

## **DISTRICT WELLNESS PROGRAM**

The primary goals of the Wright City R-II 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**

All foods and beverages sold 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 sold to students, including those sold in vending machines, school stores and through district-sponsored fundraisers (which encompasses fundraising conducted by district-sponsored and student-initiated groups), unless an exemption applies. For the purposes of this procedure, the school day is the time period from the midnight before to 30 minutes after the official school day.

### ***Fundraising Exemption to Nutrition Guidelines***

Unless otherwise prohibited by Board policies or limitations on marketing, the following are exemptions to the rule requiring that foods sold as fundraisers meet USDA standards:

1. Foods sold off campus, outside the school day or to nonstudents do not have to meet the USDA standards.
2. Distribution of order forms for and delivery of foods that do not meet USDA standards and are not intended for consumption at school are permitted during the school day to the extent it otherwise complies with district policies and procedures.
3. Each school building within the district may hold up to five one-day fundraisers per school year on district property during the school day that involve the sale of foods that do not meet USDA standards.

### ***Water and Milk***

Students will have access to free drinking water during mealtimes in the places where meals are served. Lunches served by the district will include a variety of fluid milk options consistent with the most recent Dietary Guidelines for Americans. Food and fluid milk substitutions will be provided to students in accordance with law and Board policy.

## **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 nutrition 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 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 testings, farm visits and school gardens.
3. 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.
4. Ensure that school counselors and school health services staff consistently promote healthy eating to students and staff, are able to recognize conditions such as unhealthy weight, eating disorders and other nutrition-related health problems and, when appropriate, provide information about these conditions, including available treatment options.
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.

## **Nutrition Promotion**

The district will promote the importance of good nutrition in its schools and in the community through one or more of the following activities:

1. Providing nutrition information to parents/guardians via newsletters, handouts, presentations or other appropriate means.
2. Posting nutrition tips on district websites.
3. Posting links to research and articles explaining the connections between good nutrition and academic performance.

If practical, the district will provide information in a language understandable to the parents/guardians.

## **Physical Activity**

*Moderate Physical Activity* – Low-impact to medium-impact physical exertion designed to increase an individual's heart rate to rise to at least 75 percent of his or her maximum heart rate. Examples of moderate physical activity include, but are not limited to, running, calisthenics or aerobic exercise. Time spent in recess and physical education counts as moderate physical activity.

*Recess* – A structured play environment outside of regular classroom instructional activities that allows students to engage in safe and active free play.

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 elementary program will provide for:
  - ▶ Thirty minutes of recess per day. Recess may be incorporated into the lunch period, but will be scheduled before lunch and held outdoors when possible.
  - ▶ An average of 150 minutes of moderate physical activity each five-day school week or an average of 30 minutes per school day. The program will also provide for 50

FILE: ADF-API  
Critical

minutes per week of physical education under the supervision of a certified physical education instructor.

The middle school program will provide for 225 minutes of moderate physical activity during each school week and 3,000 minutes of physical education per year.

The high school program will provide for two units of physical education prior to graduation.

All activity will:

- ▶ Emphasize knowledge and skills for a lifetime of regular 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. Prohibit the use of physical activity as a form of discipline or punishment and ensure that physical education and recess will not be withheld as punishment.
  3. 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.

### ***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 nutrient analyses of district menus on district websites.
2. Offer to parents the choice of having the school nurse provide a confidential height/weight status report for their child.
3. Sharing information about physical activity and physical education via the district's website, newsletter, special events or physical education homework.

If practical, the district will provide information in a language understandable to parents/guardians.

### ***Marketing and Advertising***

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.

### ***Mealtimes***

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. Mealtimes will provide students with at least ten minutes to eat after sitting down for breakfast and 20 minutes after sitting down for lunch.
2. Free drinking water will be available to students during meals in the meal service area.

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Critical

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 toothbrushing regimens of students.
5. Students will be allowed to converse during meals.
6. The cafeteria will be clean, orderly and inviting.
7. Adequate seating and supervision will be provided during mealtimes.
8. Food will not be taken away as a form of disciplinary action.

### ***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.
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 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, by classroom teacher, relevant administrative procedures and law.

### ***Monitoring***

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

***Policy Review***

The wellness program coordinators will provide policy revision recommendations to the Board as part of the periodic report. The recommendations will be based on analysis of the compliance indicators and comparison of the district's policy to model policies provided, recommended or referenced by the USDA. The Board will revise the wellness policy as it deems necessary. Administrative procedures will be revised accordingly.

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

Implemented: 07/20/2006

Revised: 06/25/2010; 08/21/2014; 04/21/2015; 02/09/2016

MSIP Refs: 1.1, 1.2, 1.3

Wright City R-II School District, Wright City, Missouri