

## Adair Co. R-1 School Wellness Policy Annual Assessment Report

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| <b>Wellness Policy Language</b>  | Fully<br>in<br>place | Part<br>in<br>place | Not<br>in<br>place | List steps that have been taken to implement goal and list changes and or/barriers of implementation.  | List next steps that will be taken to fully implement and/or expand on goal.  |
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| <b>Nutrition Education Goals</b>   |                      |                     |                    |  |   |
| 1. Provides nutrition curriculum for every grade level.  | X                    |                     |                    | Nutrition topics shall be integrated within the comprehensive health education curriculum and taught at every grade level (K-12).  | In order to achieve the nutrition education goal the district will provide students with adequate nutrition knowledge by teaching: (see policy for list of 26 topics) |
| 2. Encourages staff to be role models for healthy behaviors.   | x                    |                     |                    | Staff will be encouraged to model healthy eating and physical activity as a valuable part of daily life.   | Staff are encouraged to take part in yearly health challenges.  |
| 3. Specifies district using the Centers for Disease Control and Prevention's (CDC) Coordinated School Health Program model or other coordinated/comprehensive method | x                    |                     |                    | 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.   |   |
| 4. Establishes an advisory committee to address health and wellness that is ongoing beyond policy development.   | x                    |                     |                    | A district-wide wellness committee will be established and will meet at least 2 times per year. The committee will facilitate development of and updates to the wellness policy, and will ensure the school's compliance with the policy.  |   |
| <b>Physical Education and Physical Activity Goal</b>   |                      |                     |                    |  |   |
| 1. Addresses written physical education curriculum/program for each grade level  | x                    |                     |                    | An average of <u>150</u> minutes of moderate physical activity each five-day school week or an average of 30 minutes per school day. The <u>middle school</u> 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. |   |

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| 2. District provides physical education training for physical education teachers.  | x |  |  | Staff responsible for implementing the physical education program will be properly certified and regularly participate in area-specific professional development activities. |  |
| 3. Addresses community use of school facilities for physical activity outside of the school day.   | x |  |  | The district is encouraged to promote the use of school facilities outside of school hours for physical activity programs offered by community-based organizations.          |  |
| 4. All elementary school students shall have daily recess.   | x |  |  | 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.                          |  |
| <b>Nutrition Guidelines for All Foods Available to Students</b>  |   |  |  |  |  |
| 1. Addresses access to and/or promotion of the School Breakfast Program (USDA).  | X |  |  | All schools will provide breakfast through the USDA School Breakfast Program   |  |
| 2. Specifies strategies to increase participation in school meal programs. ("School meal programs" can be assumed to refer to breakfast and/or lunch.) | X |  |  | Students are not permitted to leave school campus during the school day to purchase food or beverages  |  |
| 3. Ensures adequate time to eat.   | X |  |  | Mealtimes will provide students with at least 10 minutes to eat after sitting down for breakfast and 20 minutes after sitting down for lunch.                                |  |
| 4. Ensures nutrition training for food service director and/or onsite manager (or other person responsible for menu planning)                          | x |  |  | The district will provide continuing professional development for all district nutrition professionals   |  |

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| <b>Other School Based Activities Goals</b>   |   |  |  |   |  |
| <b>Food Marketing in Schools</b>   |   |  |  |   |  |
| 1. Regulates vending machines  | X |  |  | 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). |  |
| 2. Regulates food served at class parties and other school celebrations.   | X |  |  | Providing parents/guardians with ideas for healthy celebrations, parties, rewards and fundraising activities.   | Teachers could give list of healthy foods to bring instead of open sign ups.   |
| 3. Specifies restricting marketing of unhealthful choices  | X |  |  | Food and beverage marketing will be limited to the promotion of foods and beverages that meet the nutrition standards adopted by the Board  |  |
| <b>Integrating Physical Activity into the Classroom Setting</b>  |   |  |  |   |  |
| 1. Addresses structured physical activity before or after school through clubs, classes, intramurals or interscholastic activities.  | X |  |  | Providing information about physical education and other school-based physical activity opportunities available to students before, during and after the school day   |  |
| 2. Regular physical activity breaks are provided for elementary school students during classroom time, not including PE and recess   | X |  |  | Discourage periods of inactivity that exceed two or more hours.   | Provide Take 10! training to all teachers?   |
| <b>Communications with Parents</b>   |   |  |  |   |  |
| 1. Specifies how district will engage families to provide information and/or solicit input to meet district wellness goals (e.g., through website, e-mail, parent conferences, or events). | X |  |  | Providing nutrition information to parents/guardians via newsletters, handouts, presentations or other appropriate means.   | Wildcat Wellness Wednesday will provide information about physical education, nutrition, health and mental health, once per month via school Facebook or hand out. |

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| 2. Sharing information about physical activity and physical education via the district's website, newsletter, other take-home materials, special events or physical education homework. | X |  |  | Disseminating information about community programs that offer nutrition assistance to families.  |  |
| <b>Staff Wellness</b>   |   |  |  |  |  |
| 1. Encourages staff to be role models for healthy behaviors.  | X |  |  | Staff will be encouraged to model healthy eating and physical activity as a valuable part of daily life.   |  |
| 2. Establishes an advisory committee to address health and wellness that is ongoing beyond policy development.  | x |  |  | Staff will collaborate with agencies and groups conducting nutrition education in the community to send consistent messages to students and their families |  |