

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 may include, but not be limited to, parents, students, school staff members, school nurse, physical education teachers, health teachers, school food service representative, Board members, school administrators, members 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.

Community Involvement

The district is committed to being responsive to community input, which begins with awareness of the wellness policy. The district will use e-mail, the district's website, newsletters and/or student handbooks to ensure all families are actively notified of the content of, implementation of, and updates to the wellness policy. Parents, students, community members, or other members of the public are welcome to participate in the development, implementation and review of the local wellness policy by contacting the superintendent at 660-834-6915 to join the wellness committee.

Wellness Program Coordinators

The Board designates the following individual as wellness program coordinator: superintendent. 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 wellness program coordinator is responsible for ensuring that each school in the district is in compliance with this policy.

FILE: ADF
Critical

Nutrition Guidelines

The nutrition guidelines outlined in this section do not apply to food or beverages brought from home by students for consumption solely by the student or food or beverages created or used by students as part of the district's instructional program.

It is the policy of the Pilot Grove C-4 School District that all foods and beverages sold to students during the school day on any property under the jurisdiction of the district will meet the U.S. Department of Agriculture (USDA) school meal and Smart Snacks in School (Smart Snacks) nutrition standards. The Smart Snacks standards apply to any and all food and beverages sold to students outside the reimbursable school meals program during the school day, including those sold in vending machines, school stores and through district-sponsored fundraisers, unless an exemption applies.

Snacks provided in classrooms at no charge to students during the school day or brought in for birthday treats or class parties are not required to meet Smart Snacks standards. Parents are encouraged to provide or send healthy snacks for class parties, birthdays or classroom celebrations.

Nutrition Promotion and Education

The district will provide nutrition education aligned with the Missouri Learning Standards and Grade-Level Expectations (GLEs) in health and physical education in all grades. In addition, the district will disseminate nutrition messages and other nutrition-related materials received from the USDA to students, staff and the community through a variety of media and methods. The wellness program coordinator, in consultation with the wellness committee, will develop procedures that address nutrition education and promotion.

Physical Activity and Education

The district will provide physical education and opportunities for physical activity aligned with the Missouri Learning Standards and GLEs in health and physical education in all grades. The wellness program coordinator, in consultation with the wellness committee, will develop procedures that address physical education and physical activity.

Other School-Based Activities

The wellness program coordinator, in consultation with the wellness committee, is charged with developing procedures addressing other school-based activities to promote wellness.

Assessment

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. 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.

Records

The wellness program coordinator will maintain records necessary to document compliance with law, including a copy of the policy; documentation of community involvement, including sign-in sheets or other documentation of the names of those who provided input to the committee; documentation of triennial assessments; and documentation that assessment findings were shared with the public.

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Note: The reader is encouraged to check the index located at the beginning of this section for other pertinent policies and to review administrative procedures and/or forms for related information.

Adopted: 06/27/2012

Revised: 07/14/2014; 12/09/2014; 06/12/2017; 03/12/2018

Cross Refs: DJF, Purchasing
EF, Food Service Management
EFB, Free and Reduced-Price Food Service
GCL, Professional Staff Development Opportunities
GDL, Support Staff Development Opportunities
IGAEA, Teaching about Drugs, Alcohol and Tobacco
IGBC, Parent/Family Involvement in Instructional and Other Programs
IGDF, Student Fundraising
JHCF, Student Allergy Prevention and Response

FILE: ADF
Critical

KI, Public Solicitations/Advertising in District Facilities

Legal Refs: §§ 167.720, 610.010 - .030, RSMo.
The Richard B. Russell National School Lunch Act, 42 U.S.C. §§ 1751 - 1760
National School Lunch Program, 7 C.F.R. Part 210

Pilot Grove C-4 School District, Pilot Grove, Missouri