

# Arcadia Valley Wellness Program

## Mission

The mission of the Arcadia Valley School Wellness Committee is to plan, develop, implement, and evaluate the district Wellness Plan. The committee will develop a plan that includes the following:

1. Committee Established
2. Nutrition Guidelines Adopted
3. Nutrition Education Goals Established
4. Physical Education Goals Established
5. School-Based Activities Assessed
6. Curricula and Materials Evaluation
7. Procedures Created
8. Program and Policy Evaluation

## 1. DISTRICT WELLNESS COMMITTEE

The school wellness committee will:

- A. Develop the school wellness plan and make recommendations of policies that meet federal guidelines.
- B. Help raise awareness of the importance of nutrition and physical activity.
- C. Assist in the development of local policies that address issues and goals, including, but not limited to, the following:
  - a. Assisting with the implementation of nutrition and physical activity standards developed by the committee with the approval of the Department of Education and the State Board of Health;
  - b. Integrating nutrition and physical activity into the overall curriculum;
  - c. Ensuring that professional development for staff includes nutrition and physical activity issues;
  - d. Ensuring that students receive nutrition education and engage in healthful levels of vigorous physical activity;
  - e. Improving the quality of physical education curricula and increased training of physical education teachers;
  - f. Enforcing existing physical education requirements; and
  - g. Evaluating the district's wellness plan.

The District Wellness Committee members should meet the following criteria:

- Demonstrate interest in improving school nutrition and physical activity in schools;
- Represent the school board, administrators, food service personnel, teachers, parents, students, and professional groups from the community;
- Are effective communicators and team players;
- Possess some understanding of the district's procedural requirements for policy, and

- Have policy-related experience in the district.

The Arcadia Valley R-II District Wellness Committee will meet at least once each semester to plan, implement and evaluate the general health and wellness activities within the district. The Committee is as follows:

Name	Position	Sub-Committees
Laura Marquis/Co-Chair	Assistant Superintendent	All
Brandi Brogan/Co-Chair	Lead Nurse, MS/HS Nurse	All
Andrea Yates	Elementary Nurse	Ngoals, SBA, PPE
Lois Orr	Kindergarten Teacher	PEG, C&M
Angie Asher	Director of Nutritional Services	NGL, Ngoals
Crystal Buckman	MS Counselor	SBA, PPE
Maggie Jackson	Health Occupations Teacher	Ngoals, NGL, PPE
K Elaine Stocum	Elementary PE Teacher	Ngoals, PEG
Felina Wakefield	Health Aide	Ngoals, PEG, SBA
Laurin Boeving	ES/MS parent, community member	PEG, SBA
Reese Brogan	Student	PEG
Lisa Hunt	Dept. of Health (Health Educ)	PEG, NGL
Jen Inman	ES Special Education Teacher	PEG, SBA
Lois Yates	CT Counselor	Ngoals, C&M
Tommy Brogan	School Board Member	PPE, PRO
Candice Turner	Kindergarten Teacher	C&M
Kassi Inman	Elementary Counselor	PPE, C&M, SBA
Mark Yates	Maintenance Director AV Schools	PPE, C&M
Jamie Inman	Parent and Community Leader	PRO, Ngoals
John Inman	MS PE Teacher	PRO, PEG
Aubrey Boeving	Student	PEG
Wm Taylor Hartwig	MS Teacher	PRO, PPE
Evans Yates	Student	SBA
Emily Crocker	MS Special Education Teacher	SBA, C&M
Riley Brogan	Student	SBA
Eli Inman	Student	SBA

Sub-Committees:

Nutrition Guidelines = NGL

Physical Education Goals = PEG

Curriculum and Materials = C&M

Program and Policy Evaluation = PPE

Nutrition Goals = Ngoals

School Based Activities = SBA

Procedures = PRO

The Arcadia Valley R-II School District Wellness Committee will develop goals for each of the areas of the district Wellness Plan. Each goal area is supportive of the other goal areas, thus ensuring that outcomes for each will increase outcomes for the policy as a whole. The goal areas shall serve as programmatic guidelines to school staff, parents, and community partners, and all

other internal and external stakeholders, as they engage in their work. These goal areas shall serve also as a framework for evaluation for all programs involving Arcadia Valley Schools. Each goal area is supported by one or more critical elements which will serve as the basis for specific strategies to be formed for action and outcomes. Each year the goals will be evaluated and amendments and revisions recommended to the School Board. The goals will be developed each year to improve the overall wellness of students, staff, and the Arcadia Valley Community.

## **II. NUTRITION GUIDELINES ADOPTED**

Student's lifelong eating habits are greatly influenced by the types of foods and beverages available in their daily environment. In addition to ensuring that reimbursable school meals meet program requirements and nutrition standards, schools must also establish standards or guidelines to address all foods and beverages sold or served to students, including those available outside of the school meal program. The following will ideas will assist the Wellness Committee in planning:

- The school district sets guidelines for foods and beverages in a la carte sales in the food service program on school campuses.
- The school district sets guidelines for foods and beverages sold in vending machines, snack bars, school stores, and concession stands on school campuses.
- The school district sets guidelines for foods and beverages sold as part of school-sponsored fundraising activities.
- The school district sets guidelines for refreshments served at parties, celebrations, and meetings during the school day.
- The school district makes decisions on these guidelines based on nutrition goals, not on profit making.
- School nutrition programs reflect or exceed (i.e., as based on emerging scientific consensus) the U.S. dietary guidelines for Americans and respond to health and nutrition needs for all students with respect to ethical, religious, medical, and cultural needs, which include not just a breakfast and lunch nutrition program, but are inclusive of all foods on campus. Registered dietitians through OPAA will consult on school nutrition programs in order to ensure the programs are reflective of these guidelines.
- Students will have adequate time in which to eat and enjoy their meals. Consideration will be given to the needs of different age groups, such as younger children who have specific developmental needs related to meals.
- Students and staff will be encouraged to wash or sanitize their hands before and after eating

**From the: Action for Healthy Kids ® 2006**

**ACTION FOR HEALTHY KIDS "COMMITMENT TO CHANGE"**

**School Wellness Goals for Foods Served on Campus**

- Ensure that meals offered through all school feeding programs meet federal nutrition standards. Promote food groups that 2005 Dietary Guidelines recommend encouraging as they contain nutrients most children and adolescents are consuming too little (fruits, vegetables, low-fat/non-fat milk and milk products, and whole grains). (Goal 3)
- Adopt policies that ensure all foods and beverages available on school campuses and at school events contribute toward eating patterns consistent with the 2005 Dietary Guidelines for Americans. (Goal 4)
- Provide food and beverage options outside of school meals that are lower in fat, calories and added sugars such as fruits, vegetables, low-fat or non-fat dairy foods, and whole grains. (Goal 5)
- Ensure healthy snacks and foods are provided in vending, school stores, a la carte, and other venues within the school's control.(Goal 6)
- Prohibit student access to those school venues that contain foods low in nutrients, high in calories and compete with balanced school meals in elementary schools and restrict access in middle, junior, and high schools. (Goal 7)
- Provide an adequate amount of time for students to eat school meals, and schedule lunch periods at reasonable hours during midday. (Goal 8)

The Arcadia Valley Wellness Committee recommends that the district designate 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: must meet the state of Missouri Eat Smart Guidelines.

School Lunches: must meet the state of Missouri Eat Smart Guidelines.

A La Carte Food Items: must meet the state of Missouri Eat Smart Guidelines.

A La Carte Beverage Items: must meet the state of Missouri Eat Smart Guidelines.

Food Items Sold in Vending Machines and School Stores: will include items of healthy choice and nutritional value.

Beverage Items Sold in Vending Machines and School Stores: will include items of healthy choice and nutritional value.

After-School Programs: must meet school food based menu planning.

Rewards: must include healthy foods and non-food items.

Celebrations and Parties: must include healthy food choices and non-food options.

Fundraisers: should be encouraged to offer healthy and non-food items.

Intramural Activities: should be encouraged to offer healthy and non-food items.

Nutrition Goals			
Action Step/ Activity	Evaluation	Timeline	Responsibility
Recommend and adopt Nutrition Guidelines for foods and beverages served in schools during the school day	Recommendation will be adopted by the Arcadia Valley School Board.	September	Wellness Committee
The district will follow and meet the requirements of the Missouri Eat Smart Guidelines	The Missouri Eat Smart Guidelines Evaluation sheet will be completed with minimum or higher compliance in all areas	March	Wellness Committee
School food service directors and staff shall participate in at least 8 hours of professional development opportunities per school year	List of PD activities will be maintained along with attendance sign-in sheets.	March	Curriculum Committee Chairperson
At least <u>1/2 of the items</u> in the vending machines will contain <u>less than 200 calories</u> and <u>less than 35% sugar</u>	Vending machines will be checked semi-annually to ensure this objective is met.	October and March	Person responsible for the building vending machine
Serve meals that meet the nutrition standards established by the Secretary of Agriculture and the Missouri Guidance for National School Lunch Programs	Each year the district will be in compliance with federal and state regulations based on required reports to the Missouri Department of Elementary and Secondary Education	June	Food Service Director

### III. NUTRITION EDUCATION GOALS ESTABLISHED

The primary goal of nutrition education is to influence student’s eating behaviors. Building nutrition knowledge and skills helps children make healthy eating and physical activity choices. To make a difference, school districts should provide nutrition education that is appropriate for student’s ages; reflects students’ culture; is integrated into subjects such as math and reading; and provides opportunities for students to practice skills and have fun. School districts should also choose nutrition education curricula that are easy to teach and foster lifelong healthy eating.

Nutrition goals for the Arcadia Valley R-II School District should be based on the following:

1. Students in grades pre-K through 12<sup>th</sup> receive nutrition education that is interactive and teaches the skills they need to adopt healthy eating habits. Nutrition education should be well-integrated within a comprehensive school education program and should include:
  - a. Instruction that helps students learn more about the importance of various food groups.
  - b. Caloric, sugar and fat intake.
  - c. Healthy cooking methods.

- d. Recognition of the role media plays in marketing and advertising foods and beverages.
  - e. The relationship of a balanced diet and regular exercise to a healthy lifestyle.
2. Nutrition education is offered in the school dining room as well as in the classroom, with coordination between the food service staff and teachers.
  3. Students receive consistent nutrition messages throughout schools, classrooms, cafeterias, homes, community and media.
  4. District health education curriculum standards and guidelines include both nutrition and physical education. Nutrition education should include reinforcement of the importance of physical activity and the health risks associated with sedentary lifestyle. The curriculum focuses on health literacy to enhance each student’s independent thinking skills and decision-making and is empowered to enhance personal responsibility
  5. Nutrition is integrated into the health education or core curricula (e.g., math, science, language arts). Nutrition concepts should be reinforced by all school personnel, and should be integrated in various subject areas, such as literature, science, social studies, and other subjects.
  6. Schools link nutrition education activities with the coordinated school health program.
  7. Staff who provide nutrition education have appropriate training. The district will utilize the services of a qualified nutrition professional to lead the effort to implement nutrition education.
  8. Schools are enrolled as Team Nutrition Schools, and they conduct nutrition education activities and promotions that involve parents, students, and the community. The district will provide educational information and encourage healthy eating and physical activity for families, both within the home and outside the home. Family members will be engaged as a critical part of the team responsible for teaching children about health and nutrition.

**From the: Action for Healthy Kids ® 2006**

**ACTION FOR HEALTHY KIDS “COMMITMENT TO CHANGE”**

- Provide students in pre-kindergarten through grade 12 with behavior-focused nutrition education integrated into the curriculum that is interactive and teaches the skills needed to adopt healthy eating habits. (Goal 2)

Nutrition Education Goals			
Action Step/ Activity	Evaluation	Timeline	Responsibility
The district will become a member of the Team Nutrition Schools Network	Membership application and membership enrollment will be completed	August	Wellness Committee
Professional development will be provided for staff on nutrition and integrating into the curriculum	During the 2018-2019 school year at least three (3) professional	On-going	PDC Committee

	development activities will be provided for staff.		
PE and health class curricula meet state and federal guidelines	The Curriculum Committee will review the district health and PE curricula to ensure that they meet state and federal guidelines	January	Curriculum Committee Chairperson
Teachers will integrate nutrition concepts into the classroom	By the end of the 2018-2019 there will be at least 10 lessons developed and implemented that integrate nutrition into the classroom	March collection of lessons	Wellness Committee
The district will promote nutrition awareness through various district communications	By the end of the 2018-2019 school year the district will have provided at least 15 nutrition messages in various district communications	April collection of communications	Wellness Committee
The district will provide nutrition information in each dining facility	Poster and other information will be posted in each school cafeteria throughout the school year and a list of the information will be recorded	On-going	Wellness Committee
After school programs will include nutrition education as part of the curriculum	Weekly schedules will reflect nutrition education activities		

#### **IV. PHYSICAL EDUCATION GOALS ESTABLISHED**

The primary goals for the schools' physical activity components are: to provide opportunities for every student to develop the knowledge and skills for specific physical activities, to maintain students' physical fitness, to ensure students' regular participation in physical activity, and to teach students the short- and long-term benefits of a physically active and healthful lifestyle.

Physical Education goals for the Arcadia Valley R-II School District should be based on the following:

1. Students are given opportunities for physical activity during the school day through physical education (PE) classes, daily recess periods for elementary school students, and the integration of physical activity into the academic curriculum.
2. Students are given opportunities for physical activity through a range of before-and /or after-school programs including, but not limited to, intramurals, interscholastic athletics, and physical activity clubs.
3. Schools work with the community to create ways for students to walk or bike safely to and from school.
4. Schools encourage parents and guardians to support their children's participation in physical activity, to be physically active role models, and to include physical activity in family events.

5. Schools provide training to enable teachers, and other school staff to promote enjoyable, lifelong physical activity among students.
6. All physical education classes should be taught by certified education teachers.
7. The physical education curriculum should be coordinated with the health education curriculum.
8. Physical education should be designed to build interest and proficiency in the skills, knowledge and attitudes essential to a lifelong physically active lifestyle. It should include providing information, fostering a positive atmosphere, encouraging self-discipline, developing motor skills, and promoting activities that can be carried out over the course of the student's lives.
9. Physical education should provide safe and satisfying physical activity for all students, including those with special needs.

From the: Action for Healthy Kids ® 2006

**ACTION FOR HEALTHY KIDS “COMMITMENT TO CHANGE”**

**School Wellness Goals for Physical Activity**

Provide all children, from pre-kindergarten through grade 12, with quality daily physical education that helps develop the knowledge, attitudes, skills, behaviors and confidence needed to be physically active for life. (Goal 9)

Provide daily recess periods for elementary school students, featuring time for unstructured, supervised active play. (Goal 10)

Provide after-school programs that include physical activity, adequate co-curricular programs, and fully inclusive intra-mural programs and physical activity clubs. (Goal 11)

Fitness Objective 1			
Action Step/ Activity	Evaluation	Timeline	Responsibility
5 <sup>th</sup> grade students will improve the number of students who meet or exceed the healthy fitness range (HFR) on the Missouri Physical Fitness Assessment for Aerobic Capacity	The percentage of students who meet the HFR will be 100% or increase by 5% each year	June Core Data	MS PE Teachers
5 <sup>th</sup> grade students will improve the number of students who meet or exceed the healthy fitness range (HFR) on the Missouri Physical Fitness Assessment for Abdominal Strength	The percentage of students who meet the HFR will be 100% or increase by 5% each year	June Core Data	MS PE Teachers
5 <sup>th</sup> grade students will improve the number of students who meet or exceed the healthy fitness range (HFR) on the Missouri Physical Fitness Assessment for Upper Body Strength	The percentage of students who meet the HFR will be 100% or increase by 5% each year	June Core Data	MS PE Teachers

5 <sup>th</sup> grade students will improve the number of students who meet or exceed the healthy fitness range (HFR) on the Missouri Physical Fitness Assessment for Flexibility	The percentage of students who meet the HFR will be 100% or increase by 5% each year	June Core Data	MS PE Teachers
9 <sup>th</sup> grade students will improve the number of students who meet or exceed the healthy fitness range (HFR) on the Missouri Physical Fitness Assessment for Aerobic Capacity	The percentage of students who meet the HFR will be 100% or increase by 5% each year	June Core Data	HS PE Teachers
9 <sup>th</sup> grade students will improve the number of students who meet or exceed the healthy fitness range (HFR) on the Missouri Physical Fitness Assessment for Abdominal Strength	The percentage of students who meet the HFR will be 100% or increase by 5% each year	June Core Data	HS PE Teachers
9 <sup>th</sup> grade students will improve the number of students who meet or exceed the healthy fitness range (HFR) on the Missouri Physical Fitness Assessment for Upper Body Strength	The percentage of students who meet the HFR will be 100% or increase by 5% each year	June Core Data	HS PE Teachers
9 <sup>th</sup> grade students will improve the number of students who meet or exceed the healthy fitness range (HFR) on the Missouri Physical Fitness Assessment for Flexibility	The percentage of students who meet the HFR will be 100% or increase by 5% each year	June Core Data	HS PE Teachers
All physical education teachers should be certified.	100% of physical education teachers will be certified.	August	Building Administrators
The physical education curriculum and the health curriculum will be coordinated.	The Curriculum Committee will review the PE and Health curriculums to insure that they are aligned.	January	Curriculum Committee
Physical education staff shall participate in at least 12 hours of professional development opportunities per school year	List of PD activities will be maintained along with attendance sign-in sheets.	June	PDC Committee
Students will be provided 30 minutes to be physically active everyday	Schedules for PE classes and recess will be evaluated to determine that each grade-level has 30 minutes of physical activity everyday	June	Building Principals

## V. SCHOOL-BASED ACTIVITIES ASSESSMENT

The wellness program coordinators, in consultation with the wellness committee, are charged with developing procedures addressing other school-based activities to promote wellness. The goal is to create a total school environment that is conducive to healthy eating and being physically active.

School-based activity goals for the Arcadia Valley R-II School District should be based on the following:

1. Dining Environment:
  - a. The school district provides a clean, safe, enjoyable meal environment for students.
  - b. The school district provides enough space and serving areas to ensure all students have access to school meals with minimum wait time.
  - c. The school district makes drinking fountains available in all schools, so that students can get water at meals and throughout the day.
  - d. The school district encourages all students participating in school meals program and protects the identity of students who eat free and reduced price meals.
2. Time to Eat:
  - a. The school district will ensure an adequate time for students to enjoy eating healthy foods with friends in schools.
  - b. The school district will schedule lunchtime as near the middle of the school day as possible.
  - c. The school district will schedule recess for elementary schools before lunch so that children will come to lunch less distracted and ready to eat.
3. Food or Physical Activity as a Reward or Punishment
  - a. The school district will prohibit the use of food as a punishment in schools.
  - b. The school district will not deny students participation in recess or other physical activities as a form of discipline. Alternative physical activity will be developed.
4. Consistent School Activities and Environment
  - a. The district will ensure that all schools' fundraising efforts are supportive of healthy eating.
  - b. The school district will provide opportunities for ongoing professional training and development for foodservice staff and teachers in the areas of nutrition and physical education.
  - c. The school district will make efforts to keep school or school-owned physical activity facilities open for use by students and community members outside school hours.
  - d. The school district encourages all students to participate in school meals programs, i.e. the National School Lunch, including snacks for After School Programs, and School Breakfast programs.
  - e. Parents are provided with tools and networks that will enable them to share knowledge of resources and available trainings with other parents in order to ensure as many children as possible have access to care and remain healthy and well as they enter and remain in school.
  - f. Using every appropriate and available means to the school district to ensure that every student has the chance to succeed academically, emotionally, and socially and remain in school.

From the: Action for Healthy Kids ® 2006  
ACTION FOR HEALTHY KIDS "COMMITMENT TO CHANGE"

- Provide age-appropriate, culturally sensitive instruction in health education and physical education that help students develop the knowledge, attitudes, skills and behaviors to adopt, maintain, and enjoy healthy eating habits and physically active lifestyles. (Goal 1)
- Encourage the use of school facilities for physical activity programs offered by the school and/or community-based organizations outside of school hours. (Goal 12)

School Based Activities Goals		2006 - 2007	
Action Step/ Activity	Evaluation	Timeline	Responsibility
The school cafeterias are clean, safe, and provide an enjoyable meal environment.	Students and staff will report 85% satisfaction with school cafeterias based on survey data.	October	Wellness Committee
Free and reduced price students will have their identity protected.	A computer-based meal payment system will be used to provide identity protection.	August	Food Service Director
Professional development will be provided for all foodservice staff.	During the 2018-2019 school year all food service staff will attend at least 9 hours of professional development.	On-going	Food Service Director
Programs for use of school facilities for after hours physical activity will be developed.	During the 2018-2019 school year at least 400 hours of after-school physical activity will be scheduled.	On-going	Wellness Committee
All students will be encouraged to participate in the school breakfast and lunch program.	100% of parents and students will be provided with information about the school breakfast and lunch program.	September	Food Service Director
The district will create opportunities for the community to participate in health and nutrition education	Notices and sign-in sheets will be collected	Ongoing	Wellness Committee
The district will create opportunities for the community to participate in physical activities	Notices and sign-in sheets will be collected	Ongoing	Wellness Committee

## VI. CURRICULA AND MATERIALS EVALUATED

The district Wellness committee will work with the District Curriculum Committee to ensure that the goals and objectives of this plan are put in place. The Wellness Committee will be assigned the task of ensuring nutrition and physical education materials are consistent with the plan. The Wellness Committee will assist with selection and dissemination of materials that allow the district to successfully implement this plan.

Implementation can occur all at once or may be phased-in over time. The Arcadia Valley Wellness Committee has determined that implementation will be phased-in over time. The attitude of all school personnel, from individuals serving the food, to the personnel who stock vending machines, students, coaches, teachers and administrators, can have a significant effect on the response to the policy. A positive attitude toward new foods, new physical activity options, or other changes, from everyone in the school community can make a huge difference. Marketing can be an important tool for policy implementation. Consideration of how marketing principles of product, price, placement, and promotion can work to help with policy implementation will be an ongoing process for the Wellness Committee.

## VII. PROCEDURES CREATED

Procedures have been suggested throughout this plan. The Wellness Committee believes that changing people’s attitudes and behavior is an ongoing process. The procedures that are recommended by the Committee will be evaluated each year and revised to ensure a steady progress of wellness and better health for staff, students and community.

Developing and adopting a sound policy is only the beginning. The adoption of a policy does not automatically mean that it will be implemented. Implementation requires good planning and management skills, the necessary resources, consistent oversight, and widespread buy-in by school staff and the local community. Leadership, commitment, communication and support are the keys to your success.

The Wellness Committee will make recommendations to the Arcadia Valley School Board on policies and procedures to implement the district Wellness Plan. The following policies will be submitted with recommendations:

### Board Policies:

- ADF: District Wellness Program
- ADF-AF1: District Wellness Program: Wellness Policy Implementation Evaluation
- ADF-AF2: District Wellness Program: Indicator Grids
- ADF-AP: District Wellness Program
- IGAEA-AP: Teaching About Drugs, Alcohol and Tobacco (Vaping)
- AH: Tobacco-Free District

Policies Recommended			
Action Step/ Activity	Adoption/Maintained	Timeline	Responsibility
ADF: District Wellness Program		Fall	Wellness Committee
ADF-AF1: District Wellness Program: Wellness Policy Implementation Evaluation		Fall	Wellness Committee
ADF-AF2: District Wellness Program: Indicator Grids		Fall	Wellness Committee
ADF-AP: District Wellness Program		Fall	Wellness Committee
IGAEA-AP: Teaching About Drugs, Alcohol and Tobacco		Fall	Wellness Committee
AH: Tobacco-Free District		Fall	

## VIII. PROGRAM AND POLICY EVALUATED

As required by law, each school district must establish a plan for measuring implementation of the local wellness policy, including designation of one or more persons with operational responsibility for ensuring that the school is meeting the policy. The wellness committee will assess all educational curricula and materials pertaining to wellness for accuracy, completeness, balance and consistency with the state and district's educational goals and standards. Wellness program coordinators will report to the Arcadia Valley School Board annually.

A sustained effort by the district is necessary to assure that new policies are faithfully implemented. Periodic assessment of how well the policy is being managed and enforced, reinforcement of the policy goals with school staff, and being prepared to update or amend the policy as the process moves on will be a part of the evaluation process.

Evaluation and feedback are very important in maintaining a local wellness policy. It is also important to assess student, parent, teacher, and administration satisfaction with the new policies. A good evaluation plan does not need to be extensive, formal or put additional undue burdens on staff that is involved in the process. Through the evaluation process, the district will be able to answer some basic questions that are very important to policymakers, students, school staff, parents, and the general public:

- What changes to nutrition education, physical activity, the nutritional quality of foods available to students, and other aspects covered by the policy occurred in each school as a result of the district wellness policy?
  - Did the number of students participating in nutrition education change?
  - Did the students have a different number of minutes of physical activity?
  - Did any of the campuses change available food options?
  - Did participation in the National School Breakfast or Lunch Program change?
- Did the policy and implementation address the issues identified in the needs assessment?
  - Is it making a difference?
  - What's working?
  - What's not working?
- How can the impact of the policy be increased to enhance its effect on student health and academic learning?

The Arcadia Valley School Wellness Committee will complete the Evaluation Plan in the fall of each school year and submit it to the Arcadia Valley School Board. The operational responsibility for the plan and its evaluation will be designated to the Co-Chairpersons of the Wellness Committee.

## Arcadia Valley R-II School District Wellness Plan Evaluation

Date Completed: \_\_\_\_\_

Signature of Wellness Coordinator: \_\_\_\_\_

Signature of Wellness Coordinator: \_\_\_\_\_

Nutrition Goals			
Action Step/ Activity	Evaluation	Documentation	Evaluation of Success
Recommend and adopt Nutrition Guidelines for foods and beverages served in schools during the school day	Recommendation will be adopted by the Arcadia Valley School Board.		
The district will follow and meet the requirements of the Missouri Eat Smart Guidelines	The Missouri Eat Smart Guidelines Evaluation sheet will be completed with minimum or higher compliance in all areas		
School food service directors and staff shall participate in at least 8 hours of professional development opportunities per school year	List of PD activities will be maintained along with attendance sign-in sheets.		
At least <u>1/2 of the items</u> in the vending machines will contain <u>less than 200 calories</u> and <u>less than 35% sugar</u>	Vending machines will be checked semi-annually to ensure this objective is met.		
Serve meals that meet the nutrition standards established by the Secretary of Agriculture and the Missouri Guidance for National School Lunch Programs	Each year the district will be in compliance with federal and state regulations based on required reports to the Missouri Department of Elementary and Secondary Education		

Objectives not completed and discussion:

Recommendations for changes:

Nutrition Education Goals			
Action Step/ Activity	Evaluation	Documentation	Evaluation of Success
The district will become a member of the Team Nutrition Schools Network	Membership application and membership enrollment will be completed		
Professional development will be provided for staff on nutrition and integrating into the curriculum	During the 2013-2014 school year at least three (3) professional development activities will be provided for staff		
PE and health class curricula meet state and federal guidelines	The Curriculum Committee will review the district health and PE curricula to ensure that they meet state and federal guidelines		
Teachers will integrate nutrition concepts into the classroom	By the end of the 2013-2014 there will be at least 10 lessons developed and implemented that integrate nutrition into the classroom		
The district will promote nutrition awareness through various district communications	By the end of the 2013-2014 school year the district will have provided at least 15 nutrition messages in various district communications		
The district will provide nutrition information in each dining facility	Poster and other information will be posted in each school cafeteria throughout the school year and a list of the information will be recorded		
After school programs will include nutrition education as part of the curriculum	Weekly schedules will reflect nutrition education activities		

Objectives not completed and discussion:

Recommendations for changes:

Fitness Objective 1			
Action Step/ Activity	Evaluation	Documentation	Evaluation of Success
5 <sup>th</sup> grade students will improve the number of students who meet or exceed the healthy fitness range (HFR) on the Missouri Physical Fitness Assessment for Aerobic Capacity	The percentage of students who meet the HFR will be 100% or increase by 5% each year		
5 <sup>th</sup> grade students will improve the number of students who meet or exceed the healthy fitness range (HFR) on the Missouri Physical Fitness Assessment for Abdominal Strength	The percentage of students who meet the HFR will be 100% or increase by 5% each year		
5 <sup>th</sup> grade students will improve the number of students who meet or exceed the healthy fitness range (HFR) on the Missouri Physical Fitness Assessment for Upper Body Strength	The percentage of students who meet the HFR will be 100% or increase by 5% each year		
5 <sup>th</sup> grade students will improve the number of students who meet or exceed the healthy fitness range (HFR) on the Missouri Physical Fitness Assessment for Flexibility	The percentage of students who meet the HFR will be 100% or increase by 5% each year		
9 <sup>th</sup> grade students will improve the number of students who meet or exceed the healthy fitness range (HFR) on the Missouri Physical Fitness Assessment for Aerobic Capacity	The percentage of students who meet the HFR will be 100% or increase by 5% each year		
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9 <sup>th</sup> grade students will improve the number of students who meet or exceed the healthy fitness range (HFR) on the Missouri Physical Fitness Assessment for Flexibility	The percentage of students who meet the HFR will be 100% or increase by 5% each year		
All physical education teachers should be certified.	100% of physical education teachers will be certified.		

The physical education curriculum and the health curriculum will be coordinated.	The Curriculum Committee will review the PE and Health curriculums to insure that they are aligned.		
Physical education staff shall participate in at least 12 hours of professional development opportunities per school year	List of PD activities will be maintained along with attendance sign-in sheets.		
Students will be provided 30 minutes to be physically active everyday	Schedules for PE classes and recess will be evaluated to determine that each grade-level has 30 minutes of physical activity everyday		

Objectives not completed and discussion:

Recommendations for changes:

School Based Activities Goals			
Action Step/ Activity	Evaluation	Documentation	Evaluation Of Success
The school cafeterias are clean, safe, and provide an enjoyable meal environment.	Students and staff will report 85% satisfaction with school cafeterias based on survey data.		
Free and reduced price students will have their identity protected.	A computer-based meal payment system will be used to provide identity protection.		
Professional development will be provided for all foodservice staff.	During the 2013-2014 school year all foodservice staff will attend at least 9 hours of professional development.		
Programs for use of school facilities for after hours physical activity will be developed.	During the 2013-2014 school year at least 400 hours of after-school physical activity will be scheduled.		
All students will be encouraged to participate in the school breakfast and lunch program.	100% of parents and students will be provided with information about the school breakfast and lunch program.		
The district will create opportunities for the community to participate in health and nutrition education	Notices and sign-in sheets will be collected		
The district will create opportunities for the community to participate in physical activities	Notices and sign-in sheets will be collected		

Objectives not completed and discussion:

Recommendations for changes:

Policies Recommended			
Action Step/ Activity	Adoption/Maintained	Adopted Yes/No	Evaluation
ADF: District Wellness Program			
ADF-AF1: District Wellness Program: Wellness Policy Implementation Evaluation			
ADF-AF2: District Wellness Program: Indicator Grids			
ADF-AP: District Wellness Program			
IGAEA-AP: Teaching About Drugs, Alcohol and Tobacco			
AH: Tobacco-Free District			

Objectives not completed and discussion:

Recommendations for changes: