

MOUND CITY R-2 WELLNESS, NUTRITION & PHYSICAL ACTIVITY ADVISORY COMMITTEE

The Advisory Committee will meet twice a year,
In the fall and spring.

Members of the Advisory Committee include:

Mr. Ken Eaton, Superintendent
Mr. Korey Miles, HS Principal
Ms. Dee Flint, Elementary/MS Principal
Mrs. Angela Brook, RN BSN School Nurse
Mrs. Amy Kelly, Food Services Director
Mr. Derek Petty, Health/PE Instructor
Mrs. Abby Wilmes, FACS/FCCLA Teacher
Mr. Connor Dignan, AG/FFA Teacher
Mrs. Allison Rogers, 5-12 Guidance Counselor
Mrs. Beth Graves, PK-8 Guidance Counselor
Mrs. Alex Drewes, Elementary Teacher
Mrs. Lisa Loucks, Superintendent Secretary
Mr. Paul Panning, Maintenance Director
Elementary, Middle School and High School Student Council
Presidents

The Wellness, Nutrition and Physical Activity Advisory Committee shall serve the following purpose for the general welfare of MC R-2 Students:

1. Developing guidance to Board of Education Policy #2750
2. Monitor the implementation of the policy
3. Evaluate policy progress
4. Serve as a resource to the school building levels
5. Revise policy as necessary

DOCUMENTATION TO WELLNESS POLICY 2750

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

Mound City R-2 School District does not have any competitive food choices to purchase on campus. We were proactive and eliminated the alternative candy sales in August 2007. At the same time we also eliminated any soda/pop beverages in the machine that had sugar or caffeine. Orange juice, 100% apple juice, milk, water, and flavored water are available to middle school and high school students during breakfast and lunch.

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

The Mound City R-2 School District meets the district nutrition standards. Input within the committee is ongoing, and new menu ideas are discussed involving, but not limited to, the student councils of each building.

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

- P.E. – At the present time physical education classes for K-6 are twice a week for 25 minutes. Jr. High students have PE/Health daily for 45 minutes. Ninth grade students have PE/Health daily for 45 minutes. Students in grades 10 through 12 are offered body conditioning and lifetime sports classes for 45 minutes daily.
- Recess – Presently preschool has 45 minutes, grades K-3 have recess twice a day for a total of 35 minutes. Grades 4 through 6 have a 20 minute recess daily.
- Co-Curricular – Present activities include:
Elementary basketball program grades 4-6
Jump Rope for Heart

7th Grade Hunter Safety Program at School with MODOC
Smokebusters Activities
CPR/AED Certification Staff (Nov. 2012)
Sports programs JH/HS include volleyball, football, basketball,
cheerleading, marching band, and track
Elementary track and field day in May, with high school students
assisting
Guidance classes weekly for thirty minutes for K-6
Red Ribbon Week activities
School Nurse in-class education programs
Squaw Creek Junior Naturalist Program for grades 2-4 (outdoor
activities) for 6 weeks in both semesters
Summer weight program for grades 7-12
Red Rock 5k Run
Flag football program at Fairfax for grades 3-6 offered fall
semester
Presidential Physical Fitness Program
Little Dribblers program for elementary basketball at South Holt
for five weeks

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

4. The district is committed to improve academic performance.

Public awareness promoting the positive relationship between nutrition,
physical activity and student academic performance is continual at Mound City
R-2. Examples include:

- Monthly menus sent home to each family grades K-4; available in
office, online and posted in cafeteria for grades 5-12
- MO Extension nutrition classes for 7 weeks for grades K-4
- Posters/cafeteria décor regularly updated
- Holt Co. Health Dept. packets in teacher mailboxes twice a year
re: wellness/nutrition
- Promotional brochures from team nutrition, etc. incorporated
into counselor and school nurse programs.
- Daily nutritious snack provided for grades K-8

- Yearly fitness testing is done in grades 4-8 in PE CLASS

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

- Mound City R-2 has established a council that will meet in October and March of each school year. Members may be added or changed as deemed necessary. Additional input may be obtained from other sources including but not limited to Team Nutrition, MO Extension, and the Holt County Health Department.
- The district will develop and maintain a plan for implementation to manage the execution of this wellness plan. The district will implement a program to help with wellness topics and activity programs. Based on the results of these assessments, the district will generate annual reports and action plans.
- The superintendent will ensure compliance with the established nutrition and wellness policies.

DOCUMENTATION FOR WELLNESS REGULATION 2750

(Also refer to documentation for policy 2750)

- 1. Advisory Council** -- Mound City R-2 School District does sell ala carte food items. Grades 9-12 are offered healthy snack alternatives during breakfast and lunch. All food and beverages sold during the designated lunch times, meet all USDA and Smart Snack nutrition standards. No other food items are sold in the school. Fundraising sales (not sold during school operating hours) are: Red Wheel (various organizations and Fruit/Meat sales through FFA).
- 2. Student Nutrition** – The Mound City R-2 School follows the USDA Requirements for Federal School Meals Programs and the District Nutrition Standards, using the NutriKids and Graves Menu Maker Program.

3. Student Nutrition Education – Mound City R-2 School District will make all information available via the district website and or district-wide communications. The district will provide as much information as possible about the school nutrition environment. The District will also publicize contact and committee information and how the public can be involved with this committee. Committee meetings and dates will be provided to reach staff, students and community members.

Student: Teachers incorporate nutrition themes into daily lessons when appropriate. MO Extension nutrition classes Preschool-4 each year for 7 weeks.

GLE's are followed for all classes.

Wellness is covered in the following classes:

Health: Mr. Petty

FACS: Mrs. Wilmes

Ag: Mr. Dignan

Counseling: Mrs. Rogers and Mrs. Graves

Parent: Parents are educated in a variety of methods including menus, bulletin boards, brochures, and information sent home with students. The school food establishment inspection report is posted online and in the school cafeteria.

Staff: Physical activities for staff include:

Senior/Faculty basketball game 2nd semester

Weight room access before and after school

Gym/Outdoor track available

Gym is open to community every Sunday evening

CPR/AED Certification for all staff (Nov 2012)

Nutrition Education – Provided to staff through the school nurse and the Holt County Health Department

Access to Forest T. Jones wellness website through BCBS Insurance

4. **District Nutrition Standards** – Mound City R-2 School follows the district nutrition standards. There are no vending machines in the school, and the candy is not sold or purchased according to the guidelines. These guidelines outlined do not apply to food and beverages brought from home by the student.

- School meals are served through the National School Lunch and Breakfast programs and will meet all USDA requirements.
- The district will discourage students from sharing during meals and snack times due to food allergy concerns and restrictions.
- Snacks served during the school day will include fruits and vegetables. These snacks will meet the UDA Smart snack standards, at a minimum.

Celebrations and Rewards –

- Mound City R-2 teachers/staff will not use food as rewards for good behavior or academic performance. The district will provide teachers and staff with a list of alternative ways to reward children.
1. The district will provide a list of healthy alternatives for party ideas as recommended from the USDA. Parents are encouraged to communicate with the classroom teacher in preparing for classroom celebrations.
- The district will restrict snacks brought by students to be only intended for consumption by that student. Parents will be provided a list of food that meet Smart Snack nutrition standards.

5. Food and Beverage Marketing

Any foods and beverages marketed to students on the school campus during the school day will meet or exceed the USDA Smart Snacks nutrition standards.

6. **Student Physical Activity** – In addition to educational opportunities already mentioned, Mound City R-2 offers a summer weight lifting program. We are encouraging students to walk to school. A bike rack has been provided for the students to promote bike riding to and from school. Mound City is supportive of the summer baseball and softball programs offered to grades K-8. Other equipment available for community use is the all-weather track, basketball hoops and the playground.

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

The committee met on Monday, March 5, 2018, in the Superintendent's office to review and discuss progression of the wellness policy. Discussion included:

- Water, juice, milk and flavored water are the only options.
- There has been more of a variety of fruit/vegetables and fresh items on lunch trays this year. During breakfast and lunch, grades 9-12 are offered healthy snack alternatives which are available for purchase. Amy Kelly will talk with Graves Dietary Staff concerning new ideas.
- The atmosphere in our school lunchroom is relaxed and enjoyable.
- Asthma/Allergy/Epi-pen, CPR/First Aid training was completed August 14, 2018 for all needed staff.
- Eliminated all peanut butter use in kitchen food. Children with high allergies sit at an allergy table
- Use Graves Menu Maker program.

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

The committee met on Monday, October 2, 2017, to reorganize for 2017-2018. All sections of Policy 2750 and Regulation 2750 were discussed. Each committee member is comfortable to suggestions from one another. The data, mandated reports, menus, etc. will serve as reference for making improvements. Discussion was also held regarding the Graves Menu Maker Program. Student input was of great value with this topic.