

## DISTRICT WELLNESS PROGRAM

The primary goals of the Princeton R-5 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 Missouri Smart Snacks in Schools Nutrition Guidelines, for foods and beverages served in schools during the school day:

*School Breakfasts-* All school meals comply with USDA regulation and state policies. Students grades K-12 may not bring soda or other carbonated drink to the cafeteria during breakfast.

*School Lunches-* All School meals comply with USDA regulations and state policies. Students grades K-12 may not bring soda or other carbonated drink to the cafeteria during lunch.

*A La Carte Food Items-* A la carte items comply with USDA regulations prohibiting the sale of "foods of minimal nutritional value" where school meals are served or eaten during the meal period.

*A La Carte Beverage Items-* A la carte items comply with the USDA regulations prohibiting the sale of "foods of minimal nutritional value" where school meals are served or eaten during the meal period.

*Beverage Items Sold in Vending Machines-* All vended beverages are sold in compliance with USDA regulations prohibiting the sale of "foods of minimal nutritional value" where school meals are served or eaten during the meal period.

- The sale of soda to students is not allowed on school property in the elementary.
- The sale of soda is not allowed on school property in areas accessible to students in the high school. Only water and juice are available for purchase by students.

*Rewards-* All foods and beverages are offered in compliance with USDA regulations prohibiting the sale of "foods of minimal nutritional value" where school meals are served or eaten during the meal period.

*Celebrations and Parties-* All foods and beverages are offered in compliance with USDA regulations prohibiting the sale of "foods of minimal nutritional value" where school meals are served or eaten during the meal period.

*Fundraisers-* All foods and beverages are offered in compliance with USDA regulations prohibiting the sale of "foods of minimal nutritional value" where school meals are served or eaten during the meal period. Concession stands must offer off-sets to high fat content food choices, for example nuts, fruit, sunflower seeds, peanut butter/apple cups.

## **Nutritional Education**

The district's nutritional education goal is to integrate sequential nutritional 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.
  - Safe food preparation, handling and storage.
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, soup kitchens or after-school programs.
3. 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 disorder and other nutrition-related problems among students and staff as well as assure access to healthcare.
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 Education**

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:
  - Provide for at least 45 minutes of physical education for students in the elementary grades during the school week; at least 250 minutes during each school week for students in junior high; and at least 1 unit 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 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 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 the elementary schools for supervised recess. All students will have at least 60 minutes per day of supervised recess. Recess will be scheduled prior to, or after lunch and held outdoors when possible.
3. 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 student 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 in efforts to make it safer and easier for students to walk and bike to school.

4. Physical education will not be withheld as punishment.
5. 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.
6. Provide opportunities and encouragement for staff to be physically active by:
  - 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 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.

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.

#### ***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 nutrition information to parent/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 a list appropriate foods that meet the district's nutrition standards for snacks.
5. Providing parents/guardians with ideas for healthy celebrations, parties, rewards and fundraising activities.
6. 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 food and beverages.
7. Supporting efforts of parent/ guardians to provide their children with opportunities to be physically active outside of school.
8. Providing information about physical education and other school-based physical activity opportunities available to students before, during and after the school day.
9. Sharing information about physical activity and physical education via the district's website, newsletter, other take-home materials, special events or physical education homework.

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

### ***Meal Times***

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 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. At the elementary level, lunch periods will proceed, or 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. The district will take reasonable steps to accommodate the tooth-brushing regimens of students.
7. Students will be allowed to converse during meals.
8. The cafeteria will be clean, orderly and inviting.
9. Adequate seating and supervision will be provided during meal times.

### ***Staff Wellness***

The Princeton R-5 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.

### **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 schools within the district regarding districtwide 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 report 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, each school in the district 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 from each school, 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
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 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.

*Note: The reader is encouraged to review policies and/or forms for related information in this administrative area.*

Implemented: May 2006

Reviewed: December 2014

Revised: May 2019

Princeton R-V School District





.....