

Chilhowee R-IV School District

District Wellness Program 2014-2015

The primary goals of the Chilhowee R-IV Student Wellness Program are to promote student health, reduce student overweight/obesity, facilitate student learning of lifelong healthy habits and increase student achievement.

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

1. Elementary School breakfasts will meet the requirements of the Missouri Eat Smart Nutrition Guidelines. Only meals that meet criteria established by the District will be served.
2. Junior High and High School breakfasts will meet the requirements of the Missouri Eat Smart Nutrition Guidelines.

School Lunches

1. Elementary School lunches will meet the requirements of the Missouri Eat Smart Nutrition Guidelines. Only meals that meet criteria established by the District will be served.
2. Junior High and High School breakfasts will meet the requirements of the Missouri Eat Smart Nutrition Guidelines.
3. The District strongly encourages the same requirements of the Missouri Eat Smart Nutrition Guidelines be followed for personal student lunches brought from home.

Food Items Sold in Vending Machines

These items will only be sold before and after school.

Beverage Items Sold in Vending Machines

Beverages in vending machines will only be sold before and after school.

Before/After-School Program

The before/after school programs will adhere to the same guidelines as the district food service program.

Rewards

While the use of food as a reward is not prohibited, district staff is encouraged to utilize other methods of reinforcement.

Celebrations and Parties

Food items used in the classroom are checked against the building allergy list. The district will strongly encourage staff, parents, and coordinators of after-school programs to offer healthy foods and beverages for all celebrations and parties.

Fundraisers

Fundraisers including food items will be determined at the district administration's discretion.

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Nutrition Education

The district's nutrition education goals 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 nutrition education goal, the district will:

1. Provide students at all grade levels with adequate nutrition 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 Department of Agriculture's (USDA) Dietary Guidelines for Americans 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 activities include, but are 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 opportunities for volunteer work related to nutrition, such as food banks, soup kitchens and after-school programs.
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.

Nutrition Promotion

The district will promote the importance of good nutrition in its schools and in the community through one or more of the following activities:

1. Offering healthy eating seminars for parents/guardians.
2. Providing nutrition information to parents/guardians via newsletters, handouts, presentations or other appropriate means.
3. Posting nutrition tips on district websites.
4. Providing opportunities for parents/guardians to share their healthy food practices with others in the school community.
5. Disseminating information about community programs that offer nutrition assistance to families.
6. Posting links to research and articles explaining the connections between good nutrition and academic performance.

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Physical Activity

Moderate Physical Activity- Low-impact to medium-impact physical exertion designed to increase an individual's heart rate to raise to at least 75 percent of his/her maximum heart rate. Examples of moderate physical activity include, but are not limited to, running, calisthenics or aerobic exercise. Time spent in recess and physical education count as moderate physical activity.

Recess - A structured play environment outside of regular classroom instructional activities that allows students to engage in safe and active free play.

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 program will provide for:
 - Twenty (20) minutes of recess per day. Recess may be incorporated into the lunch period, but will be scheduled before or after lunch and held outdoors when possible.
 - Provide for at least 100 minutes of physical education for students in the elementary grades during the school week; at least 100 minutes during each school week for students in middle school; and at least one unit for students in high school.
 - Devote at least 90 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.

The activity will:

- Emphasize knowledge and skills for a lifetime of regular 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.
2. 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 diverse 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.
 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.

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- 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.
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- 4. 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.
- 5. Provide and encourage--verbally and through the provision of space, equipment and activities--daily periods of moderate to vigorous physical activity for all participants in onsite after-school child care and enrichment programs sponsored by the district.
- 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 their 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 areas itemized as follows:

Staff Wellness

The Chilhowee R-IV School District highly values the health and well-being of every staff member and will plan and implement activities and procedures that support personal efforts by staff to maintain a healthy lifestyle. The District may offer staff wellness programs that include, but are not limited to, education regarding nutrition, healthy eating behaviors, maintaining a healthy weight for optimal health, exercise program, CPR and financial planning seminars. The Wellness Coordinator 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, stress management and other elements of a healthy lifestyle. The goal is to educate the staff regarding healthy choices and have them serve as role models for our students, encouraging all aspects of a healthy lifestyle.

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 websites.
4. Providing nutrient 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 with ideas for healthy celebrations, parties, rewards and fundraising activities.

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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. 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 20 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.

Outdoor Air Quality

The principal of each school will be responsible for daily monitoring of Air Quality Index (AQI) information provided by local authorities based on the following guidelines:

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1. When the AQI is "code orange" (unhealthy for sensitive groups of people), students with a history of reactions to ozone exposure will be permitted to reduce their outdoor exertion level or time spent outdoors, and the staff will arrange alternative indoor physical activities. Appropriately trained staff responsible for student supervision will monitor such students for symptoms of respiratory distress.
2. When the AQI is "code red" (unhealthy), students with a history of reactions to ozone exposure will remain indoors and participate in indoor physical activities. Appropriately trained staff responsible for student supervision will monitor such students for symptoms of respiratory distress. All other students will be allowed to engage in no more than one (1) hour of heavy exertion (i.e., activities that involve high-intensity exercise such as basketball, soccer and running) while outdoors.
3. When the AQI is "code purple" (very unhealthy) or "code maroon" (hazardous), all students will be kept indoors and participate in indoor physical activities. Appropriately trained staff responsible for student supervision will monitor all students for symptoms of respiratory distress.

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:

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.
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.

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Oversight and Evaluation

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

1. Assuming responsibility for review of existing policies, procedures, and practices.
2. Prioritizing wellness goals.
3. Evaluating implementation of the District wellness policy and procedure.
4. Reporting to the Board on compliance and progress as requested.

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. Physical activity levels of staff.
4. Fruit and vegetable intake of students and staff.
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.

Policy Review

The wellness program coordinators 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.