

CPS DISTRICT WELLNESS PROGRAM (PROCEDURES)

Preamble

Research shows that good nutrition and physical activity are strongly correlated with positive student outcomes. For example, student participation in the U.S Department of Agriculture's (USDA) School Breakfast Program is associated with higher grades and standardized test scores, lower absenteeism and better performance on cognitive tasks.^{1,2} Students who are physically active through various avenues, like active transportation, physical activity breaks, and recess, do better academically.^{3,4} In 2019, 18.4% of Missouri adolescents were obese, 16.1% were considered overweight, and only 25.3% participated in 1 hour or more of moderate-vigorous-intensity physical activity daily.⁵ Considering students spend a lot of their time in the school, it is an ideal setting to teach and model health behaviors.

The procedures below outline Columbia Public School District's ("District") approach to ensuring environments and opportunities for all students to practice healthy eating and physical activity behaviors throughout the school day. Specifically, the procedures establish goals to ensure that:

1. Students in the District have access to healthy foods throughout the school day, both through reimbursable school meals and other foods available throughout the school campus, in accordance with Federal and state nutrition standards.
2. Students receive quality nutrition education that helps them develop lifelong healthy eating behaviors.
3. Students have opportunities to be physically active before, during and after school.
4. Schools engage in nutrition and physical activity promotion and other activities that promote student wellness.
5. School staff are encouraged and supported to practice healthy nutrition and physical activity behaviors in and out of school.
6. The community is encouraged to support the work of the District in creating continuity between school and other settings for students and staff to practice lifelong health habits.

The following procedures will guide the implementation of the district wellness program.

I. Nutrition Guidelines

Schools within Columbia School District will participate in the National School Lunch Program (NSLP), School Breakfast Program (SBP), and follow Smart Snacks in School (Smart Snacks) nutrition standards. These evidence-based nutrition standards apply to all food and beverages sold to students, including those sold in vending machines, schools' stores and through district-sponsored fundraisers, unless an exemption applies. In addition, the Smart Snacks standards apply to all food and beverages provided, but not sold, to students outside the reimbursable school meals program during the school day. According to the USDA, the school day is considered from 12:00 AM to 30 minutes after the school day ends.

The nutrition guidelines outlined in this section do not apply to food or beverages brought from home by students for consumption solely by the student or food or beverages created or used by students as part of the district's instructional program.

A. School Meals

The District is committed to serving healthy meals to children, with fruits, vegetables, whole grains, and fat-free and low-fat milk; that are moderate in sodium, low in saturated fat, and have zero grams trans-fat per serving; and to reasonably meeting the nutrition needs of school children within their calorie requirements. The school meal programs aim to improve the diet and health of school children, help mitigate childhood obesity, model healthy eating to support the development of lifelong healthy eating patterns and support healthy choices while accommodating cultural food preferences and special dietary needs. To be compliant with the USDA final rule, school meals will be comprised as follows:

School Breakfast

1. Grains are whole grain-rich – 50% or greater by weight (unless approved exemption waiver)
2. Fruit or 100% fruit juice – required to take one
 - a. Low fat milk (skin or 1%)
3. Meets minimum/maximum calorie requirements, sodium, saturated fat and trans-fat requirements for each grade level

School Lunch and Dinner

1. Grains are whole grain-rich – 50% or greater by weight (unless approved by exemption waiver)
2. Fruit or vegetable required with meal
3. Vegetable subgroups provided weekly
4. Includes low fat milk (skim or 1%)
5. Meets minimum/maximum calorie requirements, sodium, saturated fat and trans-fat requirements for each grade level

B. Celebrations and Parties

The district will encourage celebrations and rewards aim to be consistent with our nutrition policies. The district will provide a list of healthy party ideas to parents and teachers, including non-food celebration ideas. Healthy party ideas will be available on Nutrition Services website. Class snacks brought by parents: The District will provide parents information on Smart Snack nutrition standards. Rewards and incentives: The District will provide teachers and other relevant school staff with a list of alternative ways to reward students. Foods and beverages will not be withheld as punishment for any reason, such as for performance or behavior.

C. Fundraising

Foods and beverages that meet or exceed the USDA Smart Snacks in Schools nutrition standards may be sold through fundraisers on the school campus during the school day. Fundraisers that do not meet Smart Snack nutrition standards are limited to 5 exemptions per year, per school, with a duration of one day. The District will make available to parents and teachers a list of healthy fundraising ideas.

D. Nutrition Promotion

Nutrition promotion and education positively influence lifelong eating behaviors by using evidence-based techniques and nutrition messages, and by creating food environments that encourage healthy

nutrition choices and encourage participation in school meal programs. To be compliant with the USDA final rule, the district will ensure that students and staff will receive consistent nutrition messages throughout schools, classrooms, gymnasiums, and cafeterias. Nutrition promotion also includes marketing and advertising nutritious foods and beverages to students and is most effective when implemented consistently through a comprehensive and multi-channel approach by school staff, teachers, parents, students, and the community.

The District will promote healthy food and beverage choices for all students throughout the school campus, as well as encourage participation in school meal programs. This promotion will occur through using the following techniques:

1. Implementing at least ten or more evidence-based health food promotion techniques through the school meal programs using Smarter Lunchroom techniques; and
2. Ensuring 100% of foods and beverages promoted to students meet the USDA Smart Snacks in School nutrition standards.

E. Nutrition Education

Nutrition education is a vital part of a comprehensive health education program and empowers children with knowledge and skills to make healthy food and beverage choices.⁶ The district will teach, model, encourage and support healthy eating among students. Grades K-12 are offered hands-on, and age-appropriate lessons that focus on MyPlate and Farm to School concepts that meet Missouri Learning Standards for Health and Physical Education.

F. Food and Beverage Marketing in Schools

The District is committed to providing a school environment that provides opportunities for all students to practice healthy eating and physical activity behaviors throughout the school day while minimizing commercial distractions. The District strives to teach students how to make informed choices about nutrition, health and physical activity. It is the intent of the District to protect and promote student's health by permitting advertising and marketing for only those foods and beverages that are permitted to be sold on the school campus, consistent with the District's wellness policy.

Any foods and beverages marketed or promoted to students on the school campus during the school day will meet or exceed the USDA Smart Snacks in School nutrition standards.

Food and beverage marketing is defined as advertising and other promotions in schools. Food and beverage marketing often includes oral, written, or graphic statements made for the purpose of promoting the sale of a food or beverage product made by the producer, manufacturer, seller or any other entity with a commercial interest in the product. This term includes, but is not limited to the following:

1. Brand names, trademarks, logos or tags, except when placed on a physically present food or beverage product or its container.
2. Displays, such as on vending machine exteriors.
3. Corporate brand, logo, name or trademark on school equipment, such as marquees, message boards, scoreboards or backboards (Note: immediate replacement of these items are not required; however, districts will replace or update scoreboards or other durable equipment

when existing contracts are up for renewal or to the extent that is financially possible over time so that items follow the marketing policy.)

4. Corporate brand, log, name or trademark on cups used for beverage dispensing, menu boards, coolers, trash cans and other food service equipment; as well as on posters, book covers, student assignment books or school supplies displayed, distributed, offered or sold by District.
5. Advertisements in school publications or school mailings.
6. Free product samples, taste tests or coupons of a product, or free samples displaying advertising of a product.

As the District/school nutrition services/Athletic Department/PTA/PTO reviews existing contracts and considers new contracts, equipment and product purchasing (and replacement) decisions should reflect the applicable marketing guidelines established by the District wellness policy.

II. Health and Physical Education

The district's health and physical education 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 can develop the knowledge and skills necessary to perform a variety of physical activities, maintain physical fitness and regularly participate in physical activity. The District will provide physical education and opportunities for physical activity aligned with the Missouri Learning Standards and GLEs in health and physical education in all grades.

A. Physical Activity

1. Provide for at least 60-90 minutes of physical education for students in the elementary grades during the school week; at least 90 minutes during each school week for students in middle school; and at least one (1) unit of credit for students in high school.
2. Emphasize knowledge and skills for a lifetime of regular physical activity.
3. 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.
4. Meet the needs of all students, especially those who are not athletically gifted or who have special needs.
5. Provide a variety of activity choices, feature cooperative as well as competitive activities, and account for gender and cultural differences in students' interests.
6. Prohibit exemptions from physical education courses based on participation in an athletic team, community recreation program, ROTC, marching band or other school or community activity.
7. Be closely coordinated with the other components of the overall school health program.

B. Other School Based Physical Activity

1. Provide time in elementary schools for supervised recess. All students are provided at least 40 minutes per day of supervised recess. Recess will be held outdoors when possible.

2. 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.
3. Provide a diverse selection of competitive and noncompetitive, as well as structured and unstructured, activities to the extent that staffing, and district/community facilities permit.
4. Offer intramural physical activity programs that feature a broad range of competitive and cooperative activities for all students.
5. Encourage partnerships between schools and businesses. Promotion of such partnerships must be appropriate and in accordance with Board policy and applicable procedures.
6. Actively engage families as partners in their children's education and collaborating with community agencies and organizations to provide ample opportunities for students to participate in physical activity beyond the school day.
7. Encourage 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.
8. Encourage 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.
9. Encourage 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 safe and easier for students to walk and bike to school.
10. 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.
11. When activities such as mandatory schoolwide 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.

III. Other Activities that Promote Student Wellness

The District will integrate wellness activities across the entire school setting, not just in the cafeteria, other food and beverage venues and physical activity facilities. The District will coordinate and integrate other initiatives related to physical activity, physical education, nutrition and other wellness components so all efforts are complementary, not duplicative, and work towards the same set of goals and objectives promoting student well-being, optimal development and strong educational outcomes.

All efforts related to obtaining federal, state, or association recognition for efforts, or grants/funding opportunities for healthy school environments will be coordinated with and complementary of the wellness policy, including but not limited to ensuring the involvement of the Committee.

A. Community Partnerships

The District will utilize where feasible relationships with community partners (e.g., hospitals, universities/colleges, local businesses, SNAP-ED providers and coordinators, etc.) in support of the wellness program. Existing and new community partnerships and sponsorships will be evaluated to ensure that they are consistent with the wellness program and its goals.

B. Community Health Promotion and Family Engagement

The District will promote to parents/caregivers, families, and the general community the benefits of and approaches for healthy eating and physical activity throughout the school year. Families will be informed and invited to participate in school-sponsored activities and will receive information about health promotion efforts.

C. Staff Wellness and Health Promotion

The wellness program will also focus on staff wellness issues, disseminate wellness resources and, perform other functions that support staff wellness.

District schools will implement strategies to support staff in actively promoting and modeling healthy eating and physical activity behaviors.

D. Professional Learning

When feasible, the District will offer annual professional learning opportunities and resources for staff to increase knowledge and skills about promoting health behaviors in the classroom and school (e.g., increasing the use of kinesthetic teaching approaches or incorporating nutrition lessons into math class). Professional learning will help District staff understand the connections between academics and health and the ways in which health and wellness are integrated into ongoing district reform or academic improvement plans/efforts.

CITATIONS

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