

## **DISTRICT WELLNESS PROGRAM**

The Board recognizes the relationship between student well-being and student achievement as well as the importance of a comprehensive district wellness program. Therefore, the district will provide developmentally appropriate and sequential nutrition and physical education as well as opportunities for physical activity. The wellness program will be implemented in a multidisciplinary fashion and will be evidence based.

### **Wellness Committee**

The district will establish a wellness committee that consists of at least one parent, student, nurse or other school health professional, physical education teacher, school food service representative, Board member, school administrator, member of the public, and other community members as appropriate. If available, a qualified, credentialed nutrition professional will be a member of the wellness committee.

Committee meeting dates and agendas will be posted on the district's website in advance of the meeting and advertised in a manner designed to reach students, staff and members of the community. All wellness committee meeting agendas will include a period of public comment where students, staff, and members of the community are encouraged to provide input on the district's wellness program. Meetings, records and votes of the wellness committee will adhere to the requirements of the Missouri Sunshine Law.

### **Wellness Program Coordinators**

The Board designates the following individual as wellness program coordinator: The school superintendent. Only employees of the district who are members of the wellness committee may serve as wellness program coordinators. Wellness coordinators, in consultation with the wellness committee, will be in charge of implementation and evaluation of this policy.

Each building principal is responsible for ensuring that each of their schools in the district is in compliance with this policy.

## **Nutrition Guidelines**

It is the policy of the Southern Boone County R-1 school district that all foods and beverages sold to students during the school day on any property under the jurisdiction of the district will meet the U.S. Department of Agriculture (USDA) school meal and Smart Snacks in School nutrition standards. These nutrition standards apply to all foods and beverages sold to students, including those sold in vending machines, school stores, and through district-sponsored fundraisers, unless an exemption applies. In addition, the Smart Snack standards apply to all foods and beverages provided by the district to students outside the reimbursable school meal program during the school day. For the purposes of this policy, the school day is the time period from midnight before to 30 minutes after the official school day.

The District must establish a standard for foods brought for celebrations. While we encourage that all foods brought in for celebrations are Smart Snack standard approved, the following standard will be used for these donated foods:

- No homemade foods
- All foods, with the exception of fruits and vegetables, must come to school in their original container and include an ingredient label
- Foods must be served with gloved hands by an adult
- Soda and energy drinks will not be allowed during the school day for any student in any building

## **Nutrition Promotion and Education**

The district will provide nutrition education aligned with the Show-Me Standards and Missouri's Grade Level Expectations (GLEs) in Health/Physical Education in all grades. In addition, the district will disseminate nutrition messages and other nutrition-related materials received from the USDA to students, staff and the community through a variety of media and methods. The wellness program coordinator, in consultation with the wellness committee, will develop procedures that address nutrition education and promotion.

## **Physical Activity and Education**

The district will provide physical education and opportunities for physical activity in accordance with state requirements and aligned with the Show-Me Standards and Missouri's GLEs in all grades. The wellness program coordinator, in consultation with

the wellness committee, will develop procedures that address physical education and physical activity.

### **Other School-Based Activities**

The wellness program coordinator, in consultation with the wellness committee, is charged with developing procedures addressing other school-based activities to promote wellness.

### **Evaluation**

The wellness committee will assess all education curricula and materials pertaining to wellness for accuracy, completeness, balance and consistency with the states and district's education goals and standards. Wellness program coordinator shall be responsible for devising a plan for implementation and evaluation of the district wellness policy and are charged with operational responsibility for ensuring that schools meet the goals of the district wellness policy.

At least once every three years, the program coordinator will assess the district's compliance with the wellness policy and make those assessments available to the public. The assessments will measure implementation of the wellness policy at the district and school level. The following information will be provided:

- The extent to which each school is in compliance with the policy.
- A 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 program coordinator will make recommendations for modifications to the wellness policy in accordance with these assessments. The Board will revise the wellness policy as it deems necessary. Administrative procedures will be revised accordingly.

### **Records**

The wellness program coordinator will maintain records necessary to document compliance with the law, including a copy of the policy, documentation of community involvement, documentation of triennial assessments and documentation that assessment findings were shared with the public.

**Adopted:**

**Revised:**

Cross References: DJF, Purchasing  
EF, Food Service Management  
EFB, Free and Reduced-Price Food Service  
GCL, Professional Staff Development Opportunities  
GDL, Support Staff Development Opportunities  
IGAEA, Teaching about Drugs, Alcohol and Tobacco  
IGBC, Parent/Family Involvement in Instructional and Other  
Programs  
IGDF, Student Fundraising  
JHCF, Student Allergy Prevention and Response  
KI, Public Solicitations/Advertising in District Facilities

Legal References: §§ 167.72-, 610.010- .030, RSMo.  
The Richard B. Russell National School Lunch Act, 42 U.S.C.  
§§ 1751-1760  
National School Lunch Program, 7 C.F.R. Part 210

MSIP References: R-1, R-2, R-3, G-4 (4), G-6