

## **LEOPOLD R-III SCHOOL DISTRICT WELLNESS PROGRAM**

The primary goals of the Leopold R-III School District's wellness program are to promote student health, reduce student overweight/obesity, facilitate student learning of lifelong healthy habits and increase student achievement. 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 day.

#### ***School Lunches-***

1. All school lunches comply with USDA regulations and state policies.
2. At least one of the following will be offered daily: Low fat (1%, ½%) or skim (nonfat) milk.
3. Reduced-fat and/or fat-free salad dressings will be used.
4. A main dish with total fat equal to/less than 16 grams per serving will be offered at least 3 times a week.

#### ***Beverage Items Sold in Vending Machines-***

1. All foods and beverages offered during the school day are in compliance with USDA regulations prohibiting the sale of "foods of minimal nutritional value" where school meals are served or eaten during the meal period.
2. All beverages sold during the school day will meet the USDA Smart Snacks in School Nutrition Standards. A summary of the standards and information are available at <http://www.fns.usda.gov/healthierschoolday/tools-schools-smart-snacks>.
3. Beverages sold in vending machines that do not meet the USDA SmartSnacks in School Nutrition Standards (i.e. Sodas) will only be available for purchase at sporting events occurring after normal school hours.

#### ***Rewards-***

1. "Foods of minimal nutritional value" and/or soft drinks will not be used as rewards in the classroom. The only exception is to be the rare special occasion, and only then with the permission of the Principal and/or Superintendent.

2. Neither, will foods and/or beverages be withheld as a form of punishment for academic performance or student behavior.

### ***Celebrations and Parties-***

1. Students are allowed to have individual water bottles in the classroom.
2. Due to frequent requests for birthday parties, a list of preferred, healthy snack and beverage ideas will be sent home with each student at the beginning of the year. This list will also be utilized for the districts' scheduled holiday parties.
3. It will be at the discretion of the Superintendent/Principal if a limit on the frequency of classroom parties needs to be addressed.
4. All classroom parties will be scheduled after lunch.

### ***Fundraisers-***

1. Fundraising activities will be supportive of physical activity and healthy eating.
2. Only food and beverages that meet or exceed the USDA Smart Snacks in Schools Nutrition Standards may be sold through fundraisers on the school campus during the school day.
3. The District will make available to parents and teachers a list of healthy fundraising ideas.

### **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 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 preparation, 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 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.
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 such activities include, but are not limited to: food preparation, contests, promotions, taste testings, farm visits and school gardens.
4. Encourage district staff to cooperate with local agencies and community groups to provide students with opportunities for volunteer work related to nutrition, such as food banks and soup kitchen.
5. Ensure that school counselors 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.

### **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. This will be accomplished 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 program will:
  - Provide for at least 60-90 minutes of physical activity for students in the elementary grades during the school week; at least 225 minutes during each school week for students in middle school; and require at least 2 units for students in high school before graduation.
  - Emphasize knowledge and skills for a lifetime of regular physical activity.
  - Devote at least 50% 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, or other school or community activity.
  - Be closely coordinated with the other components of the overall school health program.
  
2. Provide time in elementary schools for supervised recess. All students will have at least 60 minutes per day of supervised recess. Recess will be held outdoors whenever possible.
  
3. Strive to provide joint school and community recreational activities by:
  - 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.
  - Working with recreation agencies and other community organizations to coordinate and enhance opportunities available to students for physical activity during their out-of-school time.
  - Negotiating mutually acceptable, 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 vacation.

4. Prohibit the use of physical activity as a form of discipline or punishment and ensure that physical education and recess will not be withheld consistently as punishment.
5. 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.
6. 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.
  - Working with recreation agencies and other community organizations to coordinate and enhance opportunities available to staff for physical activity during the out-of-school time.

### **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 following areas:

#### ***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:

1. Offering healthy eating seminars for parents/guardians.
2. Providing nutrition information to parents/guardians in the forms of newsletters, handouts, presentations or other appropriate means.
3. Posting nutrition tips on district website.
4. Posting nutrition analyses of district menus.
5. Providing parents/guardians a list of appropriate foods that meet the district's nutrition standards for snacks.
6. Providing parents/guardians a list of appropriate foods that meet the district's nutrition standards for snacks.
7. 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.
8. Providing opportunities for parents/guardians to share their healthy food practices with others in the school community.
9. Designing curricular nutrition education activities and promotions to involve parents/guardians and the community.
10. Supporting efforts of parents/guardians to provide their children with opportunities to be physically active outside of school.
11. Providing information about physical education and other school-based physical activity opportunities available to students before, during and after the school day.
12. Sharing information about physical activity and physical education via the district's website, newsletter, other take-home materials, special events or physical education homework.
13. 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.
14. Encouraging parents/guardians to volunteer time in the classroom, cafeteria or at special events that promote student health.
15. Disseminating information about community programs that offer nutrition assistance to families.

### ***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. Any foods and beverages marketed or promoted to students on the school campus during the school day will meet or exceed the USDA SmartSnacks in school nutrition standards.

### ***Meal Times***

Students are not permitted to leave school campus during the school day to purchase food or beverages. Meal times comply with the following guidelines:

1. Lunchtime will provide students with at least 20 minutes to eat after sitting down.
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 lunch.
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 lunch.
7. The cafeteria will be clean, orderly and inviting.

### ***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 personnel will administer the district meal programs and will receive ongoing, area-specific nutrition development. The district will provide opportunities for continuing development for all district nutrition personnel. Staff development programs will include appropriate certification and/or training programs for the school nutrition manager and cafeteria workers according to their levels of responsibility.

### ***Staff Wellness***

The Leopold R-III 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 wellness committee will develop, promote, and oversee a multifaceted plan to promote staff health and wellness. The plan will be based on input solicited from district staff and will outline ways to encourage healthy eating, physical activity, sun safety and other elements of a healthy lifestyle.

### ***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:

1. Knowledge about harmful effects of the sun and ways to protect skin.
2. Sun-safe skills, including the correct use of protective 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.
3. 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 coordinator is 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 school nutrition manager will monitor the cafeteria for compliance with the district's nutrition guidelines and will report on this matter to the wellness program coordinator. The program coordinator will develop an annual summary report based on input from within the district regarding compliance with the wellness policy. 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 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, the district will conduct a baseline assessment of the existing nutrition and physical activity programs and practices. The wellness committee will compile these results. In addition to the baseline information provided, the committee will use no fewer than four of the following indicators to measure the impact of the district wellness program:

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

***Policy Review***

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 will revise the wellness policy as it deems necessary. Administrative procedures will be revised accordingly.

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Note: The reader is encouraged to review policies and/or forms for related information in this Administrative area.

Implemented: Leopold R-III School District

8/18/2021

(Date)

Revised: March 2021

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