

Dent-Phelps R-3 District Wellness Program Revised 5.23.16

The primary goal of the Dent-Phelps R3 School District's Wellness Program are to promote student health, reduce overweight/obesity, facilitate student learning and lifelong healthy habits, and increase student achievement.

The District Wellness Program will be revised regularly by a committee made of the following members: building level administrator, district level administrator, representative of the Kitchen Staff, Representative from the School Nursing Staff, District Physical Education Teacher(s), District Health Education Teacher(s), one or more parents from the district, one or more student representative, one or more representatives from the Board of Education, and representatives from local health agencies.

The following procedures will guide the implementation of the District Wellness Program.

Nutrition Guidelines

The district designates the following nutrition guidelines, based on the Missouri Eat Smart nutrition Guidelines, for foods and beverages served in school during the school day.

School Breakfasts and Lunches – in compliance with the minimum level standards of the Missouri Eat Smart Nutrition Guidelines.

Food/Beverage Items sold in Vending Machines and School Stores Bottled water will be available to students throughout the day. No soda machines will be available to students at any time.

After-School Programs – does not apply to “during the school day”

Snacks/Rewards/Celebrations/Fundraisers – In compliance with the minimum level standards of the Missouri Eat Smart Nutrition Guidelines.

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 nutritional 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 preparations, handling, and storage
2. Provide students with nutrition-related skills that minimally include the ability to:
 - Plan healthy meals
 - Understand and use food labels
 - Apply the principals of the Dietary Guidelines for Americans (DGA) and My Plate.
 - Critically evaluate nutrition information, misinformation, and commercial food advertising
 - Assess personal eating habits, nutrition goal-setting, and achievement.
3. 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 not limited to: food preparation, contests, promotions, taste testing, farm visits, and school gardens.
4. Encourage district staff to cooperate with local agencies and community groups to provide students with the opportunities for volunteer work related to nutrition, such as food banks or after-school programs.
5. Ensure that the school counselor and school health services staff consistently promote healthy eating to students and other staff and that these professionals are prepared to recognize conditions such as unhealthy weight, eating disorders, and other nutrition-related health problems among students and staff as well as assure access to healthcare.
6. 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.

Quality School Meals

Healthy school meals provide energy and nutrients children need for sound minds and bodies. Students confirm what parents and teachers have said for years: Children who are not well nourished have difficulty learning. The variety of healthy foods offered in school meal programs allow children to learn and enjoy different foods and develop lifelong healthy eating habits.

Healthy eating is essential for students to achieve their full academic potential, mental growth, as well as lifelong health and wellbeing. School is a great place to influence students' eating habits. In order to achieve the goal for quality school meals, the district will.

1. Continue support from vendor which evaluates the district's school meal program to meet nutritional standards established by the U.S. Department of Agriculture, conform

to good menu planning principles, and feature a variety of healthy choices that are tasty, attractive and of excellent quality.

2. Continue to use food preparation techniques to provide school meals that are lower in saturated fats, sodium, and sugar. Emphasize healthy food choices that include lean meats, fruits, vegetables, whole grains, and low-fat or non-fat milk.
3. Use only whole grain breads when available.
4. 100% of a la carte items will be in compliance with the minimum level of standards of the Missouri Eat Smart Nutrition Guidelines.
5. Nutritional analysis of foods offered will be made available upon request.
6. All breakfast and lunch meals are in compliance with the minimum level standards of the Missouri Eat Smart Nutrition Guidelines.

Physical Activity

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 physical education program will:
 - Utilize the state and national standards/guidelines/frameworks for physical education as covered in the district's physical education curriculum which defines what students should know and be able to do.
 - Apply the district's physical education curriculum by regularly assessing students' attainment of the physical education learning objectives. The **Presidential Fitness Test** will continue to be integrated into the district's physical education curriculum at the beginning and end of each school year as an instructional tool that monitors students' performance and progress in reaching their personal goals of physical fitness. This test is appropriate to students' developmental levels and physical abilities.
 - Provide at least 50 minutes of physical education for students in the elementary grades during the school week --- at least 50 minutes during the school week for students in the middle school.
 - Emphasize knowledge and skills for a lifetime of regular physical activity.
 - 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.
 - 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.

(Field Day, summer camps, , Family Fun Night, and Sock Hop) *Specific activities outlined in the district CSIP Plan

- Be closely coordinated with the other components of the overall school health program.
2. Provide time in elementary school for supervised recess. All students will have at least 30 minutes per day of supervised recess. Recess will be scheduled outdoors whenever possible.
 3. Provide opportunities and encouragement for students to voluntarily participate in before or after school physical activity programs, such as intramural activities, interscholastic athletics and clubs by:
 - Providing a diverse selection of competitive and noncompetitive activities to the extent that staffing and district facilities permit.
 - Offering intramural physical activity programs that feature a broad range of competitive and cooperative activities for all students.
 4. Strive to provide joint school and community recreational activities by:
 - Attempting to actively engage families as partners in their children’s education and collaborative with community agencies to provide ample opportunities for students to participate in physical activity beyond the school day. (*Family Fun Night*)
 5. Ensure that physical education and recess will not be withheld as punishment.
 6. Discourage periods of inactivity that exceed 2 or more hours. When activities such as mandatory school wide 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. (*Take 10*)
 - *Training will be made available to all staff that are interesting in learning about ways to reduce classroom inactivity for the purpose of increasing student learning. (Example: Go Noddle or similar programs)*
 7. 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. (Example: *Biggest Loser Contest* – refer to Staff Wellness goal, section H of District Wellness Program)
 8. Training will be made available to teachers who are interested in learning more about the use of brain breaks to increase student learning and reduce discipline incidents in the classroom.
 - Resources will be made available to teachers through the “Go Noddle” (or similar) programs.
 - A classroom will be identify to be used as a pilot program during the 2016-2017 school year to determine the effectiveness of brain breaks in increasing student learning.
 - Teachers will be encouraged to target previously underutilized times for the purpose of implementing brain breaks. Times such as before the 8:00am bell

and after the 3:10 bell while students are waiting to load on the buses will be a possible target for all teachers.

- Administration will strive to widely implement a brain break system within the next five years
 - i. Administration will identify professional development to assist teachers in the proper implementation of brain breaks in the classroom.
 - ii. Administration will identify and evaluate the effectiveness of brain breaks in multiple classrooms to determine if it can be effective once widely implemented throughout the school.
 - iii. Administration will provide guidance and support for teachers as they implement brain breaks within their classroom.
- 9. The school district will continue to prioritize physical activity for students whenever possible. In order to promote more physical education and physical activity for students, the district shall:
 - Continue to examine the master schedule to look for possible ways to allow students more physical education classes as permitted.
 - Utilize time slots where the gym is not currently being used in order to promote more physical activity for students around already scheduled learning times (Example: “Zero Hour Gym” between 7:30-7:50am to allow students more activity before the start of the school day).

Other School-Based Activities

Dent-Phelps R3 School District recognizes the importance of promoting a healthy school environment. To this end, the district’s Wellness Program encourages those activities that emphasize community and family involvement, promotes students’ healthy eating behaviors obtained from positive nutritional choices, and supports those nutritional programs that improve students’ academic success. 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.

A. Community and Family Involvement

The district implements the following to achieve community and family involvement:

1. Offering healthy eating seminars for parents/guardians and community.
2. Providing nutritional information to parents/guardians in the form of newsletters, handouts, presentations, or other appropriate means focusing on, but not limited to:
 - Healthy snack ideas
 - Healthy lunch ideas
 - Healthy breakfast ideas
 - Healthy celebration ideas
 - Calcium needs of children
 - Healthy portion sizes

- Food label reading guidelines
 - Activities encouraging increased physical activity outside school
3. Posting nutrition tips on websites.
 4. Providing nutritional analysis of district menus on the school website.
 5. Working with parents/guardians to provide consistent sun safety information that includes an overview of the district’s sun safety program, an explanation of how parents/guardians can reinforce the program at home and how they can become involved with and support the district’s program. (refer to Sun Safety goal, section F of the district Wellness Program)
 6. Encourage parents/guardians to volunteer their time in the classroom, cafeteria, or at special events that promote student health.
 7. Disseminating information about community programs that offer nutrition information to families.
 8. The school district will make a wide variety of information available to parents to help further educate them on the importance of healthy eating and healthy lifestyles.
 - A cafeteria tab will be included on the school website. This section will serve as a resource for school nutritional information and to parents to access nutritional information resources. Information to be provided includes:
 - i. My Plate
 - ii. Reading Food Labels
 - iii. Tips on healthy food preparation
 - Calorie information will be included on the monthly school lunch menu
 - Information concerning proper fitness and nutrition will be displayed in school common areas to help further inform students and parents of the importance of good health.

B. Nutrition Practices in the Classroom

Our district will promote nutritional practices in the classroom that provide students with the skills and support they need to adopt healthy eating behaviors. Because these practices will improve students’ academic success the district will:

Classroom Snacks: Students will be allowed to bring in their own healthy snacks to

1. Cafeteria staff has volunteered their services of preparing fresh fruits and vegetable snacks that have been provided by parents/guardians for classroom snacks.
2. To promote the health and safety of our students, parents/guardians will bring only those snacks that are prepackaged and meet Missouri’s nutrition standards.

Classroom Rewards: provide the best possible learning environment for students by promoting healthy classroom rewards. Teachers will choose a variety of creative incentives and rewards other than food to praise academic performance and good behavior. Suggestions may include:

- Verbal praise and recognition

- Positive notes to principal or home
- Teacher coupon or certificate
- Picture taken with/by teacher
- Teacher helper
- Peer assistant
- Line leader or monitor
- School supplies
- Bookmark or paperback book
- Treasure box item

Classroom parties and celebrations: provide the best possible learning environment for students by promoting healthy classroom parties and celebrations. Parents/guardians will help implement the healthy parties/celebrations program by providing those foods and beverages that meet the Missouri Eat Smart nutrition Guidelines. To aid parents/guardians in their implementation, the district Wellness Committee will provide parents/guardians with suggested food/beverage items that meet Missouri’s nutrition standards.

- Cafeteria staff has volunteered their services of preparing fresh fruits and vegetable snacks that have been provided by parents/guardians for classroom parties and celebrations
- To promote the health and safety of our students, parent/guardians will bring only those snacks that are prepackaged and meet Missouri’s nutrition standards.
- To increase parent involvement in school activities, the district will continue to examine possibilities for allowing parents to produce “home-made” goods using school facilities

Fundraising Activities: Our district will support the healthy lifestyle choices that reduce health risks by promoting those fundraisers that are supportive of positive eating patterns and behaviors.

- All fundraiser proposals need to be submitted for administrative approval.
- All fundraisers will be supportive of the district’s Wellness Program, based on the Missouri Eat Smart Guidelines.
- A healthy learning environment is promoted by a variety of non-food fundraising alternatives. Fundraising ideas and merchandise items suggested include:
 - Gift certificates
 - Magazine subscriptions
 - Cookbooks
 - Books, calendars,
 - Home accessories/decorations
- Fundraisers that support physical activity should also be considered. (*Bike-a-thon, fun runs, tennis/horseshoe competition, golf tournament, jump rope-a-thon, bowling night/bowl-a-thon, car wash, skate night/skate-a-thon*)

C. Meal Time

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:

- Meal times will provide students with at least 10 minutes to eat after sitting down for breakfast and 20 minutes after sitting down for lunch.
- Activities such as tutoring or meetings will not be held during mealtime unless students may eat during such activities.
- Drinking water will be available to students at mealtime.
- Students will have access to hand-washing facilities before they eat meals and snacks.
- The district will take responsible steps to accommodate the tooth-brushing regimens of students.
- Students will be allowed to converse during meals.
- The cafeteria will be clean, orderly, and inviting.
- Adequate seating and supervision will be provided during meal times.

D. Marketing and Advertising

Marketing in district facilities will be consistent with the goals of the District Wellness Program and comply with Board policy. The district will strive to promote the wellness the wellness program and educate community and parents/guardians regarding quality health for their children.

- Tobacco and alcohol advertising are not permitted on district property, at district-sponsored events, or in district sponsored publications.
- Food and beverage marketing will be limited to promotion of foods and beverages that meet the standards adopted by the Board.

E. Tobacco Use Prevention Education

Tobacco use prevention education will focus on all grades with particular emphasis on middle school and reinforcement to all later grades. Instructional activities will be participatory and developmentally appropriate. Tobacco prevention education programs will be implemented in accordance with Board policy, relevant administrative procedures, and law. (*Red Ribbon Week*)

F. Staff Development Training

Staff responsible for nutrition education will be adequately prepared and regularly participate in professional development activities to effectively deliver the nutrition education program as planned. Staff responsible for implementing the physical education program will be properly certified and regularly participate in are-specific professional development activities.

G. Staff Wellness

The Dent-Phelps R3 School District highly values the health and well-being of every staff member and will plan and implement activities and policies that support personal efforts by staff to maintain a healthy lifestyle. The district will offer staff wellness programs that include education on nutrition, healthy eating behaviors, and maintaining healthy weight for optimal health as interest dictates.

Oversight and Evaluation

The wellness program coordinator is responsible for monitoring implementation of the District Wellness Program by:

- Assuming responsibility for the assessment of existing policies and procedures.
- Overseeing the inclusion of goals and action plans into district CSIP.
- Measuring the implementation of the policy and procedures.
- Ensuring the district meet the goals of the wellness policy and procedures.
- Reporting to the Board on the compliance and progress annually.

A. Monitoring

The food service director will monitor food service areas for compliance with the district's nutrition guidelines (as outlines in the CSIP) and will report of this matter to the wellness program coordinator.

Annually, the wellness coordinator will develop, distribute, and oversee evaluation of community and parent/guardian feedback. This will become a part of the overall evaluation of the program.

B. Compliance Indicators

During initial development the committee broke into subgroups and developed action plans to be included in district CSIP addressing the following indicators:

- Physical Fitness Report (Core Data)
- Achievement level of students
- Student absenteeism
- Analysis of produce purchased throughout the school year.
- Analysis of discipline data to determine if food intake is having an impact on student discipline.

C. Policy Review

Upon completion of the District Wellness Policy, the district shall designate a wellness plan coordinator who will serve to ensure that the district is in compliance with the policies

outlined above. The wellness program coordinator will provide policy revision recommendations to the Board of Education based on the analysis of the compliance indicators as part of the annual report. The Board shall revise the District Wellness Policy as it deems necessary. Additionally, the district wellness policy shall be revised no less than once every four years. A committee as previously outlined in the District Wellness Plan will be formed for the purpose of this regular revision, and shall present their recommendations to the school board for final approval.

The District Wellness Coordinator shall annually review available data to determine if the district is in compliance with the policies outlined in the District Wellness Plan. The building level administrator may be designated to assist in the process as deemed necessary by the wellness program coordinator. Data to be reviewed includes but is not limited to:

- Achievement level of students
- Physical Fitness Report (Core Data)
- Student absenteeism
- Analysis of produce purchased throughout the school year.
- Analysis of discipline data to determine if food intake is having an impact on student discipline.

Upon completion of this review, the wellness program coordinator will make the results available to the public through a variety of written and electronic formats. The wellness program coordinator will make themselves available, in conjunction with district administration and other committee members as deemed necessary, to answer any inquiries from the districts patrons on the effectiveness of the District Wellness Policy, and the progress towards obtaining the goals of the District Wellness Policy.

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