F-290-P District Wellness Plan

The Superintendent or designee is responsible for a District wellness plan that addresses the federal requirements of the National School Lunch Program and School Breakfast Program, and the Healthy, Hunger-Free Kids Act of 2010. The designee will ensure that the District promotes student wellness, preventing and reducing childhood obesity, and providing assurance that school meal nutrition guidelines meet or exceed the minimum federal school meal standards. The District wellness plan will support good nutrition, physical exercise and positive lifestyle practices that promote the overall health of students and employees, and provide transparency to the public on the content and implementation of the District wellness plan.

The District is committed to providing an environment that enhances the development of lifelong wellness. The goals outlined in this policy are the result of review and consideration of evidence-based strategies.

District Goals

Goals for Nutrition Promotion and Education

The District will collaborate with public and private entities to promote student wellness.

The District will promote healthy food and beverage choices for all students, as well as encourage participation in school meal programs.

The health curriculum will include information on good nutrition and healthy living habits.

As appropriate, teachers will incorporate information on nutrition and wellness into the classroom curriculum.

Water will be made available to students throughout the school day.

Goals for Physical Activity

The District's curricula will include instruction on physical activity and habits for healthy living.

Students will be encouraged to engage in physical activities throughout the school day.

The District will encourage parents and guardians to support their children's participation in physical activity, to be physically active role models, and to include physical activity in family events.

Goals for Other School-Based Activities Designed to Promote Student Wellness

The District will participate in state and federal child nutrition programs as appropriate.

The District will use evidence-based strategies to develop, structure, and support student wellness.

The District will provide professional development, support, and resources for staff about student wellness.

Students will be provided sufficient time in which to eat school-provided meals.

The District will strive to provide physical activity breaks for all students, recess for elementary students, and before and after school activities, as well as encourage students to use active transport (walking, biking, etc.)

District Standards

Standards for All Foods and Beverages Sold to Students at School and During the School Day

The District will ensure that student access to foods and beverages meet federal, state and local laws and guidelines including, but not limited to, USDA National School Lunch and School Breakfast nutrition standards and USDA Smart Snacks in School nutrition standards.

The District will offer students a variety of age-appropriate, healthy food and beverage selections with plenty of fruits, vegetables, and whole grains aimed at meeting the nutrition needs of students within their calorie requirements in order to promote student health and reduce childhood obesity.

Standards for All Foods and Beverages Provided, But Not Sold to Students during the School Day

The District may provide a list of healthy party ideas or food and beverage alternatives to parents, teachers, and students for classroom parties, rewards and incentives, or classroom snacks.

Food and Beverage Marketing

Marketing and advertising is only allowed on school grounds or at school activities for foods and beverages that meet or exceed the USDA Smart Snacks in School nutrition standards. This rule does not apply to marketing that occurs at events outside of school hours such as after school sporting or any other events, including school fundraising events. The District will not immediately replace noncompliant products or logos to comply with the new USDA Smart Snacks in Schools nutrition requirements. All previously purchased products will be used, and all existing contracts honored. Similarly, all equipment that currently displays noncompliant marketing materials will not be removed or replaced (e.g., a score Board with a Coca- Cola logo). However, as the District reviews and considers new contracts, and as scoreboards or other such durable equipment are replaced or updated over time, any products that are marketed and advertised will meet or exceed the USDA Smart Snacks in School nutrition standards.

Public Participation

District stakeholders and members of the general public will be encouraged to provide their input to the District during the wellness policy adoption and review process.

Competitive Foods and Beverages

All foods and beverages sold during the school day as part of a fundraiser or for any other purpose in competition with the National School Lunch and Breakfast Programs must meet the nutrition standards of those programs unless otherwise allowed by the Missouri Department of Elementary and Secondary Education (DESE).

If food is sold as a fundraiser, it will not be sold in competition with school meals in the food service area during the meal service. Food sold as a fundraiser will not be sold or otherwise made available to students anywhere on school premises during the period beginning one half hour prior to the serving period for breakfast and/or lunch and lasting until one half hour after the serving of breakfast and/or lunch.

Assessment

The District will assess and review this policy at least every three years to evaluate compliance with this policy, how this policy compares to DESE model wellness policies, and District progress towards goals of this policy. Based upon this evaluation, the District will update and amend this policy as appropriate.

Public Notice

The District will provide notice of this policy at least annually to the public by one or more of the following methods: on its webpage, in its newsletter, in the student handbook and employee manual, newspaper advertisements, direct mailings, electronic mail, and public postings. The District will provide notice of the Triennial Assessment and progress reports towards meeting the goals in this policy using one or more of those same methods.

Recordkeeping

The District will retain records to document compliance with the requirements of this policy.

Adoption Date(s): July 28, 2020