

DISTRICT WELLNESS PROGRAM POLICY

The Board recognizes the relationship between well being and student achievement as well as the importance of a comprehensive district wellness program. Therefore, the district will provide developmentally appropriate nutrition and physical education as well as opportunities for physical activity.

Wellness Committee The district will establish a wellness committee that consist of at least one: parent, student, nurse, school food service representative, Board member, school administrator, member of the public and other community members as appropriate. The Board designates the following individual as wellness program coordinator: Jeremy Siebert, Superintendent of Schools. 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.

Nutrition Guidelines It is the policy of the Twin Rivers School District that all foods and beverages sold to students in school during the school day, including foods sold through school fundraisers are consistent with the Nutrition Standards for All Foods Sold in School as Required by Healthy Hunger-Free Kids Act of 2010 (referred to as Smart Snacks) set July 1, 2014.

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 coordinator, in consultation with the wellness committee, is charged with developing procedures addressing other school-based activities to promote wellness.

Evaluation The wellness program coordinator shall be responsible for devising a plan for implementation and evaluation of the district wellness policy and is charged with operational responsibility for ensuring that schools meet the goals of the district wellness policy. The wellness program coordinator will report to the Board annually.

Wellness Committee Members

Jeremy Siebert, Superintendent of Schools, Program Coordinator
Donna Sue Ashcraft-Fincher, Board of Education
Valorie McMeans, Food Service Director
Selina McKlentic, School Health Coordinator, parent
Kelly Westerfield, Athletic Director, Physical Education teacher, parent
Misti Lovelace, administrator, club sponsor
Seth McBroom, administrator
Clinton Salyer, administrator
Alyson Porter, student
Olivia Douglas, student
Phyllis Flanigan, community member, University Extension
Beverly Hargrove, community member, Local Public Health Department

DISTRICT WELLNESS PROGRAM PROCEDURES

The primary goals of the Twin Rivers 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 Nutrition Standards for All Foods Sold in School as Required by Healthy Hunger-Free Kids Act of 2010 (referred to as Smart Snacks) set July 1, 2014, for food and beverages served in schools during the school day.

The new Smart Snacks in School nutrition standards will help make the healthy choice the easy choice by offering the students more of the foods and beverages that research has shown are essential for health, such as whole grains, fruits and vegetables, leaner protein, lower fat dairy – while limiting foods with high sugar, fat and salt content.

- School breakfasts – Adhere to Federal Standards
- School lunches – Adhere to Federal Standards
- Ala Carte Food Items – Adhere to Smart Snack Nutrition Standards
- Food Items Sold in Vending Machines and School Stores – Adhere to Smart Snack Nutrition Standards
- Beverage Items Sold in Vending Machines and School Stores – Adhere to Smart Snack Nutrition Standards
- After-School Programs – Adhere to USDA Meal Pattern
- Fundraisers – Food items that adhere to the Smart Snack Nutrition Standards are not limited. The standards provide a special exemption for infrequent fundraisers that do not meet the nutrition standards. A maximum of five exempt fundraisers, per school building, per school year, with a duration of one day, will be allowed. Each building is to submit a completed ***Exempt Fundraising Tracking Sheet*** to the Superintendent of Schools for approval.

The standards do not apply during non-school hours, on weekends and at off-campus fundraising events.

Foods sold at after-school sporting events or other activities will not be subject to the Smart Snack Nutrition Standards.

For other events exempt from the Smart Snack Nutrition Standards, the following guidelines are suggested:

Rewards – Limit use of foods of minimal nutritional value as rewards.

Celebrations and Parties – Provide parents with information including healthy alternatives to serving foods of minimal nutrition value at celebrations and parties.

Nutrition Education The district's nutrition education goal is to integrate nutrition education with the comprehensive health education program and, to 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 nutrition knowledge using the following as a guideline to lesson content:
 - 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
 - Planning healthy meals
 - Understanding the use of food labels
 - Applying the principles of Dietary Guidelines for Americans and My Plate
 - Critically evaluating nutrition information, misinformation and commercial food advertising
 - Assessing personal eating habits, nutrition goal-setting and achievement
2. 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 or after-school programs.
 3. Encourage district staff to promote healthy eating to students and other staff and to refer concerns regarding known or suspected eating disorders or other nutrition related health problems to school counselors or nurses.
 4. 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 program of appropriate physical education for every student. The program will:
 - 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 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 student's interests.
 - Be closely coordinated with the other components of the overall school health program
2. Provide time in elementary schools for supervised recess. Recess will be held outdoor when possible.
3. Prohibit the use of physical activity as a form of discipline or punishment and ensure that physical education and recess will not routinely be withheld as punishment when possible.
4. Discourage extended periods of inactivity. 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 physical fitness through the provision of space, equipment and activity for all participants in onsite after-school enrichment programs sponsored by the district.

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.

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:

- Providing nutrition information to parents/guardians in the forms of newsletters, handouts, presentations or other appropriate means
- Providing nutrient analysis of district menus upon request
- Providing parents/guardians with ideas for healthy celebrations, parties, rewards and fundraising activities
- Encouraging parent/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
- Supporting efforts of parents/guardians to provide their children with opportunities to be physically active outside of school
- Sharing information about physical activity and physical education via newsletter, other take home materials, special events or physical education homework
- Disseminating information about community programs that offer nutrition assistance to families as needed

Marketing and Advertising

Marketing in district facilities will be consistent with the goals of the district's wellness program and comply with the 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 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 and educational incentive programs.

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 breakfast and 20 minutes 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
4. The district will take reasonable steps to accommodate the tooth-brushing regimens of students
5. Students will be allowed to converse during meals with moderation
6. The cafeteria will be clean, orderly and inviting
7. Adequate seating and supervision will be provided during meal times

Staff Development and Training

All staff will be provided with pertinent information regarding the adoption of a comprehensive school wellness policy. A summary of the wellness policy will be provided to staff meetings or in writing by building principals.

Staff Wellness

The Twin Rivers 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 on nutrition, healthy eating behaviors and maintaining a healthy weight for optimal health. The School Health Advisory Committee will develop, promote and oversee a plan to promote staff health and wellness. The plan will outline ways to encourage healthy eating, physical activity, and other elements of a healthy lifestyle. The School Health Advisory Committee will distribute its plan to the wellness program committee.

Tobacco

Tobacco use prevention education will be encouraged at all grade levels 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 encouraged.

Oversight and Evaluation The wellness program coordinator is 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 as indicated
3. Measuring implementation of the district wellness policy and procedures
4. Ensuring that the district meets the goals of the wellness policy and procedures
5. Reporting to the board on compliance and progress annually

Monitoring

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

The wellness committee will develop an annual summary report based on the input from schools within the district regarding district wide compliance with the district 's wellness policies and recommendations for policy revisions for the next year. The report will be provided to the Board of Education.

Compliance Indicators

The following indicators may be used as appropriate to assist with the evaluation of the effectiveness of the wellness policy:

1. School Health Index
2. Number of healthy food items available in vending machines
3. Student absenteeism
4. Number of staff who participated in wellness program
5. Physical fitness reports
6. Voluntary surveys by staff and students related to nutrition and activity habit

Implemented: July 18, 2006

Twin Rivers School Board of Education

Revised: November 19, 2014