

SENATH-HORNERSVILLE C-8 DISTRICT WELLNESS PROGRAM

Wellness

The Senath-Hornersville C-8 School District promotes healthy schools, by supporting wellness, good nutrition, and regular physical activity as part of the total learning environment. The District supports a healthy environment where children learn and participate in positive dietary and lifestyle practices. Schools contribute to the basic health status of children by facilitating learning through the support and promotion of good nutrition and physical activity. Improved health optimizes student performance potential. The goals of the District's wellness policy are as follows:

1. **Provide a comprehensive learning environment for developing and practicing lifelong wellness behaviors.**

The entire school environment, not just the classroom, shall be aligned with healthy school goals to positively influence a student's understanding, beliefs, and habits as they relate to good nutrition and regular physical activity. A healthy school environment should not be sacrificed because of a dependence on revenue from high added fat, high added sugar, and low nutrient foods to support school programs.

2. **Support and promote proper dietary habits contributing to student's health status and academic performance.**

All foods available on school grounds and at school-sponsored activities during the instructional day should meet or exceed the district nutrition standards. Emphasis should be placed on foods that are nutrient dense per calorie. To ensure high quality, nutritious meals, foods should be served with consideration toward variety, appeal, taste, safety, and packaging.

3. **Provide more opportunities for students to engage in physical activity.**

A quality physical education program is an essential component for all students to learn about and participate in physical activity. Physical activity should be included in a school's daily education program from grades K through 12. Physical activity should include regular instructional physical education, co-curricular activities, and recess. A goal of 150 minutes per week for elementary students, 225 minutes per week for middle school students, and 2 units for high school students during high school years.

4. **The District is committed to improve academic performance.**

Educators, administrators, parents, health practitioners, and communities should consider the critical role student health plays in academic stamina and performance and adapt the

school environment to ensure students' basic nourishment and activity needs are met. To ensure widespread understanding of the benefits to school environments where nutritious foods are provided and where students have an opportunity for physical activity, a public awareness campaign that highlights research demonstrating the positive relationship between good nutrition, physical activity, and capacity of students to develop and learn should be conducted.

5. **Establish and maintain a district-wide Nutrition & Physical Activity Advisory Council with the purposes of:**

- Developing guidance to this policy
- Monitoring the implementation of this policy
- Evaluating policy progress
- Serving as a resource to school sites
- Revising policy as necessary

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 consist 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 individual(s) as wellness program coordinator(s): Lori Hoffmann. 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 Senath-Hornersville School C-8 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 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
- Vending machines

- Classroom parties, celebrations, fundraisers and rewards

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.

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Adopted: November 15, 2005

Revised: September 21, 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

DISTRICT WELLNESS PROGRAM

The primary goals of the Senath-Hornersville School C-8 School District's wellness program are to promote student health, reduce student overweight/obesity, facilitate student learning of lifelong health 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:

School Breakfast – OPAA was contracted in February of 2017 to provide students with a healthful breakfast that provide approximately ¼ of the students daily nutritional needs.

*Only the following will be offered daily: Low fat (1%, ½%) **and** skim (nonfat) milk.*

School Lunches – OPAA was contracted in February of 2017 to provide students with healthful lunches that provide the students with approximately 1/3 of the students daily nutritional needs.

A main dish with total fat <16g. per serving is offered daily.

*Only the following will be offered daily: Low fat (1%, ½%) **and** skim milk (nonfat) milk.*

Dark green or orange vegetable or fruits are offered 1 time a week.

Fresh fruits or raw vegetables are offered 1 to 3 times a week.

Vending Machines – We currently do not have vending machines on our campuses. In the event that we add any vending machines, all vended foods and beverages are sold in compliance with USDA

Regulations prohibit the sale of “Foods of Minimal Nutritional Value” (see definition) where school meals are served or eaten during the meal period.

At least 50% of items offered must include: water, milk, 50-100% juice.

Classroom parties, celebrations, fundraisers, rewards and school events – All foods and beverages are offered in compliance with USDA regulations prohibiting the sale of “foods of minimal nutritional value” where the school meals are served or eaten during the meal period.

Consideration of the following points is given for classroom parties and celebrations:

- types of foods and beverages available*
- Limiting the frequency of events*
- Scheduled after the lunch period*

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 MyPyramid.
 - 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 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 healthy program to achieve common goals.

Physical Activity

The district's physical activity goal is to assist students in learning to values 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 at least 60 minutes of physical education for students in elementary grades during the school week; at least 150 minutes during each school week for students in middle school; and at least 2 units for students 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 scheduled before lunch and 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 business. 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 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 punishment and ensure that physical education 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. Encourage staff to be physically active by:
 - Promoting physical activity among staff and providing opportunities for staff to conveniently engage in regular physical activity.
 - Provide 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 the district and community resources and equitably serve the need and interest 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 the 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 nutrition information to parents/guardians in the forms of newsletters, handouts, presentations, or other appropriate means.
2. Posting nutrition tips on district websites.
3. Providing nutrient analyses of district menus.
4. Providing parents/guardians with ideas for healthy celebrations, parties, rewards, and fundraising activities.
5. 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.
6. Providing opportunities for parents/guardians to share their healthy food practices with others in the school community.
7. Designing curricular nutrition education activities and promotions to involve parents/guardians and the community.
8. Supporting efforts of parents/guardians to provide their children with opportunities to be physically active outside of school.
9. Providing information about physical education and other school-based physical activity opportunities available to students before, during and after the school day.
10. Sharing information about physical activity and physical education via the district's website, newsletter, other take-home materials, special events or physical education homework.
11. Working with families to provide consistent sun safety information that includes and 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 districts program.
12. Encouraging parents/guardians to volunteer time in the classroom, cafeteria or at special events that promote student health.
13. 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 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 15 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. At the elementary level, lunch periods will follow recess periods.
4. Drinking water will be available to students during meals.
5. Students will have access to hand washing facilities before they eat meals or snacks.
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.

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 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 professional development for all district nutrition professionals. Staff development programs will include appropriate certification and/or training programs for child nutrition directors, school nutrition managers and cafeteria workers, according to their levels of responsibility.

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 administrative procedures and law.

Oversight and Evaluation

The wellness program coordinators are responsible for monitoring implementation of the district wellness program by:

1. Assuming responsibility for assessment of existing policies and procedures.
2. Prioritizing wellness goals and writing work plans for each goal.
3. Measuring implementation of the district wellness policy and procedure.
4. Ensuring that the district meets the goals of the wellness policy and procedure.
5. Reporting to the Board on compliance and progress.

Monitoring

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

The program coordinator will develop a summary report based on input from schools within the district regarding district wide compliance with the district's wellness policies.

Compliance Indicators

The committee will use no fewer than four (4) of the following indicators to measure the impact of the district wellness program:

1. School Health Index.
2. Physical fitness reports.
3. Physical activity levels of staff.
4. Weight status or body mass index (BMI) of students.
5. Fruit and vegetable intake of students and staff.
6. Number of healthy food items available in vending machines.
7. Number of discipline problems.
8. Achievement levels of students.
9. Student Absenteeism.

Policy Review

The wellness program coordinators will provide policy revision recommendations to the Board of Education. The Board will revise the wellness policy as it deems necessary. Administrative procedures will be revised accordingly.

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Implemented: November 15, 2005

Reviewed & Revised: Each year in September

Last Revised: September 21, 2017

LOCAL WELLNESS POLICY COMMITTEE

1. SUPERINTENDENT: CHAD MORGAN
2. WELLNESS COORDINATOR: ELEMENTARY PRINCIPAL LORI HOFFMANN
3. NURSE: CHERYL NEWMAN
4. FOOD SERVICE DIRECTOR: ANGELA RISINGER OPPA
5. FACS TEACHER: BROOK SHRUM
6. COMMUNITY: LAVONDA SWINDLE- NUTRITION PROGRAM
ASSISTANT/NUTRITION EDUCATOR
7. PARENT: SHANNON MORGAN
8. GRANDPARENT: JANET CRIM
9. STUDENT: PARKER RHEW