

SHELL KNOB SCHOOL DISTRICT WELLNESS PROGRAM

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 (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): Duke Denton, 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, 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 Shell Knob School District, that all foods and beverages sold or served 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 served or sold to students, including those sold in vending machines, school stores and through district-sponsored fundraisers, unless an explanation applies. For the purpose of this policy, the school day is the time period from the midnight before to 30 minutes after the official school day.

Nutrition and Physical Education

The district will provide nutrition and physical education aligned with the Healthy Hunger Free Act 2010 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.

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:

Revised: 9/2010

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: SS 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. SS1751-1769h

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

Shell Knob School District #78

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Shell Knob, Missouri 75747

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The primary goals of the Shell Knob 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 HEALTHY Hunger Free Act 2010 WWW.fns.usda.gov, for foods and beverages served in schools during the school day:

Rewards-

- Foods or beverages will not be used as the only rewards in the classroom nor be withheld as the only form of punishment for academic performance or student behavior.

Celebrations and Parties-

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

- Types of foods and beverages available
- Limiting the frequency of events
- Scheduling after the Lunch period when possible

Fundraisers-

- Fundraising and intramural activities are encouraged to be supportive of physical activity and healthy eating.
- No sale of food/candy during school hours.

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 with adequate nutritional knowledge including, but not limited to:
 - a. The benefits of healthy eating.
 - b. Essential nutrients.
 - c. Nutritional deficiencies.
 - d. Principles of healthy weight management.
 - e. The use and misuse of dietary supplements.
 - f. Safe food preparation, handling and storage.
2. Provide students with nutrition-related skills that minimally include the ability to:
 - . Plan healthy meals.
 - a. Understand and use food labels.
 - b. Critically evaluate information, misinformation and commercial food advertising.
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. 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.
5. 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:
 - a. Provide for at least 50 minutes of Health and Physical Education/Fitness for students in Kindergarten through 5th grade during each week and 150 minutes of other physical activity(recess). 6th through 8th grade students will participate in 150 minutes of Physical Education/Fitness and 50 minutes of Health during each week.
 - b. Emphasize knowledge and skills for a lifetime of regular physical activity.
 - c. 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.
 - d. Meet the needs of all students, especially those who are not athletically gifted or who have special needs.
 - e. Provide a variety of activity choices, feature cooperative as well as competitive activities, and account for gender and cultural differences in students' interests.
 - f. Prohibit exemptions from physical education courses on the basis of participation in an athletic team, community recreation program, marching band, or other school or community activity.
 - g. Be closely coordinated with the other components of the overall school health program.
2. Provide opportunities and encouragement for students to voluntarily participate in before and after-school physical activity programs, such as, 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. Encouraging partnerships between schools and businesses. Promotion of such partnerships must be appropriate and in accordance with Board Policy and applicable procedures.
3. Strive to provide joint school community recreational activities by:

- . Actively engaging families as partners in their children’s education and encouraging them to provide ample opportunities for students to participate in physical activity beyond the school day.
- 4. Discourage periods of inactivity that exceed two (2) or more hours. When activities such as mandatory school wide 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.
- 5. 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 childcare and enrichment programs sponsored by the district.
- 6. Provide opportunities and encouragement for staff to be physically active by:
 - . Encouraging activities to promote physical activity among staff and providing opportunities for staff to conveniently engage in regular physical activity.
 - a. Strive to work with recreational agencies and other community organizations to coordinate and enhance opportunities available to staff for physical activity during their out-of school time.
- 7. Physical Education and recess will not be withheld as a form of punishment. Misbehavior on the playground will result involved walking laps. Recess will not be withheld for classroom misbehavior or lack of academic work.

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 families.

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.

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 make available the wellness program and educate parents regarding the quality of district foods.

Tobacco advertising is not permitted on district property or at district-sponsored events.

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 at least 15 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. Students will have access to hand-washing facilities before they eat meals or snacks. Hand sanitizer station is also available in the cafeteria.
4. The district will take reasonable steps to accommodate the tooth-brushing regimens of students.
5. Students will be allowed to converse during meals unless they are serving a lunch detention. Subjective to the supervisor on duty, however, if it is too loud to maintain order then the students will be asked to be quiet.
6. The cafeteria will be clean, orderly, and inviting.
7. Adequate seating and supervision will be provided during meal times.

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 behavior and will be developmentally appropriate, active, engaging and taught in lessons that emphasize the positive benefits of sun safety. Sun safety education will be designed to assist students with:

1. Knowledge about the harmful effects of the sun and ways to protect the skin.

2. 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.
3. Knowledge about how to assess personal sun safety habits, set goals for improvement and achieve these goals.

Tobacco

Tobacco use prevention education will focus of all grades with particular emphasis on middle school. 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 the 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 annually.

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 coordinators will develop an annual summary report based on input from the wellness committee regarding district wide compliance with the district's wellness policies. The report will include a baseline of assessed indicators, impact of the policy change on those indicators, a report of progress, steps for moving to the next priority, work plans for the next year, and recommended policy revisions. The reports will be provided to the Board of Education and made available on the district's website or by other appropriate means.

Compliance Indicators

During initial development of the district's wellness-related policies and procedures, a baseline assessment of the district's existing nutrition and physical activity programs and practices will be established. In addition to the baseline information provided, the committee will use no fewer than four (4) of the following indicators to measure the impact of the district wellness program:

1. Physical Fitness Reports
2. Physical Activity Levels of Staff
3. Weight Status or Body Mass Index (BMI) of students and staff
4. Fruit and Vegetable intake of students and staff
5. Number of discipline problems
6. Achievement of students
7. Student Absenteeism
8. Number of staff who participated in training and development related to student wellness

Policy Review

The wellness program coordinators will provide policy revision recommendations to the Board of Education based on the analysis of the compliance indicators as part of the annual report. The board will revise the wellness policy, as it deems necessary. Administrative procedures will be revised accordingly.

Implemented: Shell Knob School District, Shell Knob, Missouri
Revised 1/18