



DISTRICT WELLNESS PROGRAM

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The primary **goal** of the Adair County R1's wellness program is 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.

Committee Role and Membership

A district-wide wellness committee will be established and will meet at least 2 times per year. The committee includes members from all school levels as specified by law. The designated District policy leader will be the school nurse and Wellness Coordinator, Meagan Roan. Contact information for the representative will be listed at the beginning of policy. Wellness Committee will be comprised of parents, students, representatives of the school food authority, teachers of physical education, school health professionals, the school board, school administrators, and the general public. The committee will facilitate development of and updates to the wellness policy, and will ensure the school's compliance with the policy.

Oversight and Implementation

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.

Record keeping

The district will retain records to document compliance with requirements of the wellness policy at the district's administrative office. Documentation maintained in this location will include, but not limited to:

1. The written wellness policy
2. Documentation demonstrating that the policy has been made available to the public.
3. The most recent assessment on the implementation of the districts wellness policy.
4. Documentation of efforts to review and update the district uses to make stakeholders (parents, community) aware of their ability to participate on the committee.

Compliance Indicators

During initial development of the districts wellness-related policies and procedures, each school in the district will conduct a baseline assessment of the school's 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 three of the following indicators to measure the impact of the district wellness program:

1. Wellness Policy Implementation evaluation
2. Physical fitness reports.
3. Weight status or body mass index (BMI) of students

Policy Review

The wellness program coordinators will provide policy revision recommendations to the Board as part of the periodic report. The Board will revise the wellness policy as it deems necessary.

Community Involvement, Outreach and Communications

The district will notify the public about the content of or any updates to the wellness policy and annual reports. If practical the district will provide all information in a language understandable to parents/guardians.

Nutrition Guidelines

All foods and beverages sold to students during the school day on any property under the jurisdiction of the district will meet the nutrition standards established by the U.S. Department of Agriculture (USDA). These nutrition standards apply to all food and beverages sold to students, including those sold in vending machines, school stores and through district-sponsored fundraisers (which encompasses fundraising conducted by district-sponsored and student initiated groups), unless an exemption applies. For the purposes of this procedure, the school day is the time period from the midnight before to 30 minutes after the official school day.

Celebrations and Rewards

All foods offered on the school campus will meet or exceed the USDA Smart Snacks in School nutrition standards including but not limited to:

1. Celebrations and parties. The district will provide a list of healthy party ideas to parents and teachers, including non-food celebration ideas. Healthy party ideas from the Alliance for a Healthier Generation and from the USDA.
2. Classroom snacks brought by parents. The District will provide to parents a list of foods and beverages that meet Smart Snacks nutrition standards; and
3. Rewards and incentives. The District will provide teachers and other relevant school staff a list of alternative ways to reward children. Foods and beverages will not be used as a reward, or withheld as punishment for any reason such as for performance or behavior.

Fundraising Exemption to Nutrition Guidelines

Unless otherwise prohibited by Board policies or limitations on marketing, the following are exemptions to the rule requiring that foods sold as fundraisers meet USDA standards:

1. Foods sold off campus, outside the school day or to nonstudents do not have to meet the USDA standards.
2. Distribution of order forms for and delivery of foods that do not meet USDA standards and are not intended for consumption at school are permitted during the school day to the extent it otherwise complies with district policies and procedures.

Water and Milk

Students will have access to free drinking water during mealtimes in the places where meals are served. Lunches served by the district will include a variety of milk options consistent with the most recent Dietary Guidelines for Americans. Food and milk substitutions will be provided to students in accordance with law and Board policy.

Nutrition Education

The district's **nutrition education goal** is to offer nutrition education at each grade level as part of a sequential, comprehensive health education curriculum. (K-12). In order to achieve the nutrition education goal the district will provide students with adequate nutrition knowledge by teaching from the following list. Topics come from CDC Healthy Schools website.

1. Relationship between healthy eating and personal health and disease prevention
2. Food guidance from MyPlate
3. Reading and using FDA's nutrition fact labels
4. Eating a variety of foods every day
5. Balancing food intake and physical activity
6. Eating more fruits, vegetables and whole grain products
7. Choosing foods that are low in fat, saturated fat, and cholesterol and do not contain *trans* fat
8. Choosing foods and beverages with little added sugars
9. Eating more calcium-rich foods
10. Preparing healthy meals and snacks
11. Risks of unhealthy weight control practices
12. Accepting body size differences
13. Food safety- preparation, handling and storage.

14. Nutritional deficiencies
 15. Importance of water consumption
 16. Importance of eating breakfast
 17. Making healthy choices when eating at restaurants
 18. Eating disorders
 19. The Dietary Guidelines for Americans
 20. Reducing sodium intake
 21. Social influences on healthy eating, including media, family, peers and culture
 22. How to find valid information or services related to nutrition and dietary behavior
 23. How to develop a plan and track progress toward achieving a personal goal to eat healthfully
 24. Resisting peer pressure related to unhealthy dietary behavior
 25. Influencing, supporting, or advocating for others' healthy dietary behavior
 26. The use and misuse of dietary supplements
2. Ensure that school counselors and school health services staff consistently promote healthy eating to students and staff, are able to recognize conditions such as unhealthy weight, eating disorders and other nutrition-related health problems and, when appropriate, provide information about these conditions, including available treatment options.
 3. 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. Staff will be encouraged to model healthy eating and physical activity as a valuable part of daily life.
2. Posting links to research and articles explaining the connections between good nutrition and academic performance
3. Posting nutrition tips on district websites.
4. Providing nutrition information to parents/guardians via newsletters, handouts, presentations or other appropriate means.
5. Disseminating information about community programs that offer nutrition assistance to families.

Mealtimes

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

1. Mealtimes 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. At the elementary level recesses will not be incorporated into lunch time
4. Free drinking water will be available to students during meals in the meal service area.
5. Students will 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 will be allowed to converse during meals.
8. The cafeteria will be clean, orderly and inviting.
9. Adequate seating and supervision will be provided during mealtimes.

Physical Activity

Adair County R1's **Physical activity goals** are to include:

Moderate Physical Activity B Low-impact to medium-impact physical exertion designed to increase an individual's heart rate to rise to at least 75 percent of his or 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 counts as moderate physical activity.

Physical education classes will have the same student/teacher ratios used in other classes. Physical education will be taught by a licensed instructor. The physical education program shall be provided adequate space and equipment and conform to all applicable safety standards.

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 elementary program will provide for:

- 20 minutes of recess per day. Recess may be incorporated into the lunch period, but will be scheduled before lunch and held outdoors when possible.
- An average of 150 minutes of moderate physical activity each five-day school week or an average of 30 minutes per school day. The program will also provide for 50 minutes per week of physical education under the supervision of a certified physical education instructor.

The middle school program will provide for required: 3,000 minutes of physical education per year.

The high school program will provide for 1 unit(s) of physical education prior to graduation.

All 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 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.
 3. Discourage periods of inactivity that exceed two 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.

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

Staff will collaborate with agencies and groups conducting nutrition education in the community to send consistent messages to students and their families. 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. The district is encouraged to promote the use of school facilities outside of school hours for physical activity programs offered by community-based organizations.

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. Providing nutrient analyses of district menus.
2. Providing parents/guardians a list of appropriate foods that meet the district's nutrition standards for snacks.
3. Providing parents/guardians with ideas for healthy celebrations, parties, rewards and fundraising activities.
4. Encouraging parents/guardians to pack healthy lunches and snacks and to refrain from including beverages and foods that do not meet the districts nutrition standards.
5. Designing curricular nutrition education activities and promotions to involve parents/guardians and the community.
6. Supporting efforts of parents/guardians to provide their children with opportunities to be physically active outside of school.
7. Providing information about physical education and other school-based physical activity opportunities available to students before, during and after the school day.
8. Sharing information about physical activity and physical education via the district's website, newsletter, other take-home materials, special events or physical education homework.

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

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.

Staff Development and Training

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

Tobacco

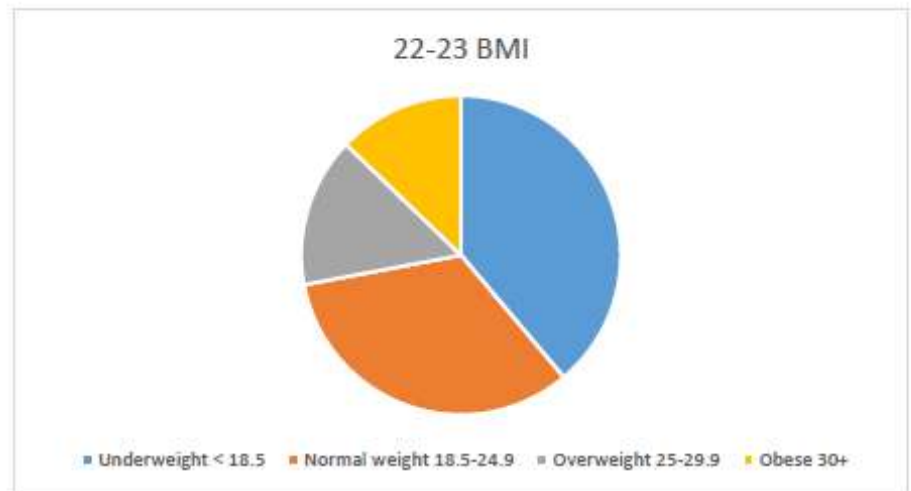
Tobacco use prevention education will focus on all grades with particular emphasis on middle school and reinforcement in all later grades. Instructional activities will be participatory and developmentally appropriate. Tobacco use prevention education programs will be implemented in accordance with Board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

Physical Fitness Report 22-23

	MET HFR	DID NOT MEET HFR
6TH GRADE		
PACER	8	1
SIT AND REACH	5	4
MODIFIED PULL UP	8	1
CADENCE CURL UP	9	0
5TH GRADE		
PACER	14	1
SIT AND REACH	13	2
MODIFIED PULL UP	12	3
CADENCE CURL UP	15	0
4TH GRADE		
PACER	6	4
SIT AND REACH	8	2
MODIFIED PULL UP	9	1
CADENCE CURL UP	10	0
3RD GRADE		
PACER	5	6
SIT AND REACH	11	0
MODIFIED PULL UP	9	2
CADENCE CURL UP	11	0
<i>*HFR is Healthy Fitness Zone</i>		

BMI Report

Range	22-23 BMI	
Underweight < 18.5		82
Normal weight 18.5-24.9		70
Overweight 25-29.9		32
Obese 30+		27



Range	23-24	
Underweight < 18.5		104
Normal weight 18.5-24.9		67
Overweight 25-29.9		35
Obese 30+		25

