

MONTROSE R-XIV SCHOOL DISTRICT

DISTRICT WELLNESS PROGRAM

WELLNESS COMMITTEE

Mrs. Carey Drehle, Superintendent/Principal
Mrs. Tabitha Connor, Director of Food Services
Mr. Richard Bailey, Board Member
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Montrose R-XIV School District

District Wellness Program

The Board of Education 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.

The primary goals of this school'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 Missouri guidelines, for foods and beverages served in schools during the school day:

1. School Breakfasts
2. School Lunches
3. Rewards
4. Celebrations and Parties
5. Fundraisers
6. Intramural Activities

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 preparation, handling and storage
2. Provide students with nutrition-related skills that include the ability to:
 - Plan healthy meals
 - Understand and use food labels
 - Apply the principles of the Dietary Guidelines for Americans (DGA) and My Pyramid

- Critically evaluate nutrition information, misinformation and commercial food advertising
 - Assess personal eating habits, nutrition goal-setting and achievement
 - Learn and explore different apps available that help track daily nutrition and fitness goals.
3. Provide instructional activities that stress the appealing aspects of healthy eating and are hands-on, behavior-based, culturally relevant, developmentally appropriate and enjoyable.
 4. Encourage district staff to cooperate with local agencies and community groups to provide students with opportunities for volunteer work related to nutrition.
 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 ensure 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.

Wellness Committee

The district has established a wellness committee that consists of a parent, student, health assistant, school food service representative, board member, school administrator, and member of the community. The board designates the school health assistant as the wellness program coordinator. The wellness coordinator, in consultation with the wellness committee, will be in charge of implementation and evaluation of this policy. Meetings, records and votes of the wellness committee will adhere to the requirements of the Missouri Sunshine Law.

Nutrition Guidelines

It is the policy of this school that all foods and beverages made available on campus during the school day are consistent with Missouri nutrition guidelines. Guidelines for reimbursable school meals will not be less restrictive than regulations and guidance issued by the Secretary of Agriculture pursuant to law. The district has created procedures that address all foods available to students throughout the school day in the following areas:

- National School Lunch Program and School Breakfast Program meal

Nutrition and Physical Education

The district provides nutrition and physical education activities that are aligned with the Missouri Learning Standards and Missouri's Frameworks for Curriculum Development in Health/Physical Education in all grades.

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 goals, the district will:

1. Develop a sequential program of appropriate physical education for every student. The program will:
 - Provide for at least 55 minutes of physical education for students in the elementary grades during the school week; at least 120 minutes during each school week for students in middle school; and at least 1 unit for students in high school.
 - 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.
 - Be closely coordinated with the other components of the overall school health program.
2. Provide time in elementary schools for supervised recess. All students K-6 will have at least 100 minutes per week of supervised physical activity. Recess will be held outdoors when possible.
3. 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 by:
 - Providing a selection of competitive and noncompetitive, as well as structured and unstructured, activities to the extent that staffing and district/community facilities permit.
 - Offering intramural physical activity programs that feature a broad range of competitive and cooperative activities for all students.
 - Encouraging partnerships between schools and businesses. Promotion of such partnerships must be appropriate and in accordance with board policy and applicable procedures.
4. 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.
 - 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 police department and/or other appropriate state and federal authorities in efforts to make it safe and easier for students to walk and bike to school.
5. Limit the use of physical education as a form of discipline or punishment.

6. 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 when they are encouraged to stand and be moderately active.

Other School-Based Activities

The wellness programs, in consultation with the wellness committee, have developed procedures addressing other school-based activities to promote wellness. 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

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. Sharing nutritional and physical activity information to parents/guardians in the form of newsletters, handouts, presentations or other appropriate means.
3. Providing access to nutrient analyses of district menus.
4. Providing parents/guardians with ideas for healthy celebrations, parties, rewards and fundraising activities.
5. Encouraging parents/guardians to pack healthy lunches and snacks.
6. Providing opportunities for parents/guardians to share their healthy food practices with others in the school community.
7. Designing curricular nutrition education activities and promotions to involve parents/guardians and the community.
8. Supporting efforts of parents/guardians to provide their children with opportunities to be physically active outside of school.
9. Providing access to information about physical education and other school-based physical activity opportunities available to students before, during and after the school day.

10. Encouraging parents/guardians to volunteer time in the classroom, cafeteria or at special events that promote student health.

11. Disseminating information about community programs that offer nutrition assistance to families.

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 fifteen (15) minutes to eat for breakfast and twenty (20) minutes for lunch start to finish.
2. It is the job of the designated lunchroom monitors to keep on schedule.
3. Activities such as tutoring or meetings will not be held during mealtimes unless students may eat during such activities.
4. Drinking water is available to students during meals.
5. Students have access to hand-washing facilities before they eat meals or snacks.
6. The district will take reasonable steps to accommodate the tooth-brushing regimens of students.
7. Students are allowed to converse during meals, unless it is impeding on their nutritional intake.
8. The cafeteria is clean, orderly and inviting.
9. Adequate seating and supervision is provided during meal times.

Staff Development and Training

All staff are provided with ongoing training and professional development related to all areas of student wellness. 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 are 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 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. Sun safety education is designed to assist students with:

1. Knowledge about the harmful effects of the sun and ways to protect skin.
2. 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.

Tobacco/Vape

Tobacco use prevention education is presented to all grades with particular emphasis in the middle school grades. Instructional activities will be participatory and developmentally appropriate. Tobacco use prevention education programs will be implemented in accordance with board policies, regulations and laws.

Oversight and Evaluation

The wellness committee will assess all education curriculum and materials pertaining to wellness for accuracy, completeness, balance and consistency with the state and district’s educational goals and standards. The wellness program coordinator shall be responsible for devising a plan for implementation and evaluation of the district’s wellness policy and is charged with operational responsibility for ensuring that schools meet the goals of the district wellness policy. The wellness program coordinator will report to the board annually. 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 regulations.
2. Prioritizing wellness goals.
3. Measuring implementation of the district wellness policy and regulation.
4. Ensuring that the district meets the goals of the wellness policy and regulation.
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 coordinator.

Compliance Indicators

During initial development of the district’s wellness related policies and regulations, the school 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, the committee will use the following indicators to measure the impact of the district wellness program:

1. School Health Index.
2. Physical Fitness Assessment.
3. Weight status or body mass index (BMI) of students and staff.
4. Achievement levels of students.
5. Staff and student absenteeism.
6. Percentage of students involved in sports and/or extracurricular activities.

Policy & Regulation Review

The wellness program coordinator will provide policy and regulation 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.

Local Wellness

The Montrose Food Services is making a concentrated effort to offer choices to children that give them the opportunity to follow the Dietary Guidelines for Americans and the Nu (nutrient standard) Menus that the USDA recommends school meal programs follow. The following are techniques the Food Service Program is using to further healthy eating for our students.

1. Our recipes have been adjusted to meet salt guidelines. No salt is added to French fries. Salt shakers or individual salt packets have been removed from the school cafeteria. Many of the recipes for desserts have been updated to use less sugar and fat.
2. All scratch-made ground beef entrees are prepared with 80/20 quality beef. Cooked ground beef is well drained of fat and rinsed before using in casseroles and meat fillings. Ground turkey is often substituted for 33 to 50% of the beef in these recipes.
3. All deli meats are very lean and trimmed of all visible fat.
4. Reduced fat mayonnaise is used in dressing and salad recipes and as a condiment.
5. Most foods used in the program are baked, not fried. French fries are usually limited to one day per week. French fries are baked in the oven, not fried.
6. Fresh fruits, canned fruits in light syrup or natural juice, and fresh vegetables are offered daily as choices for students when selecting a school lunch.
7. School cooks have been trained in low-fat cooking techniques and use the methods learned in meal preparation.
8. At least two milk choices are available: 1% white milk, and 1% chocolate milk.
9. Another drink choice offered is a 100% fruit juice drink that contains 100% of the daily Vitamin C requirement and the same amount of calcium as in eight ounces of milk, 300 milligrams. This item is a reasonable milk replacement for those children who cannot tolerate milk products or who wish a change from milk.
10. All entrees utilized in the program can be combined with a variety of fruits and vegetables and a low fat beverage that make an average week's meals fall within the 30% fat guidelines set by USDA for school meal programs.
11. Breakfast is offered daily. Studies confirm the educational benefits of the School Breakfast Program. These studies show that children who have access to breakfast at school have a higher achievement than children who do not. Other studies have shown that people who eat breakfast have fewer problems with weight gain.
12. Those students that participate in the school lunch program on a regular basis can be assured that the meals are planned to provide one-third of the Recommended Dietary Allowances (RDA) for key nutrients and calories.
13. The prices for meals are reasonable to encourage students to purchase the meals.

14. The district will participate in the Missouri Food for Schools Program. The goal of this program is to connect Missouri farmers and ranchers to schools and serve students and children locally-grown products for meals and snacks.

The Food Service program's main goal is to provide nutritious meals at a reasonable cost. Menus are planned for the average healthy child and reflect the preferences of the school community to encourage students to eat nutritious meals. If healthy children are the aim of society, then we also need the parent's help in encouraging children to eat properly and to get adequate exercise.

RECOMMENDATIONS

Healthy eating and activities are essential for students to achieve their full academic and physical potential, mental growth, and lifelong health and well being. Schools are a great place to influence students' eating and physical activity patterns.

The School District Committee on Diet and Healthy Activities has divided the following recommendations into four components.

1. ***Quality School Meals:*** Healthy school meals provide energy and nutrients children need for sound minds and bodies. Studies 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 allows children to learn to enjoy different foods and develop healthy eating patterns.

Recommendations:

1.1 Continue to emphasize meals that meet nutrition standards established by the USDA, conform to good menu planning principles, and feature a variety of healthy choices that are tasty, attractive and of excellent quality.

1.2 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. Locate these choices where they are readily accessible to students.

1.3 Consider using only whole grain breads for school meals, as available.

1.4 A printout of the nutritional value of foods offered in the school cafeteria should be posted in the cafeteria.

2. ***Other Healthy Food Options:*** The quality of the school nutrition environment depends on the quality of all foods and beverages sold or served at school. Foods that provide little nutrition compete with healthy school meals and send mixed messages to students. This undermines nutrition education efforts and discourages healthy eating. School nutrition practices should address all foods and beverages sold or served during the school day to students. Decisions about the sale of competitive foods should be based on nutrition goals for students, not on profit-making.

Recommendations:

2.1 School staff should consider not using low nutritional value food as a reward for students.

2.2 The school should encourage parents to provide a variety of nutritious foods for children who bring bag lunches from home. This includes healthy snack time in the classroom.

2.3 The school should encourage organizations to sell non-food items or nutritious food items for fund-raisers, rather than candy or other low nutritional value food as the fund-raiser item of choice.

2.4 Snack vending machines have been removed.

3. ***Diet/Healthy Activities Education:*** Building nutrition knowledge and skills help children make healthy eating and physical activity choices. To make a difference, nutrition

education for children should be appropriate for the students' ages, reflect their cultures, and provide opportunities for them to practice skills and have fun.

Recommendations:

- 3.1 Display information posters in the cafeteria and classrooms that illustrate concerns associated with obesity, diet and healthy activities.
- 3.2 Provide students with the nutritional value of food served in the cafeteria by posting that information in the cafeteria.
- 3.3 Consider placing additional emphasis on diet/healthy activities in the health classes and FACS (when offered) classes currently offered in the school.
- 3.4 The use of outside sources, such as the Henry County Health Center, the American Heart Association, and the Henry County Extension Center should also be considered.

4. ***Commitment to Healthy Activities:*** Healthy physical activity is essential for students to achieve their full potential and maintain a healthy body. Schools are a great place to influence students' physical activity patterns. In a healthy community environment, daily physical activity should have top priority.

Recommendations:

- 4.1 Each PTSO/Booster Organization should consider developing a family-based healthy activities program. This could include such activities as family track time for walking, or providing incentives for walking certain distances, i.e., shirts, medals, etc.
- 4.2 In the future, consider offering physical education classes every day for all students.

Missouri Eat Smart Guidelines-Grades Pre K-12

CATEGORY	MINIMUM	INTERMEDIATE (More healthful than minimum)	ADVANCED (More healthful than intermediate)
<p>Vending Machines and School Store</p>	<p>All vended foods and beverages are sold in compliance with USDA regulations prohibiting the sale of "Foods of Minimal Nutritional Value" (see definition) where school meals are served or eaten during the meal period.</p>	<p>The sales of Foods of minimal nutritional value (see definition) are not allowed on school property in areas accessible to students:</p> <ul style="list-style-type: none"> ● In elementary and middle schools until after the end of the school day. ● In high schools until one hour after the end of the last lunch period. 	<p>The sales of Foods of Minimal Nutritional Value (see definition) are not allowed on school property in areas accessible to students:</p> <ul style="list-style-type: none"> ● In elementary and middle schools. ● In high schools until after the end of the school day.
		<p>The sale of other vended foods--At least 50% of criteria per selling unit: items offered must meet all of the following criteria per selling unit:</p> <ul style="list-style-type: none"> ● Fat not more than 35% of total calories from fat except for nuts, seeds and nut butters. 	<p>The sale of other vended foods--At least 50% of items offered must meet all of the following criteria per selling unit:</p> <ul style="list-style-type: none"> ● Fat not more than 35% of total calories from fat except for nuts, seeds and nut butters. ● Sugar--not more than 35% of weight from sugar except for fruit (without added sugar) ● Calories--Not more than 200 calories per unit.
		<p>Beverages-At least 50% of items offered must include the following:</p> <ul style="list-style-type: none"> ● Water ● Milk ● 50-100% juice 	<p>Beverages-At least 50% of items offered must include the following:</p> <ul style="list-style-type: none"> ● Water ● Only low-fat (1% or 1/2%) and/or skim (nonfat) milk ● 100% juice ● Calcium-fortified soy or rice beverages are offered

Missouri Eat Smart Guidelines—Grades Pre-K-12

Definitions:

Foods of minimal nutritional value (FMNV)—Are those foods as defined in federal regulations for the national School Lunch Program (7CFR, Part 210) and the school Breakfast Program (7 CFR, Part 220). FMNV includes all soda water (includes soda); water ices (popsicles); chewing gum; certain candies such as hard candy, jellies and gums; marshmallow candies; fondant (candy corn and soft mints); licorice; spun candy; and candy coated popcorn; except for individual items in these categories that have been specifically exempted by the U.S. Department of Agriculture.

Fruits May be fresh, frozen, canned or dried. Condiments (such as jam or jelly) made from fruit are not considered “fruit” under the Missouri Eat Smart Guidelines. Canned fruit should be packed in light syrup, or preferably in juice.

Foods Containing Whole Grain Whole grains include, but are not limited to, whole wheat flour, entire wheat flour, graham flour, brown rice, old-fashioned and quick-cooking oats or cornmeal. To be considered a food containing whole grain, a commercially produced food item would have a whole grain listed as one of the first three ingredients on the product’s list of ingredients. School-prepared products would have a whole grain as one of three ingredients with the greatest weight as shown on the recipe. The 2005 Dietary Guidelines for Americans recommend that at least half of an individual’s recommended grain servings should be whole grains.

Missouri Eat Smart Guidelines defines three levels of nutrition standards for schools: minimum, intermediate and advanced. The minimum level complies with the minimum requirements found in federal child nutrition program regulations and state policy. The standards for each subsequent level are more healthful than those for the previous level.

National school lunch program (NSLP) is a federal child nutrition program designed to provide students with healthful lunches that meet approximately 1/3 of their daily nutritional needs.

Nonprofit food service program refers to the national school lunch program and or the school breakfast program, which are both federal child nutrition programs.

School breakfast program (SBP) is a federal child nutrition program designed to provide students with healthful breakfasts that meet approximately ¼ of their daily nutritional needs.

Selling unit is a pre-portioned or pre-packaged food or beverage item sold as one whole unit.

Vegetables May be fresh, frozen or canned and should not be fried. Snack foods (such as potato chips) and condiments (such as pickle relish, catsup and chili sauce) made from a vegetable are not considered a “vegetable” under the Missouri Eat Smart guidelines.

Vended items Include foods and beverages sold through vending machines and school stores in competition with the school's nonprofit food service program.

To calculate percentage of calories from fat 1) multiply total grams of fat in one serving by 9.2) Divide this number by the amount of calories per serving.

To calculate percent of sugar by weight 1) Divide total grams of sugar by the weight (in grams) in one serving size. Look for grams of sugar and not the total grams of carbohydrates 2) Multiply by 100. In the instance a serving size is only available in ounces, multiply ounces by 28.35 to convert to grams.