

HEALTH AND WELLNESS POLICY

Maries R-1 School District has established a Health and Wellness Committee that has developed a health and wellness policy for the school. This policy will help Maries R-1 School District do a better job of serving students and place the district in compliance with a federal law titled, "The Child Nutrition and WIC Reauthorization Act of 2004."

The primary goals of the Maries R-1 School District wellness program are to promote student health, reduce overweight/obesity, facilitate student learning of lifelong healthy habits and increase student achievement.

The school designates the following nutrition guidelines, based on and adapted from the Missouri Eat Smart Nutrition Guidelines, for foods and beverages served in schools during the school day:

School Breakfasts: At least 50% of cereals offered contain no more than 35% of weight from sugar per serving. Foods containing whole grains are offered 3 days a week. Fresh, canned, dried or frozen fruits or vegetables are offered daily. Only the following will be offered daily: low fat (1%) and skim (nonfat) milk.

School Lunches: A main dish with total fat <16 g. per serving is offered at least 3 times a week. Dark green or orange vegetables or fruits are offered 1 time a week. Fresh fruits or raw vegetables are offered 1 to 3 times a week. A food item containing whole grains is offered 3 times a week. Only the following will be offered daily: Low fat (1%) and skim (nonfat) milk. Reduced-fat salad dressings are offered.

A La Carte Food Items: Main dishes are comparable in portion sizes to any food item served in the school lunch and/or school breakfast program. Offerings include: fruits or vegetables and yogurt. At least 50% of items offered meet the following criteria:

Fat – except for nuts, seeds, and nut butters, not more than 35% of total Calories from fat.

A La Carte Beverage Items: Include the following: Water, Milk, and 100% juice.

Food Items Sold in Vending Machines and School Stores: Food selections offered in vending machines and school stores will encourage healthy choices.

Beverages Sold in Vending Machines and School Stores: At least 50% of beverage selections in vending machines and school stores shall be 100% fruit juice, low fat or skim (nonfat) milk, or water.

Celebrations and Parties: Classroom parties and celebrations will be scheduled after the lunch period. The frequency of such events will be left to the discretion of the individual buildings.

Fundraisers: fundraising activities will be supportive of physical activity and healthy eating.

Water: Students are encouraged to have individual water bottles in the classroom at the discretion of the teacher.

Nutrition Education:

The school'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.

Food Service Advisory:

In order to meet the goals for nutrition and nutrition education and to promote our school breakfast and lunch programs, a Food Service Advisory Committee will be formed. This advisory will consist of a food service staff, a teacher representative from each building, one administrator, and at least one student. This committee will report to the Health and Wellness Committee on a quarterly basis.

Physical Activity:

The school'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.

1. Develop a sequential program of physical education for students. The program will:

Provide for at least 50 (recommended:150) minutes of physical education for students in the elementary grades during the school week; at least 120 (recommended; 225) minutes during each school week for students in middle school; and at least 1 (recommended; 2) units for students in high school.

Emphasize knowledge and skills for a lifetime of regular physical activity.

Devote at least 50% of physical education class time to actual physical activity in each week, with as much 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 20 (recommended;60) minutes per day of supervised recess .
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 school/community facilities permit.

Offering intramural physical activity programs that feature a broad range of competitive and cooperative activities for all students.

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 Maries R-1 School District goal for other school-based activities is to ensure integrated whole-school approach to the school's wellness program. The school 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 school 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 school 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 parent/guardians in the forms of newsletters, handouts, presentations or other appropriate means.
3. Posting nutrition tips on school websites.
4. Providing nutrient analyses of school menus.
5. Providing parents/guardians a list of appropriate foods that meet the schools 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 parent/guardians to share their healthy food proactives 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 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, newsletter, other take-home materials, special events or physical education homework.
13. Working with families to provide consistent sun safety information.
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.

Marketing and Advertising

Marketing in the school facility will be consistent with the goals of the school's wellness program and comply with Board Policy. The school 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/beverage marketing will be limited to the promotion of foods and beverages that meet the nutrition standards adopted by the Board.

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 (recommended;10) minutes to eat after sitting down for breakfast and 20 (recommended;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 school 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.

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.

STAFF WELLNESS

Maries R-1 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.

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 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.

COMPLIANCE INDICATORS

During initial development of the school's wellness-related policies and procedures, the school will conduct a baseline assessment of the schools existing nutrition and physical activity programs and practices. The wellness committee will compile these results. In addition to the baseline information provided by the school, the committee will use no fewer than four of the following indicators to measure the impact of the Maries R-1 wellness program:

1. School Health Index.
2. Physical fitness reports.
3. Physical 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 healthy food items available in vending machines.
7. Number of discipline problems.
8. Achievement levels of students.
9. Student Absenteeism
10. Number of staff that 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. The superintendent, with the assistance of the Wellness committee, may revise the policies and procedures for the Wellness program, keeping the school in compliance with the law.