**DISTRICT WELLNESS POLICY**

The primary goals of the Mark Twain School District’s wellness program are 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.

**Wellness Committee**

The district will establish a wellness committee that consists of at least one (1): parent, student, nurse, school food service representative, physical education teacher, board member, school administrator, member of the public, and other community members as appropriate. The Board designates the following individual as wellness program coordinator: Don Yarger.

**Nutrition Guidelines**

The district designated the following nutrition guidelines, based on the Missouri Eat

Smart Nutrition Guidelines, for foods and beverages served in schools during the school day:

School Meals – All school meals will comply with USDA regulations and state policies and strive to meet the advanced, more healthful regulations of the Missouri Eat Smart

Guidelines.

A La Carte Food Items – If A la carte items are served they will comply with USDA regulations prohibiting the sale of “foods of minimal nutritional value” where school meals are served or eaten during the meal period.

Food Items Sold in Vending Machines – There will not be food vending machines available to students at the Mark Twain School District. Soda vending machines with bottled water, Gatorade, Soda and diet soda will remain accessible to the students, in compliance with USDA regulations prohibiting the sale of “foods of minimal nutritional value” where school meals are served or eaten during the meal period.

Snack Programs, Rewards, Celebrations and Parties – All foods and beverages are offered in compliance with USDA regulations prohibiting the sale of “foods of minimal nutritional value” where school meals are served or eaten during the meal period.

**Nutrition Education**

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. In order to achieve the nutrition education goal, the district will:

1. Provide students at all grade levels with adequate nutritional 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 in grades 6-8 only.

2. Provide students with nutrition-related skills that minimally include the ability to:

• Understand and use food labels

• Apply the principles of the Dietary Guidelines for Americans and MyPyramid.gov.

3. Integrate the Team Nutrition curriculum into the schools nutrition education in appropriate grades

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 assure access to healthcare.

5. Coordinate the food service program with nutrition instruction. Food Service director should also work closely with those responsible for other components of the school health program to achieve common goals.

**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 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 at least 150 minutes of physical education for students in the elementary grades (grades K-5) during the school week; at least 150 minutes during each school week for students in middle school (grades 6-8).

• Emphasize knowledge and skills for a lifetime of regular physical activity.

• 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.

• 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 based on participation in an athletic team, community recreation program, or other school or community activity.

• Be closely coordinated with the other components of the overall school health program.

2. Provide time in elementary schools for supervised recess. All students will have at least 20 minutes per day of supervised recess. Recess will be held outdoors when possible.

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.

4. 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 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’s education 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. Posting nutrition tips on district websites.

3. Providing nutrient analyses of district menus, upon request.

4. Providing parents/guardians a list of appropriate foods that meet the district’s nutrition standards for snacks.

5. Providing parents/guardians with ideas for healthy celebrations, parties, rewards, and fundraising activities.

6. 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.

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. 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 districts

Wellness program and comply with Board policy and USDA Smart Snack Standards. 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

**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 for elementary and 15 minutes for middle school 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. If possible, lunch periods will follow recess periods at the middle school level.

4. Drinking water will be available to students during meals.

5. Students will have access to hand-washing facilities before they eat meals or snacks.

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.

**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.

**Staff Wellness**

The Mark Twain 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.

**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.

**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.

**Oversight and Evaluation**

The wellness program coordinator, Joe Donley, is 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 procedures.

4. Ensuring that the district meets the goals of the wellness policy and procedure.

5. Reporting to the Board on compliance and progress annually.

**Monitoring**

The food service director will monitor food service areas for compliance with the district’s nutrition guidelines and will report on this matter to the wellness program coordinator.

The program coordinator 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**

The wellness committee will compile the results of the school’s baseline assessment of the existing nutrition and physical activity programs and practices. In addition, the committee will use the following indicators to measure the impact of the district wellness program:

1. School Health Index.

2. Physical fitness reports.

3. Weight status or body mass index (BMI) of students.

4. Number of staff who participated in training and development related to student wellness.

5. Student absenteeism.

Policy Review

Joe Donley 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. If you would like to be a part of the Wellness Committee contact Joe Donley at the school.