

PHELPS COUNTY R-III SCHOOL 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 district-wide and will be evidence based.

Wellness Committee

The district will establish a wellness committee that consist of at least one parent, student, nurse or other school health professional, physical education teacher, 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.

Wellness Program Coordinators

The Board designates the following individual(s) as wellness program coordinator(s): Food Service Director and School 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.

Wellness program coordinators are responsible for ensuring that our school is in compliance with this policy.

Nutrition Guidelines

It is the policy of the Phelps County R-III 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 nutrition standards established by the U.S. Department of Agriculture (USDA). These nutrition standards apply to all food and beverages sold to students, including those sold in vending machines, school stores and through district-sponsored fundraisers, unless an exemption applies. For the purposes of this policy, the school day is the time period from the midnight before to 30 minutes after the official school day.

Fundraising Exemption to Nutrition Guidelines

Unless otherwise prohibited by Board policies or limitations on marketing, the following are exemptions to the rule requiring that food sold as fundraisers meet USDA standards:

1. Foods sold off campus, outside the school day or to nonstudents do not have to meet the USDA standards.
2. Distribution of order forms for and delivery of foods that do not meet USDA standards and are not intended for consumption at school are permitted during the school day to the extent it otherwise complies with district policies and procedures. Items will not be delivered to students before each class's scheduled lunch periods.
3. Phelps County R-III may hold up to five one-day fundraisers per school year on district property during the school day that involve the sale of foods that do not meet USDA standards. *These fundraisers must be recorded using the fundraising exemption form on file in Superintendent's office—please see attached form for reference.*

Water and Milk

Students will have access to free drinking water during mealtimes in the cafeteria. Lunches served by the district will include a variety of fluid milk options consistent with the most recent Dietary Guidelines for Americans. Food and fluid milk substitutions will be provided to students in accordance with law and Board policy.

Nutrition Promotion and Education

The district will provide nutrition education aligned with the Missouri Learning Standards for Curriculum Development in Health/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 coordinators, 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 in accordance with state requirements and aligned with the Missouri Learning Standards 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 physical education and physical activity.

Moderate Physical Activity is Low-impact to medium-impact physical exertion designed to increase an individual's heart rate to rise to at least 75 percent of his or her maximum heart rate. Examples of moderate physical include, but are not limited to, running, calisthenics or aerobic exercise. Time spent in recess and physical education counts as moderate physical activity.

Recess is a structured play environment outside of regular classroom instructional activities that allows students to engage in safe and active free play.

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 elementary program will provide for:
 - a) 20 minutes of recess per day. Recess may be incorporated into the lunch period, but will be scheduled before lunch and held outdoors when possible.
 - b) An average of 150 minutes of moderate physical activity each five-day school week or an average of 30 minutes per school day. The program will also provide for 50 minutes per week of physical education under the supervision of a certified physical education instructor.
2. The district-wide program will provide for 225 minutes of moderate physical activity during each school week and 3,000 minutes of physical education per year.

3. Provide opportunities and encouragement for students to voluntarily participate in before and after school physical activity programs such as recreational activities, interscholastic athletics and clubs by:
 - a) 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.
 - b) Offering recreational physical activity programs that feature a broad range of competitive and cooperative activities for all students.
 - c) Encouraging partnerships between schools and businesses. Promotion of such partnerships must be appropriate and in accordance with Board policy and applicable procedures. (i.e. The Zone, The Centre)
4. Strive to provide joint school and community recreational activities by:
 - a) 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. (i.e. Wellness committee, softball, walkathon, jump rope contest, free throw contest.)
 - b) Working with recreation agencies and other community organizations to coordinate and enhance opportunities available to students for physical activity during their out-of-school time.
 - c) Negotiating mutually acceptable, fiscally responsible arrangements with community agencies and organizations to keep district-owned facilities open for vacations.
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 opportunities and encouragement for staff to be physically active by:
 - a) Planning, establishing and implementing activities to promote physical activity among staff and providing opportunities for staff to conveniently engage in regular physical activity.

- b) 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 area itemized below.

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. Providing parents/guardians a list of appropriate foods that meet the district's nutrition standards for snacks. (i.e. Nutrition nuggets)
2. Providing parents/guardians with ideas for healthy celebrations, parties, rewards, and fundraising activities.
3. Encouraging parents/guardians to pack healthy lunches and snacks and to refrain from including beverages and foods that do not meet the districts nutrition standards.
4. Designing curricular nutrition education activities and promotions to involve parents/guardians and the community.
5. Supporting efforts of parents/guardians to provide their children with opportunities to be physically active outside of school.
6. Providing information about physical education and other school-based physical activity opportunities available to students before, during and after the school day.
7. Sharing information about physical activity and physical education via the district's website, newsletter, other take-home materials, special events or physical education information.
8. 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.

9. Encouraging parents/guardians to volunteer time in the classroom, cafeteria or at special events that promote student health.

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, education incentive programs, scoreboards, book covers, and vending machine displays.

Mealtimes

Students are not permitted to leave school campus during the school day to purchase food or beverages. Mealtimes will comply with the following guidelines:

1. Mealtimes will provide students with at least 20 minutes to eat after sitting down for breakfast and 20 minutes after sitting down for lunch.
2. Activities such as tutoring or meeting will not be held during mealtimes unless students may eat during such activities.
3. At the elementary level, lunch periods will follow recess periods.
4. Free drinking water will be available to students during meals in the meal service area.
5. Students will have access to hand-washing facilities before they eat meals or snacks.
6. The district will take reasonable steps to accommodate the tooth brushing regimens of students.
7. Students will be allowed to converse during meals. -Use of voice level system or stoplight for volume level control.

8. The cafeteria will be clean, orderly and inviting.
9. Adequate seating and supervision will be provided during mealtimes.

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 participates in area-specific professional development activities.

Staff Wellness

The Phelps County R-III School District highly values the health and well-being 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 in nutrition, healthy eating behaviors, and maintaining a healthy weight for optimal health.

Monitoring

The food service director/authorized representative will monitor compliance with the district's nutrition guidelines and will report on this matter to the wellness committee members.

The wellness committee will develop a periodic report based on input from schools within surrounding areas regarding district-wide compliance with the district's wellness-related policies and procedures. The report will include a baseline of assessed indicators, impact of policy and procedure changes on those indicators, a report of progress, and the extent to which our school is in compliance with the district's wellness policy and this procedure, steps for moving to the next priority, work plans for the next year, and recommended policy revisions. The report

will be provided to the Board of Education and made available to the public on the district's website or by other appropriate means.

Compliance Indicators

During initial development of the districts wellness-related policies and procedures, the district will conduct a baseline assessment of the school's existing nutrition and physical activity programs and practices. The wellness committee will compile these results. In addition to baseline information provided from each school, the committee will use no fewer than four of the following indicators to measure the impact of the district wellness program:

- 1. School Health Index. (See Attached Form)
- 2. Physical fitness reports.
3. Physical activity levels of staff.
- 4. Weight status or body mass index (BMI) of students and staff.
- 5. Fruit and vegetable intake of students and staff.
- 6. Number of discipline problems.
7. Achievement levels of students.
8. Student absenteeism.
9. Number of staff who participated in training and development related to student wellness.

Policy Review

The wellness committee members will provide policy revision recommendations to the Board as part of the periodic report. The recommendations will be based on analysis of the compliance indicators and comparison of the district's policy to model policies provided, recommended or referenced by the USDA. The Board will revise the wellness policy as it deems necessary. Administrative procedures will be revised accordingly.