

## **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 wellness committee members are:

Racheal Neal - Parent/Board Member

Michael O’Kane, Savanna Seals, and Madison Livingston - Students

Tori Palmer – School nurse

Carol Smith - School food service representative

Ryan Livingston - School administrator

Nathan Yung – Phys. Ed./Health

Catherine Black – Counselor

Jenny Seals –Kindergarten teacher

Jeremy Dodds - Ag/FFA Teacher

The Board designates the following individual as wellness program coordinator:

Mr. Ryan Livingston/Superintendent.

The wellness coordinator, 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 Linn Co. R-1 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 has 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 – (see attached Missouri Eat Smart Guidelines).
- À la carte offerings in the food service program – (see attached Missouri Eat Smart Guidelines).
- Vending machines and school stores – The district vending machines will include nutritious choices. The soda machine will be available only after school. The water and juice machine will remain available throughout the school day.
- Classroom parties, celebrations, fundraisers, rewards and school events- Parents and teachers will be encouraged to provide nutritious foods for classroom parties and celebrations. The district will encourage these celebrations to be held after lunch so they do not compete or conflict with the lunch program.

Foods low in nutritional value will not exceed 50% of items offered in fundraising held during the school day. Teachers are encouraged to find alternatives to using

candy and sweets as rewards. Students will be encouraged to have individual water bottles in the classroom.

- Snacks served in after-school programs – Teachers will be encouraged to serve nutritious snacks at 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 district's nutrition education goal is to integrate sequential, interactive 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.

The district procedures that address nutrition and physical education are:

- Provide students at all grade levels with adequate nutritional knowledge including, but not limited to:
  - o The benefits of healthy eating
  - o Essential nutrients
  - o Nutritional deficiencies
  - o Principles of healthy weight management
  - o The use and misuse of dietary supplements
  - o Safe food preparation, handling and storage.
- Provide students with nutrition-related skills that minimally include the ability to:
  - o Plan healthy meals and snacks
  - o Understand and use food labels
  - o Apply the principles of the Dietary Guidelines for Americans and My Pyramid
  - o Critically evaluate nutrition information, misinformation and commercial food advertising
  - o Assess personal eating habits, nutrition goal-setting and achievement.
- 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.
- Emphasize knowledge and skills for a lifetime of regular physical activity.
- Students in grades K-5 will have 45 minutes of P.E. per week and 40 minutes of recess per day.
- Recess will be held outside when weather and playground conditions permit.
- All physical activity during the day will not be withheld as a form of punishment.

## **Other School-Based Activities**

The procedures addressing other school-based activities to promote wellness are:

- Family and Community Involvement – The district will promote family and community involvement in supporting physical and nutrition education in the schools and will encourage this through guest speakers, handouts, newsletters and family/community wellness activities. School lunch and breakfast menus will be posted on the school website. Meaningful partnerships among schools, families and communities to enhance the healthy development of youth will be established.

- Parent and Community Support – Schools will encourage parents to support their children’s participation in physical activity, to include physical activity in family events, and to be physically active role models. The district will collaborate with other community organizations to encourage physical activity.
- Marketing and Advertising – Marketing in district facilities will be consistent with board policy. The district will not promote advertisements that include the use of tobacco, alcohol, drugs or sexually suggestive material.
- Meal Times – The school district provides a clean, safe, and enjoyable meal environment for students. Teachers will encourage students to wipe the tables clean between lunch shifts. There is enough time, space and serving area to ensure all students have access to school meals with a minimum wait time. The district encourages all students to participate in school meal programs and protects the identity of students who eat free and reduced price meals.
- Outdoor Air Quality –When the air quality index is at an unhealthy level, 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.
- Staff Development and Training – All staff will be provided with training and professional development related to the areas of student wellness. The in-services will include teaching strategies that will focus on giving teachers skills they need to incorporate nutrition education in the classroom.
- Staff Wellness - The Linn Co. R-1 School District highly values the health and wellbeing of every staff member and will plan and implement activities and policies that support personal efforts by staff to maintain a healthy lifestyle. The district will offer staff wellness programs that include education on nutrition, healthy eating behaviors and maintaining a healthy weight for optimal health. The district will set aside a Professional Development day for the promotion of staff wellness. The district will maintain a staff wellness committee composed of the same people who are on the District Wellness Committee. The staff wellness committee will develop, promote and oversee a multifaceted plan to promote staff health and wellness. The plan will be based on input solicited from district staff and will outline ways to encourage healthy eating, physical activity, sun safety and other elements of a healthy lifestyle. The staff wellness committee will distribute its plan annually.
- Sun Safety – Sun Safety describes a range of behaviors that include wearing appropriate clothing, applying sunscreen and limiting sun exposure. The sun safety program will focus on outdoor and developmentally appropriate, active, engaging lessons that emphasize the positive benefits of sun safety. Sun safety education will be designed to assist students with:
  - o Knowledge about the harmful effects of the sun and ways to protect the skin.
  - o Sun-safe skills, including the correct use of protective clothing, hats, sunglasses, sunscreen and lip balm as well as seeking shade and limiting sun exposure when possible and practical during the hours of peak sun intensity.
  - o Knowledge about how to assess personal sun safety habits, set goals for

improvement and achieve these goals.

- Tobacco – Tobacco use prevention education will focus on all grades with particular emphasis on middle school and reinforcement in all later grades. Instructional activities will be participatory and developmentally appropriate. Tobacco use prevention education programs will be implemented in accordance with Board Policy, relevant administration procedures and law.

### **Oversight and 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. The food service director will monitor food service areas for compliance with the Linn Co. R-1 School District nutrition guidelines and report on this matter to the wellness program coordinator as appropriate. The district health advisory committee will evaluate the goals and the impact of the wellness program, on an annual basis, using the indicators listed below. They will prepare a summary report that shall be presented to the board of education during the school health program evaluation. The wellness committee will revise the wellness policies annually in August as deemed necessary from the annual evaluation.

### **Compliance Indicators**

- School Health Index
- Physical fitness reports
- Number of healthy food items available in vending machines.
- Number of staff who participate in training and development related to student wellness.

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Adopted: 9/19/16 by Wellness Committee