

SOUTHERN BOONE COUNTY R-1 SCHOOLS

DISTRICT WELLNESS PROGRAM

OCTOBER 14, 2019

Program Coordinator: Chris Felmlee, Superintendent

Program Goals: The primary goals of the Southern Boone County R-1 wellness program are to promote student health, reduce student overweight/obesity, facilitate student learning of lifelong healthy habits and increase student achievements.

Components of the program: The Wellness Program covers areas of wellness that include nutrition guidelines and standards, nutrition promotion and education, physical activity and education, indoor and outdoor air quality, sun safety, tobacco and staff wellness. The district's wellness program can be found in its entirety on the district's web site.

Evaluation Criteria: During the initial development of the district's wellness-related policies and procedures (2007), each school in the district had conducted a baseline assessment of the school's existing nutrition and physical activity programs and practices. This assessment was redone in the spring of 2017, to prepare for their job of rewriting the wellness policy and program. The new program was adopted by the board in June 2017.

What data illustrates the effectiveness of this program?

At least once every three years, the program coordinator and committee will assess the district's compliance with the wellness policy and make those assessments available to the board and public. The assessments

will measure implementation of the wellness policy at the district and school levels. The following information will be provided.

- The extent to which each school is in compliance with the policy
- The comparison of the district's policy against model policies provided by the USDA
- A description of the progress made in attaining the policy goals

The wellness committee will make recommendations for modifications to the wellness policy in accordance with these assessments. Revisions will be made by the Board as it deems necessary.

A program assessment is due in the spring of 2020.

What has changed since the last program evaluation?

- No soda or energy drinks are allowed during the school day for any student in any building
- Employees will refrain from using candles, oils, sprays, plug ins and other sources of fragrance
- Student are not permitted from leaving campus during the school day to purchase food or beverage
- All committee meetings and agendas will be placed on the district web site and are open to the public.
- Each building principal is responsible for ensuring that their schools are in compliance with the policy.

Our last Wellness Committee meeting was on September 26, 2019. The meeting consisted of reports from Walking School Bus, Learning Garden, and Opaa. The committee also started talking about the program assessment to be done in the spring and how our current implementation of the existing policy and program is going. We discussed areas of concern in each building and talked about possible solutions.

Robin Bullard, RN
Director of Health Services