

FREDERICKTOWN R-I

WELLNESS PLAN

Revised and Approved: October 15, 2019

WELLNESS COMMITTEE

Brett Reutzel	Superintendent
Shannon Henson	Assistant Superintendent
Sandy Sonderman	Board Member
Nickey Reutzel	Intermediate Principal
Robin Yount	Application Processor
Joaby Sikes	Health/PE Instructor
Sherri Reed	Director of Nutrition Services
Jenna Follis	Parent
Matthew Williams	Student
Sherry Pinkley	Nurse

The primary goals of the Fredericktown School District's Wellness Program are to promote student health, reduce student overweight/obesity and facilitate student learning of lifelong health habits. The following procedures will guide the implementation of the district's wellness program.

Nutrition Guidelines and Services

The district designates the following nutrition guidelines, based on the Healthy Hunger Free Kids Act for foods and beverages served in the school day. The Fredericktown School District will provide nutrition services that make maximum contribution to health, nutrition, and education of our children by:

- Providing well-prepared meals served in a safe, pleasant environment with adequate time for lunch.
- Offering and encouraging wise food choices.
- Contributing to the overall district education setting.
- Improving the academic success of students.
- Offering a Nutrition Education Program to elementary teachers and students.

School Breakfasts

1. Elementary School breakfast will meet/exceed the Healthy Hunger Free Kids Act Guidelines.
2. Middle and High School breakfast will meet/exceed the Healthy Hunger Free Kids Act Guidelines.

School Lunches

1. Elementary School lunches will meet/exceed the Healthy Hunger Free Kids Act Guidelines.
2. Middle and High School lunches will meet/exceed the Healthy Hunger Free Kids Act Guidelines.

A La Carte Food Items

1. Middle and High School a la carte food items will meet/exceed the Smart Snacks in Schools Guidelines attachment 1).

A La Carte Beverage Items

1. Middle and High School a la carte beverage items will meet/exceed the Smart Snacks in Schools Guidelines.

Food Items Sold in Vending Machines and School Stores

1. Food sold in school stores will meet/exceed the Smart Snacks in Schools Guidelines.

Beverage Items Sold in Vending Machines and School Stores

1. Elementary Schools will not offer beverages in vending machines to elementary students. Beverages sold in school stores will meet/exceed the Smart Snacks in Schools Guidelines.
2. Middle and High School beverage items sold in vending machines and school stores will meet/exceed the Intermediate category of the Smart Snacks in Schools Guidelines.
3. Vending machines containing soft drinks will not be accessible to students during lunch hours.

Rewards, Celebrations, Parties, Fundraisers, and After-School Programs

1. It is recommended that food and beverages offered through rewards, celebrations, parties, fundraisers, and after-school programs will meet/exceed the Minimum category with at least 25% of these items meeting the Smart Snacks in Schools Guidelines .
2. Fredericktown Schools will encourage staff and parents to offer non-food rewards or health foods and beverages for rewards, celebrations, parties, fundraisers, and after-school programs.

Nutritional Education

The district will develop a sequential program of appropriate nutrition education for every student. The program will:

- I. Through district curriculum, provide students with adequate nutritional knowledge including, but not limited to:
 - a. The benefits of healthy eating.
 - b. Essential nutrients.
 - c. Nutritional deficiencies.
 - d. Principles of healthy weight management.
 - e. The use and misuse of dietary supplements.
 - f. Safe food preparation, handling, and storage.
- II. Through district curriculum, provide students with nutrition-related skills that minimally include the ability to:
 - a. Plan healthy meals.
 - b. Understand and use food labels.
 - c. Assess personal eating habits, nutrition goal setting and achievement.
- III. Provide instructional activities that stress the appealing aspects of healthy eating and are hands-on, behavior based, developmentally appropriate and enjoyable.
- IV. 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.

- V. Coordinate the food service program with nutrition instruction.

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 physical activities, maintain physical fitness and regularly participate in physical activity. In order to achieve the physical activity goal, the district will:

- I. Develop a sequential program for appropriate physical education activity for every student. The program will:
 - a. Provide physical education for students during the school week that meets/exceeds state standards.
 - b. Emphasize knowledge and skills for a lifetime of regular physical activity.
 - c. Develop at least 75% of physical education class time to actual physical activity each week, with as much time as possible spent in moderate to vigorous physical activity.
 - d. Provide a variety of activity choices, feature cooperative as well as competitive activities, and account for gender and cultural differences in students' interests.
 - e. Be closely coordinated with the other components of the overall school health program.
- II. Provide time in elementary schools for supervised recess. All students will have at least 25 minutes per day of supervised recess. It is preferred that recess be scheduled before lunch.
- III. Provide opportunities and encouragement for students to voluntarily participate in after-school activity programs at all levels.
- IV. Encourage joint school and community recreational activities.
- V. Discourage the use of physical activity as a form of discipline or punishment. Discourage the taking away of recess as a form of punishment.
- VI. Discourage periods of inactivity that exceed two or more hours. Staff should give students periodic breaks during which they are encouraged to stand and be moderately active.
- VII. Provide opportunities and encouragement for staff to be physically active.

Environmental and Consumer Health Education

Develop a sequential program of appropriate environmental and consumer education for every student. 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.

Substance Abuse Prevention

Along with the district Drug Free Committee, develop a sequential program of appropriate substance abuse prevention for every student. The program will:

1. Ensure tobacco/drug use prevention education for all grades with particular emphasis on middle school and reinforcement in all later grades.
2. Provide instructional activities that will be participatory and developmentally appropriate.

Physical Fitness Education

Through our district wide curriculum, provide and appropriate physical fitness education for every student. The program will:

- I. Provide students at all grade levels with adequate physical fitness knowledge including, but not limited to:
 - a. The benefits of being physically fit and how nutritious food, exercise, and sleep assist in becoming physically fit.
 - b. The ability to plan an exercise program that includes warming up, stretching, activity, and cool down components.
 - c. The understanding of how environmental conditions affect exercise/physical activity. Examples of conditions include, but are not limited to, extreme heat and/or humidity, sun exposure, extreme cold and/or wind chill.
 - d. The ability to assess personal health related fitness components for individual fitness goal setting.

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

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. Providing nutrition information to parents/guardians in the forms of newsletters, handouts, presentations or other appropriate means.
2. Providing nutrient analyses of district menus.
3. Providing parents/guardians a list of appropriate foods that meet the district's nutrition standards for snacks.
4. Providing parents/guardians with ideas for healthy celebrations, parties, rewards and fundraising activities.
5. 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.
6. Supporting efforts of parents/guardians to provide their children with opportunities to be physically active outside of school.
7. Sharing information about nutritional tips and physical activity via the district's website, newsletter, and other take-home materials.

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 time will provide students with at least 10 minutes to eat after sitting down for breakfast and at least 15 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, it is strongly recommended that lunch periods will follow recess periods.
4. Students will have access to hand-washing facilities before they eat meals or snacks.
5. Students will be allowed to converse during meals.
6. The cafeteria will be clean, orderly, and inviting.
7. Adequate seating and supervision will be provided during meal times.

Monitoring

The Superintendent will coordinate food service for the Fredericktown R-1 School District with OPPA, the district contracted foodservice company. Both parties will insure compliance with the districts nutritional guidelines and will report on the matter to the wellness team.

The wellness team will report annually to the Board of Education on district wide compliance with the district's wellness policies.