

STUDENTS

Regulation 2750
(Policy 2750)

Student Welfare

Wellness

1. **Advisory Committee**

A district-wide Nutrition & Physical Activity Advisory Committee will be established. The Committee would meet a minimum of two times annually. Any existing School Health Advisory Council will serve as the nucleus for the Committee. The Committee will include members as specified by law. Responsibility of the Nutrition & Physical Activity Advisory Council may include, but not be limited to, oversight of the following:

- Implementation of district nutrition and physical activity standards
- Integration of nutrition and physical activity in the overall curriculum
- Assurance that staff professional development includes nutrition and physical activity issues
- Assurance that students receive nutrition education and engage in vigorous physical activity

The Nutrition & Physical Activity Advisory Committee will be responsible for preparing a report that includes, but is not limited to, the following information:

- Monthly district menus and meal counts
- Listing of all a la carte, vending, and competitive foods sold by school food service
- Listing of all other sales of foods throughout the district including vending machines, school stores, culinary, and special education programs, in-school and in-class fundraisers, etc.
- Listing of physical activity programs and opportunities for students throughout the school year.
- Outcomes of Committee activities.

2. **Student Nutrition**

The School Breakfast/Lunch Programs:

- The full meal school breakfast and lunch programs will continue to follow the USDA Requirements for Federal School Meals Programs.
- The School Food Service Program will follow the District's Nutrition Standards when determining the items in a la carte and "competitive foods" sales.
- The Food and Service Director must work closely with the Nutrition & Physical Activity Advisory Committee.

Cafeteria Environment:

- A cafeteria environment that provides students with a relaxed, enjoyable climate that shall be developed
- The cafeteria is a place where students have:
 - o Adequate space to eat in clean, pleasant surroundings
 - o Adequate time to eat meals
 - o Convenient access to hand washing or hand sanitizing facilities before meals
- When possible recess time will be provided for elementary students before lunch.

Fundraising:

All fundraising projects for sale and consumption of food items within and prior to the instructional day will follow the District's Nutrition Standards when determining the items being sold.

3. Student Nutrition Education:

The District has a comprehensive approach to nutrition in Kindergarten through 12th grade. All K-12 instructional staff will be encouraged to integrate nutritional themes into daily lessons when appropriate. The health benefits of good nutrition should be emphasized. Lessons will focus on skills and positive aspects of healthy eating. The district nutrition policy reinforces nutrition education to help students practice these themes in a supportive school environment.

Parent Nutrition Education:

Nutrition education may be provided in the forms of handouts, postings on the district website, articles and information provided in district or school newsletters, presentations that focus on nutritional value and healthy lifestyles, and through any other appropriate means available for reaching parents.

Staff Nutrition & Physical Activity Education:

Nutrition and physical activity education opportunities will be provided to all schools staff at the elementary, middle, and high school levels. These educational opportunities may include, but not be limited to, the distribution of educational and informational materials and the arrangement of presentations and workshops that focus on nutritional and healthy lifestyles, health assessments, fitness activities, and other appropriate nutrition and physical activity-related topics.

4. District Nutrition Standards

The District strongly encourages the sale or distribution of nutrient dense foods for all school functions and activities. Nutrient dense foods are those foods that provide students with calories rich in the nutrient content needed to be healthy. In an effort to support the consumption of nutrient dense foods in the school setting, the district has adopted the following nutrition standards governing the sale of food, beverage, and candy on school grounds. Schools are encouraged to study these standards and develop building policy using the following District Nutrition Standards as minimal guidelines.

Food:

- Encourage the consumption of nutrient dense foods, i.e. WHOLE GRAINS, FRESH FRUITS, VEGETABLES, and DAIRY PRODUCTS.
- Any given food item for sale prior to the start of the school day and throughout the instructional day, will have no more than 35% of its total calories derived from fat.
- Any given food item for sale prior to the start of the school day and throughout the instructional day, will generally have no more than 10% of its total calories derived from saturated fat.
- Nuts and seeds with minimal added fat in processing (no more than 3 grams of added fat per 1.75 ounce or less package size) are exempt from these standards because they are nutrient dense and contain high levels of monounsaturated fat.

Candy:

- Candy is defined as any processed food item that has:
 - a. Sugar (including brown sugar, corn sweetener, corn syrup, fructose, glucose (dextrose), high fructose corn syrup, invert sugar, lactose, maltose, molasses, raw sugar, table sugar (sucrose), syrup) is listed as one of the first two ingredients
AND
 - b. Sugar is more than 35% of the item by weight.
- Vending sales of candy will not be permitted on school grounds.
- Non-vending sales of candy will be permitted ONLY at the conclusion of the instructional school day

5. Student Physical Activity

District Physical Activity Goal:

The District shall provide physical activity and physical education opportunities that provides students with the knowledge and skills to lead a physically active lifestyle. The District shall utilize the following Implementation Strategies:

- 1 Physical education classes and physical activity opportunities will be available to all students.
- 2 Physical activity opportunities shall be offered daily before school, during school (recess), or after school.
- 3 As recommended by the National Association of Sport and Physical Education (NASPE), school leaders of physical activity and physical education shall guide students through a process that will enable them to achieve and maintain a high level of personal fitness through the following:
 - Expose youngsters to a wide variety of physical activities
 - Teach physical skills to help maintain a lifetime of health and fitness
 - Encourage self-monitoring so youngsters can see how active they are and set their own goals
 - Individualize intensity of activities
 - Focus feedback on process of doing your best rather than on product
 - Be active role models
- 4 Introduce developmentally appropriate components of a health-related assessment to the students at an early age to prepare them for future assessments.
- 5 Physical education classes shall be sequential, building from year to year, and content will include movement, personal fitness, and personal and social responsibility. Students should be able to demonstrate competency through application of knowledge, skill, and practice.

DISTRICT WELLNESS PROGRAM

DISTRICT WELLNESS PROGRAM

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

Wellness Committee

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

Nutrition Guidelines

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

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

Nutrition and Physical Education

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

DISTRICT WELLNESS PROGRAM

The primary goals of the Community R-VI 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 implementations of the district wellness program.

Nutrition Guidelines.

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

School Breakfasts:

- All school meals will comply with USDA regulations and state policies.
- At least 50% of cereals offered contain no more than 35% of weight from sugar per serving AND at least 1 gram of fiber per serving.
- Fresh, canned, dried, or frozen fruits and vegetable are offered daily.
- At least on of the following will be offered daily: Low fat (1%) or skim (nonfat) milk.

School Lunches:

- All school meals will comply with USDA regulations and state policies.
- At least on of the following will be offered daily: Low fat (1%) or skim (nonfat) milk. X2
- Reduced-fat and/or fat-free salad dressings are offered.
- A main dish with total fat less than or equal to 16 grams per serving is offered daily.
- Dark green or orange vegetables or fruits are offered 3 times a week.
- Fresh fruits and raw vegetables are offered 4 to 5 times a week.

A La Carte Food Items:

- 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.
- A la Carte food items include yogurt, fruits or vegetables, and low-fat and/or nonfat yogurt.
- AT least 50% of the items offered meet all of the following criteria per serving:
 - Fat: Except for nuts, seeds and nut butters, not more than 35% of total calories from fat.
 - Sugar: Except for fruit without added sugar, not more than 35% of weight from sugar.
 - Calories: Not more than 200 calories per selling unit.

Nutrition Education

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

1. Provide students in grades K-9 with developmentally appropriate nutritional 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 Dietary Guidelines for Americans (DGA) and My Pyramid.
 - Critically evaluate nutrition information, misinformation, and commercial food advertising.
 - Assess personal eating habits, nutrition goal setting, and achievement.
3. Encourage district staff to cooperate with local agencies and community groups to provide students with opportunities for volunteer work related to nutrition, such as food banks, soup kitchens or after school programs.
4. Ensure that school counselors and school health services staff consistently promote healthy eating to students and other staff and that these professionals are prepared to recognize conditions such as unhealthy weigh, eating disorders and other nutrition-related health problems among students and staff as well a assure access to healthcare.
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.

- Encouraging schools to work with recreation agencies and other community organizations to coordinate and enhance opportunities available to students for physical activity during their out of school time.
 - Encouraging schools to negotiate mutually acceptable, fiscally responsible arrangements with community agencies and organizations to keep district owned facilities open for use by student, staff and community members during non school hours and vacations.
 - Encouraging district officials to work together with local public works, public safety, police departments and/or other appropriate state and federal authorities in efforts to make it safer and easier for students to walk and bike to school.
5. Limit the use of physical activity as a form of discipline or punishment. Recommend physical education and recess not be withheld as punishment.
6. Discourage periods of inactivity that exceed two (2) 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.
7. Provide opportunities and encouragement for staff to be physically active by:
- Planning, establishing and implementing activities to promote physical activity among staff and providing opportunities for staff to conveniently engage in regular physical activity.
 - Working with recreation agencies and other community organization to coordinate and enhance opportunities available to staff for physical activity during their out of school time.

Other School-Based Activities

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

Community Involvement

School instructional staff will collaborate with agencies and groups conducting nutrition education in the community to send consistent messages to students and their families. Guest speakers invited to address students will receive appropriate orientation to the relevant policies of the district. The wellness program shall make effective use of district and community resources and equitably serve the needs and interests of all students and staff, taking into consideration differences of gender, cultural norms, physical and cognitive abilities and fitness level.

Tobacco advertising is not permitted on district property, at district-sponsored events or in district sponsored publications. Once the policy is adopted food and beverage marketing will be limited to the promotion of foods and beverages that meet the nutrition standards adopted by the Board. 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 and vending machine displays.

Meal Times

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

- Elementary meal times will provide students with at least 10 minutes to eat after sitting down for breakfast and 20 minutes after sitting down for lunch. Junior and senior high school meal times will be a minimum of 25 minutes.
- 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 follow recess periods when possible.
- Drinking water will be available to students during meals.
- Students will have access to hand-washing facilities or hand sanitizers before they eat meals or snacks.
- 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.

Outdoor Air Quality

All staff will be educated regarding the effect of air quality on student's respiratory activities. Appropriately trained staff responsible for student supervision will monitor such students for symptoms of respiratory distress.

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 gaining 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 professional 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 manager and cafeteria workers, according to their levels of responsibility.

assessed indicators, impact of the policy change on those indicators, a report of progress, steps for moving to the next priority, work plans for the next year, and recommended policy revisions. The reports will be provided to the Board of Education and made available on the district's website or by other appropriate means.

Compliance Indicators

During initial development of the district's wellness-related policies and procedures, each school in the district will conduct a baseline assessment of the schools existing nutrition and physical activity programs and practices. The wellness committee will compile these results. In addition to the baseline information provided from each school, the committee will use no fewer than four (4) of the following indicators to measure the impact of the districts wellness program:

- School Health Index.
- Physical fitness reports.
- Physical activity levels of staff.
- Weight status or body mass index (BMI) of students and staff.
- Fruit and vegetable intake of students and staff.
- Number of healthy food items available in vending machines.
- Number of discipline problems.
- Achievement levels of students.
- Student absenteeism
- Number of staff that participated in training and development related to student wellness.

Policy Review

The wellness program coordinators will provide policy revision recommendation 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. Administrative procedures will be revised accordingly.