

FAYETTE R-III SCHOOL WELLNESS PROGRAM PLAN

PROCEDURAL GUIDELINES

2022-23

WELLNESS PROGRAM PLAN

Procedural Guidelines

WELLNESS COMMITTEE

Brent Doolin	Superintendent/Wellness CoChair/Parent
Kelly Beeler	District Health Coordinator/ School Nurse/Wellness CoChair
Cheri Huster	Daly Elementary Principal/Parent
Abby Arnette	Clark Middle School Principal
Ross Dobson	Fayette High School Principal
Paula Volkman	Director of School Food Service
Max Hilderbrand	Daly Elementary School PE Teacher
Kim Eaton	Daly School/Clark Middle School Focus Room Teacher
Elisah Stroupe	Clark Middle School/Daly Media Specialist and Librarian/Parent
Theresa Stevens	Daly School Teacher
Cassidy Spaeder	Clark Middle School/Daly School Counselor/Parent
Jennifer Shepard	Fayette High School Counselor
Janelle Dimond	Fayette High School Teacher
Liz Harrison	MU Extension Nutrition and Health Ed and /Community Member

DISTRICT WELLNESS PROGRAM

Each local educational agency that participates in the National School Lunch Program or other federal child nutrition program is required by law to establish a local school wellness policy for all schools under its jurisdiction. The federal law requires that parents, students, staff, representatives from the school food service, and school board member(s) be involved in the development of the policy, which must include the following components:

1. Nutrition guidelines selected by the district that apply to all foods available on each school campus during the school day and that promote student health and reduce childhood obesity.
2. Assurances that guidelines for reimbursable school meals will be no less restrictive than those reflected in the regulations and guidance issued pursuant to the National School Lunch Act.
3. Goals for nutrition education designed to promote student wellness in a manner the district determines is appropriate.
4. Goals for physical activity designed to promote student wellness in a manner the district determines is appropriate.
5. Goals for other school-based activities designed to promote student wellness in a manner the district determines is appropriate.
6. Designation of at least one (1) person who is responsible for policy implementation. The School Nurse and current superintendent have been named as the District Wellness Coordinators per School Wellness Board Policy.

The Fayette R-III School District Wellness Committee was formed during the 2006-2007 school year. Current and past committee members represent(ed) parents, community members, food service personnel, district staff, administration, and school board member(s) in an attempt to obtain the views of all stakeholders throughout the school district. Anyone wanting to be a member of the committee is encouraged to participate in the development, implementation, periodic review, and update of the Wellness Policy. The committee continues to meet (at least twice) during each school year to evaluate the program and refine the procedures. The following procedures have been recommended by the committee to guide the plan of the district wellness program.

Program Goals

The primary goals of the Fayette R-III School District's Wellness Program are to promote student/staff health, reduce student/staff overweight/obesity, facilitate student/staff learning of lifelong healthy habits and increase student achievement.

Program Purpose

The purpose of our wellness program is to establish a work/school environment that promotes healthy lifestyles, decreases the risk of disease, and enhances the quality of life. Healthier employees can help an organization lower health care costs, prevent serious illnesses, and improve productivity. Healthier students are able to participate, concentrate, focus, and understand which enables them to ask questions, problem solve, and think critically leading to deeper learning and retention of more information. A wellness program encourages people to take measures to prevent the onset of degeneration of a disease or illness and to adopt lifestyles that are healthier.

Wellness Committee Purpose

The purpose of our Wellness Committee is to establish goals for and oversee the health and safety policy and programs, including development, implementation, and periodic review and revision of the district-level Wellness Policy and the status of the attainment of the goals. In addition to district faculty and staff, the committee will represent all levels of school to include, to the extent possible, parents and guardians, students, food service representatives, and members of the community at large.

Nutrition Guidelines

School Breakfast

- Must serve all three components for a reimbursable meal. Offer versus serve is an option for at-risk afterschool participants.
- Breakfast cereals must contain no more than 6 grams of sugar per dry ounce (no more than 21.2 grams sucrose and other sugars per 100 grams of dry cereal)
- The minimum serving size for any type of ready-to-eat breakfast cereal is $\frac{1}{4}$ cup for children ages 1-2; $\frac{1}{3}$ cup for children ages 3-5; and $\frac{3}{4}$ cup for children 6-12.
- At least one serving per day, across all eating occasions, must be whole grain rich. Grain based desserts do not count toward meeting the grain requirement.
- Meat and meat alternatives may be used to meet the entire grains requirement a maximum of three times a week. One ounce of meat and meat alternatives is equal to one-ounce equivalent of grains.
- Must be unflavored low fat (1 percent) or unflavored fat-free (skim) milk for children two through 5 years old. Must be unflavored low fat (1 percent), unflavored fat free (skim) or flavored fat-free (skim) milk for children six years and older.

School Lunches

- Must serve all five components for a reimbursable meal. Offer versus serve is an option for at-risk afterschool participants.
- Alternate protein products must meet the requirements in Appendix A to Part 226.
- Yogurt must contain no more than 23 grams of total sugars per 6 ounces.

- Pasteurized full strength juices may be used to meet the vegetable or fruit requirements at one meal, including snack, per day.
- A vegetable may be used to meet the entire fruit requirement. When two vegetables are served at lunch or supper, two different kinds of vegetables must be served.
- At least one serving per day, across all eating occasions, must be completely grain-rich. Grain-based desserts do not count towards the grain requirements.
- Must be unflavored low fat (1%) or unflavored fat-free (skim) milk for children two through five years old. Must be unflavored low fat (1%), unflavored fat-free (skim), or flavored fat-free (skim) milk for children six years old and older.

Ala Carte Food

- Any entrée item offered as part of the lunch program or the breakfast program is exempt from all competitive food standards if it is sold as a competitive food on the day of service or the day after service in the lunch or breakfast program.
- Sugar-free chewing gum is exempt from all competitive food standards.
- Acceptable grain items must include 50% or more whole grains by weight, or have whole grains as the first ingredient.
- Acceptable food items must have no more than 35% calories from total fat as served.
- Acceptable food items must have no more than 10% of calories from saturated fats.
- Acceptable food items must have no more than 350 calories per item as served.
- Acceptable food items must have zero grams of Trans fat as served. (More or less than 0.5 grams per portion).
- Acceptable food items must have no more than 35% of weight from total sugar as served.
- Acceptable food items must have no more than 480 milligrams of sodium per item as served.

Beverages

Elementary School

- Plain water or plain carbonated water (no amount limit)
- Low fat milk flavored or unflavored (more or less than 8 fl. Oz.)
- Nonfat milk, flavored or unflavored (more or less than 8 fl. Oz.), including nutritionally equivalent milk alternatives as permitted by the school meal requirements.
- 100% fruit/vegetable juice (more or less than 8 fl. Oz.)
- 100% fruit vegetable juice diluted with water (with or without carbonation) and no added sweeteners (more or less than 8 fl. Oz.)

Middle School

- Plain water or plain carbonated water (no amount limit)
- Low fat milk flavored or unflavored (more or less than 12 fl. Oz.)
- Non-fat milk, flavored or unflavored (more or less than 12 fl. Oz), including nutritionally equivalent milk alternatives as permitted by the school meal requirements.
- 100% fruit/vegetable juice (more or less than 12 fl. Oz.)
- 100% fruit/vegetable juice diluted with water (with or without carbonation), and no added sweeteners (more or less than 12 fl. oz.)

High School

- Plain water or plain carbonated water (no amount limit)
- Low fat milk flavored or unflavored (more or less than 12 fl. Oz.)
- Non-fat milk, flavored or unflavored (more or less than 12 fl. requirements.
- 100% fruit/vegetable juice (more or less than 12 fl. Oz.)
- 100% fruit/vegetable juice diluted with water (with or without carbonation), and no added sweeteners (more or less than 12 fl. Oz.)
- Other flavored and/or carbonated beverages (more or less than 20 fl. Oz.) that are labeled to contain more or less than 5 calories per 8 fl. Oz. or more or less than 10 calories per 20 fl. Oz; and
- Other flavored and/or carbonated beverages (more or less than 12 fl. Oz.) that are labeled to contain more or less than 40 calories per 8 fl. Oz., or more or less than 60 calories per 12 fl. Oz.

Vending Machine Food Items

- All items must meet all of the proposed competitive food nutrient standards.
- Be a grain product that contains 50% or more whole grain by weight or have whole grains as the first ingredient; or
- Have as the first ingredient one of the non-grain main food groups: fruit, vegetables, dairy or protein foods (meat, bean, poultry, seafood, eggs, nuts, seeds, etc.).
- Be a combination food that contains at least ¼-cup fruit and/or vegetable.
- Acceptable food items must have no more than 35% calories from total fat as served.
- Acceptable food items must have less than 10% calories from saturated fat as served.
- Must have zero grams of Trans fat as served.
- Acceptable food items must have not more than 35% of weight from total sugar as served.
- Vending machines will not be available to students 30 minutes before the start of school or 30 minutes after the end of the school day.

After School Programs

- Must provide children with regularly scheduled activities in an organized, structured and supervised environment
- Must include educational or enrichment activities.
- Snacks: Must select two of the five components for a reimbursable snack.
- Must be unflavored low fat (1%) or unflavored fat-free (skim) milk for children two through five years old. Must be unflavored low fat (1%), unflavored fat-free (skim), or flavored fat-free (skim) milk for children six years old and older.
- Alternate protein products must meet the requirements in Appendix A to Part 226.
- At least one serving per day, across all eating occasions must be whole grain-rich. Grain based desserts do not count towards meeting the grain requirements.

Rewards

- Students are encouraged to have individual water bottles in the classroom if school policy allows it. Food and beverages will not be used as rewards in the classroom nor be withheld as a form of punishment for academic performance or student behavior.

Celebrations and Parties

- Celebrations and parties will be limited
- Literature with suggestions for healthier snacks will be sent home to parents to encourage healthy food and beverage choices.
- Celebrations and parties will be scheduled after the lunch period.

Fundraising and Intramural Activities

- Fundraising and intramural activities are supportive of physical activity and healthy eating.
- The Healthy Hunger-Free Kids Act of 2010 directed the United States Department of Agriculture to establish nutrition standards for all foods and beverages sold to students, in school during the school day, including foods sold through school fundraisers. The standards provide a special exemption for infrequent fundraisers that do not meet the nutrition standards.
- A maximum of five exempt fundraisers, per school building, per school year, with a duration of one day, will be allowed for schools participating in the National School Lunch Program in Missouri.
- An Exempt Fundraiser Tracking Sheet must be filled out at each school allowing the fundraiser.

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:

*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 preparation, handling and storage.

*Provide students with nutrition-related skills that minimally include the ability to:

- Plan healthy meals.
- Understand and use food labels.
- Apply the principles of the Dietary Guidelines for Americans (DGA) and MyPlate.
- Critically evaluate nutrition information, misinformation and commercial food advertising,
- Assess personal eating habits, nutrition goal-setting and achievement.

*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 are not limited to: food preparation, contests, promotions, taste testing, farm visits and school gardens.

*Encourage district staff to cooperate with local agencies and community groups to provide students with opportunities for volunteer work related to nutrition, such as in food banks, soup kitchens or after-school programs.

*Ensure all 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.

*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.

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:

Develop a sequential program of appropriate physical education for every student.

The program will:

- Provide at least 50 minutes of physical education for students in the elementary grades during the school week; and at least 220 minutes for middle and high school students enrolled in physical education classes during the school week. .
- 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.
- Prohibit exemptions from physical education courses on the basis of participation in an athletic team, community recreation program, ROTC, marching band or other school or community activity.
- Be closely coordinated with the other components of the overall school health program.

*Provide time in elementary schools for supervised recess. All students will have at least 20 minutes per day of supervised recess. An attempt to schedule recess will be scheduled before lunch and held outdoors when possible.

*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.

* 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.

Strive to provide joint school and community recreational activities by:

*Encouraging partnerships between schools and businesses. Promotion of such partnerships must be appropriate and in accordance with Board policy and applicable procedures.

*Actively engaging 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.

*Encouraging 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.

*Encouraging 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.

*Encouraging 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 safer and easier for students to walk and bike to school.

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.

Discourage periods of inactivity that exceed two (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.

Provide opportunities for physical activity.

*Attempts will be made verbally and through the provision of space, equipment and activities to allow for daily periods of moderate to vigorous physical activity for all participants in onsite after-school childcare and enrichment programs sponsored by the district.

Other School-Based Activities

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:

Community Involvement

School instructional staff will collaborate with agencies and groups conducting nutrition education in the community to send consistent messages to students and their families. Guest speakers invited to address students will receive appropriate orientation to the relevant policies of the district.

The wellness program shall make effective use of district and community resources and equitably serve the needs and interests of all students and staff, taking into consideration differences of gender, cultural norms, physical and cognitive abilities and fitness level.

Family Involvement

The district will strive to engage families as partners in their children's education by supporting parental efforts to motivate and help their children with maintaining and improving their health, preventing disease and avoiding health-related risk behaviors. Strategies the district may implement to achieve family involvement may include, but are not limited to:

- *Offering healthy eating seminars for parents/guardians.
- *Providing nutrition information to parents/guardians in the forms of newsletters, handouts, presentations or other appropriate means.
- *Posting nutrition tips on district websites.
- *Providing nutrient analyses of district menus to parents who have children with nutrition needs.
- *Providing parents/guardians a list of appropriate foods that meet the district's nutrition standards for snacks.
- *Providing parents/guardians with ideas for healthy celebrations, parties, rewards and fundraising activities.
- *Encouraging parents/guardians to pack healthy lunches and snacks and to refrain from including beverages and foods that do not meet the district's nutrition standards for individual foods and beverages.
- *Designing curricular nutrition education activities and promotions to involve parents/guardians and the community.
- *Supporting efforts of parents/guardians to provide their children with opportunities to be physically active outside of school.
- *Providing information about physical education and other school-based physical activity opportunities available to students before, during and after the school day.
- *Sharing information about physical activity and physical education via the district's website, newsletter, other take-home materials, special events or physical education homework.
- *Working with families 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.
- *Encouraging parents/guardians to volunteer time in the classroom, cafeteria or at special events that promote student health.
- *Encourage, inform and work with parents on the head lice policy.

Marketing and Advertising

Marketing in district facilities will be consistent with the goals of the district's wellness program and comply with Board policy. The district will strive to promote the wellness program and educate parents regarding the quality of district foods.

Tobacco advertising is not permitted on district property, at district-sponsored events or in district-sponsored publications. Food and beverage marketing will be limited to the promotion of foods and beverages that meet the nutrition standards adopted by the Board. Other examples of marketing and advertising the district will scrutinize include, but are not limited to: pricing strategies that promote healthy food choices, audiovisual programming, educational incentive programs, scoreboards, book covers and vending machine displays.

Meal Times

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:

1. Meal times will provide students with at least 10 minutes to eat after sitting down for breakfast and 15 minutes after sitting down for lunch.
2. Activities such as tutoring or meetings will not be held during mealtimes unless students may eat during such activities.
3. Drinking water will be available to students during meals.
4. Students will have access to hand-washing facilities before they eat meals or snacks.
5. The district will take reasonable steps to accommodate the tooth-brushing regimens of students.
6. Students will be allowed to converse during meals.
7. The cafeteria will be clean, orderly and inviting.
8. Adequate seating and supervision will be provided during meal times.

Staff Development and Training

All staff will be provided with ongoing training and professional development related to all areas of student wellness. The pre-service and ongoing in-service training will include teaching strategies for behavior change and will focus on giving teachers the skills they need to use non-lecture, active learning methods. 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 area-specific professional development activities.

Qualified nutrition professionals will administer the district meal programs and will receive ongoing, area-specific professional development. The district will provide continuing professional development for all district nutrition professionals. Staff development programs will include appropriate certification and/or training programs for child nutrition directors, school nutrition managers and cafeteria workers, according to their levels of responsibility.

Sun Safety

"Sun safety" describes a range of behaviors that include wearing appropriate clothing, applying sunscreen and limiting sun exposure. The sun safety program will focus on outdoor behavior and will be developmentally appropriate, active, engaging and taught in lessons that emphasize the positive benefits of sun safety. Sun safety education will be designed to assist students with:

- *Knowledge about the harmful effects of the sun and ways to protect skin.

*Sun-safe skills, including the correct use of protective clothing, hats, sunglasses, sunscreen and lip balm as well as seeking shade and limiting sun exposure when possible and practical during the hours of peak sun intensity.

*Knowledge about how to assess personal sun safety habits, set goals for improvement and achieve these goals,

Tobacco

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

Oversight and Evaluation

The wellness program coordinators are responsible for monitoring implementation of the district wellness program by:

1. Assuming responsibility for the assessment of existing policies and procedures.
2. Prioritizing wellness goals and writing work plans for each goal.
3. Measuring implementation of the district wellness policy and procedure.
4. Ensuring that the district meets the goals of the wellness policy and procedure.
5. Reporting to the Board on compliance and progress annually.

Monitoring

The food service director/authorized representative will monitor food service areas for compliance with the district's nutrition guidelines and will report on this matter to the wellness program coordinators.

The program coordinators will develop an annual summary report based on input from schools within the district regarding district-wide compliance with the district's wellness policies. The report will include a baseline of assessed indicators, impact of the policy change on those indicators, a report of progress, steps for moving to the next priority, work plans for the next year, and recommended policy revisions. The report will be provided to the Board of Education and made available on the district's website or by other appropriate means.

Compliance Indicators

During initial development of the district's wellness-related policies and procedures, each school in the district will conduct a baseline assessment of the schools existing nutrition and physical activity programs and practices. The wellness committee will compile these results. In addition to the baseline information provided from each school, the committee will use no fewer than four (4) of the following indicators to measure the impact of the district wellness program:

1. School Health Index.
2. Physical fitness reports.
3. Weight status or body mass index (BMI) of students.
4. Fruit and vegetable intake of students.
5. Number of healthy food items available in vending machines.
6. Number of discipline problems.
7. Achievement levels of students.
8. Student Absenteeism
9. Number of staff who participated in training and development related to student wellness.

Assessment

The local wellness program will be assessed at least once every three years. The assessment will measure the district's level of compliance with implementing the local wellness program, including compliance levels in each of the district's schools; the extent to which the district's policy compares to model wellness policies; and a description of the progress made in attaining the goals of the program. Wellness program coordinators will report the results of assessments to the Board, and the results of each assessment will be made available to the public on the district's website and by other appropriate means. The wellness program coordinators will make recommendations for modifications to the wellness policy in accordance with these assessments, and the Board will revise the wellness policy as it deems necessary based on these recommendations. Administrative procedures will be revised accordingly.