

## DISTRICT WELLNESS PROGRAM

The primary goals of the Winona R-III 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.

### 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:

**(The Winona R-III District has moved from intermediate to advanced on the Missouri Eat Smart Nutrition Guidelines.)**

*School Breakfasts*

*School Lunches*

*A` La Carte Food Items*

*A` La Carte Beverage Items*

*Food Items Sold in Vending Machines and School Stores*

*Beverage Items Sold in Vending Machines and School Stores*

*After-School Programs*

*Rewards*

*Celebrations and Parties*

*Fundraisers*

*Intramural Activities*

### 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 at all grade levels with adequate 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. Provide instructional activities that stress the appealing aspects of healthy eating and are hands-on, behavior based, culturally relevant, developmentally appropriate and enjoyable. Examples of activities include, but are not limited to: food preparation, contests, promotions, taste testing, farm visits and school gardens.
  4. 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.
  5. 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 weight, eating disorders and other nutrition-related health problems among students and staff as well as assure access to healthcare.
  6. 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.

### **Physical Activity**

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 program will:
  - Provide for at least 50 minutes of physical education for students in the elementary grades during the school; at least 100 minutes during each school week for students in middle school; and at least one unit for student in high school.
  - Emphasize knowledge and skills for a lifetime of regular physical activity.

- Devote at least 50 percent of physical education class time to actual physical activity in each week, with as much time as possible spent in moderate to vigorous 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.
  - Prohibit exemptions from physical education courses on the basis of participation in an athletic team, community recreation program, ROTC, marching band or other school or community activity.
  - Be closely coordinated with the other components of the overall school health program.
2. Provide time in elementary schools for supervised recess. All students will have at least 30 minutes per day of supervised recess. Recess will be held outdoors when possible.
3. Provide opportunities and encouragement for students to voluntarily participate in before- and after-school physical activity programs, such as intramural activities, interscholastic athletics and clubs by:
- Providing a diverse selection of competitive and noncompetitive, as well as structured and unstructured, activities to the extent that staffing and district/community facilities permit.
  - Offering intramural physical activity programs that feature a broad range of competitive and cooperative activities for all students.
  - Encouraging partnerships between schools and businesses. Promotion of such partnerships must be appropriate and in accordance with Board policy and applicable procedures.
4. Strive to provide joint school and community recreational activities by:
- Actively engaging families as partners in their children's education and collaborating with community agencies and organizations to provide ample opportunities for students to participate in physical activity beyond the school day.
  - 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 students, 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. Prohibit the use of physical activity as a form of discipline or punishment and ensure that physical education and recess will not be withheld as punishment.
  6. Discourage periods of inactivity that exceed two or more hours. When activities such as mandatory schoolwide 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 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.
  8. 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 organizations 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.

#### ***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:

1. Offering healthy eating seminars for parents/guardians.
2. Providing nutrition information to parents/guardians in the forms of newsletters, handouts, presentations or other appropriate means.
3. Posting nutrition tips on district websites.
4. Providing nutrient analyses of district menus.
5. Providing parents/guardians a list of appropriate foods that meet the district's nutrition standards for snacks.
6. Providing parents/guardians with ideas for healthy celebrations, parties, rewards and fundraising activities.
7. 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 for individual foods and beverages.
8. Providing opportunities for parents/guardians to share their healthy food practices with others in the school community.
9. Designing curricular nutrition education activities and promotions to involve parents/guardians and the community.
10. Supporting efforts of parents/guardians to provide their children with opportunities to be physically active outside of school.
11. Providing information about physical education and other school-based physical activity opportunities available to students before, during and after the school day.
12. Sharing information about physical activity and physical education via the district's website, newsletters, other take-home materials, special events or physical education homework.
13. Working with families to provide consistent sun safety information that includes an overview of the district's sun safety program, an explanation of how parents/guardians

can reinforce the program at home and how they can become involved with and support the district's program.

14. Encouraging parents/guardians to volunteer time in the classroom, cafeteria or at special events that promote student health.
15. Disseminating information about community programs that offer nutrition assistance to families.

If practical, the district will provide information in a language understandable to parents/guardians.

### ***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.

Tobacco advertising is not permitted on district property, at district-sponsored events or in district-sponsored publications. 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:

1. 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.
2. Activities such as tutoring or meetings will not be held during mealtimes unless students may eat during such activities.
3. Drinking water will be available to students during meals.
4. Students will have access to hand-washing facilities before they eat meals or snacks.
5. The district will take reasonable steps to accommodate the tooth-brushing regimens of students.

6. Students will be allowed to converse during meals.
7. The cafeteria will be clean, orderly and inviting.
8. Adequate seating and supervision will be provided during meal times.

#### ***Outdoor Air Quality***

The principal of each school will be responsible for daily monitoring of Air Quality Index (AQI) information provided by local authorities based on the following guidelines:

1. When the AQI is "code orange" (unhealthy for sensitive groups of people), students with a history of reactions to ozone exposure will be permitted to reduce their outdoor exertion level or time spent outdoors, and the staff will arrange alternative indoor physical activities. Appropriately trained staff responsible for student supervision will monitor such students for symptoms of respiratory distress.
2. When the AQI is "code red" (unhealthy), students with a history of reactions to ozone exposure will remain indoors and participate in indoor physical activities. Appropriately trained staff responsible for student supervision will monitor such students for symptoms of respiratory distress. All other students will be allowed to engage in no more than one hour of heavy exertion (i.e., activities that involve high-intensity exercise such as basketball, soccer and running) while outdoors.
3. When the AQI is "code purple" (very unhealthy) or "code maroon" (hazardous), all students will be kept indoors and participate in indoor physical activities. Appropriately trained staff responsible for student supervision will monitor all 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 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

## **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 individuals as wellness program coordinators: Kim Dixon, Food Service Representative and Jennifer Mayberry, Registered 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 Winona R-III 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.

### **Other School-Based Activities**

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

### **Evaluation**

The wellness committee will assess all education 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 shall be responsible for devising a plan for implementation and evaluation of the district wellness policy and are charged with operational responsibility for ensuring that schools meet the goals of the district wellness policy. Wellness program coordinators will report to the Board annually.

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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:** July 13, 2006

**Revised:** October 25, 2013, February 1, 2017 Board Approved February 9, 2017

**Cross Refs:** EF, Food Services Management EFB, Free and Reduced-Cost Food Services IGAEA,  
Teaching About Alcohol, Tobacco and Drugs KI, Public Solicitations/Advertising in  
District Facilities

**Legal Refs:** §§ 610.010 - .028, RSMo. The Child Nutrition and WIC Reauthorization Act of 2004,  
Section 204, P.L. 108 -265

The Richard B. Russell National School Lunch Act, 42 U.S.C. §§ 1751 - 1769

The Child Nutrition Act of 1966, 42 U.S.C. §§ 1771 - 1789

Winona R-III School District, Winona, Missouri

## DISTRICT WELLNESS PROGRAM

### District Wellness Program (Wellness Policy Implementation Evaluation)

#### Ratings Keys

For column one (Implementation):

0=Fully in Place

3=Partially in Place

2=Under Development

1=Not in Place

For all other columns:

3=Very important, not expensive, little or no time and effort, very committed, not difficult

2=Moderately important, moderately expensive, moderate time and effort, moderately committed, moderately difficult

1=Not important, very expensive, very great time and effort, low level of commitment, very difficult

Policy Item	Implementation	Importance	Cost	Time	Commitment	Difficulty	Total Score
Committee Established	0	2	2	2	2	2	10
Nutrition Guidelines Adopted	0	2	2	2	2	2	10
Nutrition Education Goals Established	0	2	2	2	2	2	10
Physical Education Goals Established	0	2	2	2	2	2	10
School-Based Activities Assessed	0	2	2	2	2	2	10
Curricula and Materials Evaluated	0	2	2	2	2	2	10
Procedures Created	0	2	2	2	2	2	10
Program and Policy Evaluated	0	2	2	2	2	2	10

\*Nutrition and Physical Education goals are a priority during this assessment period. With the recent announcement of the PEP Grant Award being received by the District for the 2013-2016 school years, the school based curricula, materials and program policies will be assessed thoroughly and new programs, equipment and educational programs will be provided to the students during the school day.

Implemented: June 15, 2006 Revised: October 25, 2013, February 01, 2017 Board Approved February 9, 2017

If you would like to participate in the development, review, update, and implementation of the Local School Wellness Policy, please contact Jennifer Mayberry @ 573-325-8101 ext. 222.