

Overview

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 the Hickman Mills District wellness program are to promote student health, reduce student overweight/obesity, facilitate student learning of lifelong healthy habits and increase student achievement.

Wellness Committee

The district will establish a wellness committee that consists of at least one (1): parent, student, school nurse, school food service representative, Board member, school administrator, member of the public, and other community members as appropriate. A qualified, credentialed nutrition professional will also be a member of the wellness committee. The Board designates the following individual(s) as wellness program coordinator(s): a member of school foodservice, a school nurse, a PE teacher, a classroom teacher, an administrator, and a community member. Only employees of the district who are members of the wellness committee may serve as wellness program coordinators. Wellness coordinators, 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.

- Cross Refs: EF, Food Services Management
EFB, Free and Reduced-Cost Food Services
IGAEA, Teaching About Alcohol, Tobacco and Drugs
KI, Public Solicitations/Advertising in District Facilities
- Legal Refs: §§ 610.010 - .028, RSMo.
The Child Nutrition and WIC Reauthorization Act of 2004, Section 204,
P.L.108-265
The Richard B. Russell National School Lunch Act, 42 U.S.C. §§ 1751 - 1769h
The Child Nutrition Act of 1966, 42 U.S.C. §§ 1771 - 1789

Nutrition Guidelines

It is the policy of the Hickman Mills C-1 School District that all foods and beverages made available on campus during the school day are consistent with the Missouri Eat Smart 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 will create procedures that address all foods available to students throughout the school day in the following areas:

- National School Lunch Program and School Breakfast Program meals
- À la carte offerings in the food service program
- Vending machines and school stores
- Classroom parties, celebrations, fundraisers, rewards and school events
- Snacks served in after-school programs

Foods and beverages available during the school day will be nutrient-dense, including whole grain products, fiber-rich fruits and vegetables, lean meats and dairy products that provide students a variety of choices to maintain a balanced diet.

The district designates the following nutrition guidelines, based on the Missouri Eat Smart Nutrition Guidelines, for foods and beverages served in schools during the school day:

Nutrition Guidelines

9510.1 *School Breakfasts and Lunches*

Schools will comply with the Missouri Eat Smart Nutrition Guidelines at the Advanced Level for School Breakfasts and Lunches. Additionally, the following specific nutrition standards will pertain to all foods and beverages served or made available in school meals:

Fat Content/Fried Foods/Milk Fat

1. School kitchens and other vendors may not serve food items containing more than 25 grams of total fat per servings more than twice per week.
2. Foods prepared for school meals will not be fried.
3. Foods that have been flash fried by the manufacturer may be served, but will be baked or heated by another healthy method.
4. Whole fat milk will not be sold or offered to students.
5. Exception to MO Eat Smart Guidelines Advanced Level - In accordance with provisions under the Child Nutrition and WIC Reauthorization Act of 2004, Public Law 108-265, fluid milk must be offered in a variety of fat contents. All schools are required to offer at least two fat levels based on product availability from the dairy vendor.

Nutrition Guidelines

9510.2 Food and Beverage Items Sold in Vending Machines, School Stores and A La Carte

Schools will comply with the MO Eat Smart Nutrition Guidelines for student accessible vending machines, school stores, and A La Carte sales at the appropriate Advanced Level. *Note: This guidance applies to 100% of foods available.* Additionally, the following **maximum** portion restrictions pertain to all foods and beverages served or made available to students on school premises.

Food or Beverage	Elementary Portion Size	MS Portion Size	HS Portion Size
Chips (<i>baked or no more than 5 grams of fat per oz.</i>), pretzels, crackers, popcorn, cereal, trail mix, nuts, seeds, dried fruit.	1.5 oz.	1.5 oz.	1.5 oz.
Cookies	2 oz.	2 oz.	2 oz.
Bakery Items (<i>i.e. rolls, muffins, pastries, cinnamon rolls, etc.</i>)	3.0 oz.	3.0 oz.	3.6 oz
Frozen Desserts, Ice Cream	4 oz.	4 oz.	4 oz.
Fruit Juices (<i>must contain 100% real fruit juice</i>)	8 oz.	12 oz.	12 oz.
Beverages other than milk or those restricted as FMNV	N/A	20 oz	20 oz.

Nutrition Guidelines

Beverages

1. Water and flavored water *without added sugar, artificial sweeteners or caffeine* will be offered.
2. **Middle and High Schools Only** - Sports drinks may be sold or offered, but must not contain more than 35% sugar by weight.

Sugar Content Exception to MO Eat Smart Guidelines

Except for fruit without added sugar, not more than 40% product weight may come from sugar.

9510.3 After-School Programs, Rewards, Celebrations and Parties, Fundraisers, Intramural Activities

Schools will comply with the Advanced Level of the MO Eat Smart Guidelines regarding USDA After-School Snack Programs, Celebrations and Parties, Fundraisers, and Intramural Events. Classroom snacks and celebrations should reinforce the importance of healthy choices and portion control. *Snacks for these functions will be commercially prepared.* Fundraising guidelines will apply only during school hours.

9510.4 Rewards/Punishment

Exception to Advanced Level of MO Eat Smart Guidelines: Non-food rewards are encouraged whenever possible. If used, food/beverage rewards should be nutrient-dense, providing a high percentage of essential nutrients per calories.

Withholding foods or beverages, regardless of nutrient value, as a form of punishment for academic performance or student behavior is strictly prohibited. Any items offered to a group of students will be made available to the entire group of students in attendance.

Nutrition Education

The district will provide nutrition and physical education aligned with the Show-Me Standards and Missouri's Frameworks for Curriculum Development in Health/Physical Education in all grades. The wellness program coordinators, in consultation with the wellness committee, will develop procedures that address nutrition and physical education. All school personnel shall reinforce nutrition and physical education concepts.

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. (Missouri's Frameworks for Curriculum Development were used to identify nutrition education goals. The corresponding MO Show-Me Standards are indicated in parentheses.) In order to achieve the nutrition education goals, the district will:

1. Provide students at all grade levels with age-appropriate nutritional knowledge including, but not limited to:
 - The benefits of healthy eating. (HP 2; GOALS: 1.10, 4.7)
 - Essential nutrients. (HP 2, 3; GOALS: 1.6, 1.10)
 - Nutritional deficiencies. (HP 1, 3; GOALS: 3.1, 3.2)
 - Principles of healthy weight management. (HP 1, 2; GOAL: 1.6, 4.7)
 - The use and misuse of dietary supplements. (HP 5; GOALS: 1.7, 3.8, 4.7)
 - Safe food preparation, handling and storage. (HP 2; GOAL: 4.7)
2. Provide students with nutrition-related skills that minimally include the ability to:
 - Plan healthy meals. (HP 2; GOAL: 4.7)
 - Understand and use food labels. (HP 2, 6; GOALS: 1.2, 1.5, 4.1)
 - Apply the principles of the Dietary Guidelines for Americans (DGA) and MyPyramid. (HP 2; GOAL: 1.10)
 - Critically evaluate nutrition information, misinformation, commercial food advertising, and media influences on body image. (HP 6; GOALS: 1.6, 1.7, 2.7, 3.5, 4.7)
 - Assess personal eating habits, nutrition goal setting and achievement. (HP 2, 5; GOALS: 1.7, 1.10, 4.5)

Nutrition Education

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. 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 provide resources and appropriate healthcare referrals.
5. Coordinate the food service program with nutrition education instruction.
6. Ensure the school environment promotes positive nutrition messages and supports nutrition education efforts.

Physical Activity

The district will provide nutrition and physical education aligned with the Show-Me Standards and Missouri's Frameworks for Curriculum Development in Health/Physical Education in all grades. The wellness program coordinators, in consultation with the wellness committee, will develop procedures that address nutrition and physical education. All school personnel shall reinforce nutrition and physical education concepts.

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 age appropriate 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:

9530.1

1. Develop a sequential program of appropriate physical education for every student. The program will:
 - Provide for at least 60 (minimum required: 50) minutes of physical education for students in the elementary grades during the school week; at least 110 (minimum required: 3000 minutes/year) minutes during each school week for students in middle school; and at least 1.5 units for students in high school.
 - Emphasize knowledge, attitudes and skills for a lifetime of regular physical activity. (HP 4, GOALS: 1.1, 1.10, 4.1, 4.7)
 - Devote at least 50 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. (HP 1, 4)
 - Meet the needs of all students, especially those who are not athletically gifted or those who have special needs. (HP 2, 4; GOALS: 4.1, 4.6)
 - Provide a variety of activity choices, feature cooperative as well as competitive activities, and account for gender and cultural differences in students' interests. (HP 4: GOALS: 1.6, 1.10, 4.7)

Physical Activity

- 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.

9530.2

2. Provide time in elementary schools for supervised daily recess that encourages physical activity. All elementary students will have at least 30 (recommended: 60) minutes per day of supervised recess. Recess will be scheduled before lunch periods and held outdoors, when possible.
 - Supervision of one recess aide to every 25 children will be provided to ensure the safety of all students.

9530.3

3. Prohibit the use of physical activity as a form of discipline or punishment and ensure that physical education and recess will not be withheld as punishment.

9530.4

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.

9530.5

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 childcare and enrichment programs sponsored by the district.

Other School-Based Activities

The wellness program coordinators, in consultation with the wellness committee, are charged with developing 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.

9540.1 AED Program

In order to treat victims who experience sudden cardiac arrest, the Hickman Mills C-1 School District has an Automatic External Defibrillation (AED) Program in place. There is an AED unit located in each school building, at the Baptiste Educational Center, the Administration Center, and at the district athletic field. There are first responder teams trained and available at each site.

9540.2 Food Allergies

The rising prevalence and life-threatening nature of food allergies present challenges for schools. The risk of accidental exposure to food allergens can be reduced in the school setting when schools work with students, parents and physicians to minimize risks and provide a safe educational environment for food-allergic students.

- All staff entrusted with the care of students will receive basic education concerning food allergies and training in the prevention and management of allergic conditions.
- Schools will identify a core team including, but not limited to, a school nurse, teacher, principal, child nutrition manager and/or nutrition education coordinator, and counselor to work with parents and the student (age appropriate) to establish a prevention plan.

Other School-Based Activities

- Schools will be prepared to manage an anaphylactic emergency by:
 - Having trained school personnel designated to respond in each building at all times.
 - Reviewing all health records submitted by parents and physicians and following up on any indicated food allergen.
 - Clearly identifying the student's needs to all responsible parties, including a completed and signed *Medical Statement for Student Requiring Special Meals* form.
 - Having the physician's orders on file, as well as an Individualized Healthcare Plan (IHP) for each student with the diagnosis of a life-threatening allergic condition. An Emergency Action Plan that addresses the management of anaphylaxis should also be included for high-risk allergens.
 - Maintaining a current supply of epinephrine by auto-injector in at least one easily accessible location. All school personnel will know where epinephrine is stored; trained personnel will have direct access.
 - Schools will follow procedure for the management of anaphylaxis in individuals with undiagnosed allergies, including protocol signed by the school physician authorizing the administration of antihistamine and/or epinephrine by a school nurse. (See *Standing Orders for Anaphylaxis*, Health Care Manual).
 - **Schools will always follow the doctor's orders for food avoidance.**
- Promote **PAL** (**Protect A Life** from Food Allergies) Program in schools to provide educators with information for teaching students about food allergies and to help them learn how to help friends who have food allergies.

Other School-Based Activities

9540.3 Health Education

Provide for at least 30 minutes of health education for students in the elementary grades during each school week; at least 45 minutes during each school week for students in the middle school; and at least 1 unit(s) for students in high school.

9540.4 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.

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.

9540.5 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 (recommended: 10) minutes to eat after sitting down for breakfast and 20 (recommended: 20) minutes after sitting down for lunch.
2. Bus schedules will be coordinated to allow all students ample time before class to eat breakfast at school. Activities such as tutoring or meetings will not be held during mealtimes unless students may eat during such activities.
3. Students will have access to and be encouraged to use hand-washing facilities immediately before they eat meals or snacks.
4. The district will take reasonable steps to accommodate the tooth-brushing regimens of students.
5. Students will be allowed to converse during meals.
6. Adequate seating and supervision will be provided during meal times.

Other School-Based Activities

9540.6 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:

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.

9540.7 Personal Safety

Schools will raise staff, student and family awareness and teach about prevention of all major causes of accidental injury, including but not limited to:

- Bicycle and Motorbike Safety - Helmet Usage
- Motor Vehicle Safety - Safety Belt Usage
- Fire and Burn Safety
- Pedestrian Safety
- Poison Control
- Sun Safety
- Water Safety

Other School-Based Activities

9540.8 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.

9540.9 Staff Development and Training

The district will provide all staff 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.

Each year, the district will provide safety training to all school personnel to include: suicide warning signs, bullying, blood-borne pathogens, and other pertinent safety issues. Administrators and staff will also be adequately prepared and annually participate in conflict resolution training. Additionally, each staff member will participate in professional development at least every three (3) years regarding signs and symptoms of drug and alcohol abuse.

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. 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. Staff responsible for implementing the physical education program will be properly certified and regularly participate in area-specific professional development activities. Recess aides will receive yearly safety and first aid training, as well as organization and management skills.

Other School-Based Activities

9540.10 *Staff Wellness*

The Hickman Mills C-1 School District highly values the health and well being of every staff member and will plan and implement activities and policies that support personal efforts by staff to maintain a healthy lifestyle. The district will offer staff wellness programs that include education on nutrition, healthy eating behaviors and maintaining a healthy weight for optimal health, as well as smoke cessation, stress reduction and other identified areas of concern.

The district will establish and maintain a staff wellness committee composed of at least one (1): staff member; wellness committee member; registered dietitian, school nurse or other health professional; employee benefits specialist; and other appropriate personnel. The staff wellness committee will serve as a subcommittee of the district wellness committee. The staff wellness committee 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 and other elements of a healthy lifestyle. The staff wellness committee will distribute its plan to the wellness program committee annually.

Oversight & Evaluation

The wellness committee will assess all education curricula and materials pertaining to wellness for accuracy, completeness, balance and consistency with the state and district's educational goals and standards. Wellness program coordinators shall be responsible for devising a plan for implementation and evaluation of the district wellness policy and are charged with operational responsibility for ensuring that schools meet the goals of the district wellness policy.

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 annually.

9550.1 *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.

Oversight & Evaluation

9550.2 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. Weight status or body mass index (BMI) of students and staff.
5. Fruit and vegetable intake of students and staff.
6. Number of healthy food items available in vending machines.
7. Number of discipline problems.
8. Achievement levels of students.
9. Student and staff absenteeism
10. Number of staff that participated in training and development related to student wellness.

9550.3 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 directives will be revised accordingly.