetings will not be held during mealtimes unless students may eat during such activities.

At the elementary level, lunch periods will be scheduled before or after recess periods.

Free drinking water will be available to students during meals.

Students will have access to hand-washing facilities before they eat meals or snacks.

The district will take reasonable steps to accommodate the tooth-brushing regimens of students.

Students will be allowed to converse during meals

The cafeteria will be clean, orderly and inviting.

Adequate seating and supervision will be provided during meal times.

**Staff Development and Training**

All staff will be provided opportunities for 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 adequately prepared and regularly participate in professional development activities to effectively deliver the nutrition education program as planned. Staff responsible for implementing the physical education program will be properly certified and regularly participate in area-specific professional development activities.

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

**Tobacco**

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

**Oversight and Evaluation**

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

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

**Monitoring**

The food service director will monitor food services areas for compliance with the districts nutrition guidelines and will report on this matter to the wellness coordinators.

The program coordinators will develop and annual summary report compared to a baseline of assessed indicators, impact of the policy changes on those indicators, a report of progress, steps for moving to the next priority, work plans for the next year, and recommendations. The report will be provided to the Board of Education and made available on the districts website or from the office.

**Compliance Indicators**

Glenwood’s Wellness Policy Committee conducted a baseline assessment of the school’s existing nutrition and physical activity programs and practices during April of 2018 using the School Health Index. The following areas were identified for district goals as reflected in the attached School Health Improvement Plan.

Ongoing evaluation will be conducted bi-yearly using the Wellness Program Evaluation from the district’s Program Evaluation Plan. The program will be evaluated using at least four (4) of the following indicators:

1. School Health Index

2. Physical fitness reports

3. Physical activity levels of staff

4. Weight status or body mass index (BMI) of students and staff

5. Fruit and vegetable intake of students and staff

6. Number of healthy food items available in vending machines

7. Number of discipline problems

8. Achievement levels of students

9. Student absenteeism

10. Number of staff who participated in training and development related to student wellness

11. Number of student injury incidence report.

**Policy Review**

The wellness program coordinators will provide policy revision recommendations to the Board of Education based on the analysis of the compliance indicators as part of the annual report. The Board will revise the wellness policy as it deems necessary.

**Communication**

Local Wellness Policy will be displayed on school website and reviewed annually to make changes and modifications.

**Glenwood R-VIII School District**

**School Wellness and School Safety Improvement Plan**

|  |  |  |
| --- | --- | --- |
| **Actions** | **Steps** | **By Whom and When** |
| 1. Implement a district-wide suicide prevention campaign.  | August 2019-Glenwood began implementing the signs of suicide and suicide prevention. Signs of Suicide Prevention Program and trained the entire staff on recognizing the signs of suicide. Pamphlets were mailed home to all Middle school students on suicide prevention and the Signs of Suicide Prevention Program | School Counselor Fall 2019-PresentSchool Counselor Fall 2019-Present AnuallySchool Counselor Each Fall |
| 2. Establish a safe physical environment outside the school building such as the school bus and recess. | a. Bus policies will be revised to include zero tolerance for harassment or bullying.b. Yearly trainings will be held for all bus drivers to emphasize best practices for bus discipline to create a safe and positive climate so that:* Staff and students treat each other with respect and courtesy.
* Disciplinary policies are implemented fairly and consistently among all student groups.
* Non-violence is emphasized.
* Students are provided an avenue for reporting harassment or bullying.
* Support is provided for victims.

c. Teachers and playground supervisors will make recommendations for playground safety.d. Maintenance and repair will be conducted on the playground in order to decrease the number of playground injuries.e. The recess supervision plan will be revised in order to reduce the number of playground injuries. | Principal Fall 2019 Transportation: Fall 2019-PresentSuperintendent Summer 2020 and ongoing Principal Summer 2020 |
| 3. The health/physical education curriculum will be consistent with the Missouri Learning Standards for Health and Physical Education | Information was shared and discussedat a younger age with students on vaping prevention and the side effects that can result from vaping.The students were presentedon the prevention of drug and alcohol use. information and participated in a classroomdiscussion on the prevention and side effects of usingdrugs and/or alcohol. | P.E. & Health Teachers January 2020October 2019-Present, annually |
| 4. School meals will be healthful and appealing and will meet or exceed the Missouri Eat Smart Guidelines  | a. The percent of guidelines exceeding the minimum will increase by 10% (or one standard) yearly until all meals meet the Intermediate or Advanced categories. Menus prepared through The Nutrikids Menu Planning tool by Springfield Grocer.b. Students and faculty will provide suggestions for school meals and feedback on the meal program. | Food Service Personnel Fall 2019Food Service Personnel Fall 2019-Present, annually |
| 5. Family involvement will be encouraged to support parental efforts to motivate and help their children with maintaining and improving their health. | a. Ongoing family-student information will be distributed pertaining to safe and healthy habits using the many resources available – fliers, brochures, newsletters, etc. websiteFebruary 2020- A link was added to the Glenwood for them to gather information on disease website for the Centers for Disease Control and control and prevention. Prevention to allow easy access for parents to Glenwood Wellness Policy Concerns &amp; Actions Taken | Wellness Committee February 2020 |

**Wellness Policy 2750**

Research shows that two components, good nutrition and physical activity before, during and after the school day, are strongly correlated with positive student outcomes. For example, student participation in the U.S. Department of Agriculture's (USDA) School Breakfast Program is associated with higher grades and standardized test scores, lower absenteeism and better performance on cognitive tasks. Conversely, less-than-adequate consumption of specific foods including fruits, vegetables and dairy products, is associated with lower grades among students. In addition, students who are physically active through active transport to and from school, recess, physical activity breaks, high-quality physical education and extracurricular activities do better academically. Finally, there is evidence that adequate hydration is associated with better cognitive performance. www.moconed.com