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FILE: ADF
Critical

EXPLANATION: DISTRICT WELLNESS PROGRAM

MSBA has revised this policy to comply with federal regulations.

The U.S. Department of Agriculture (USDA), the federal agency that oversees the federal school nutrition programs, recently passed new regulations implementing the Healthy, Hunger-Free Kids Act. These new regulations became effective on August 29, 2016. According to the regulations, school districts should be working toward compliance now and must fully comply with the new regulations by June 30, 2017. By the 2017–18 school year, school districts must complete the required triennial (at least once every three years) assessment.

One of the major changes required by the new rules is that school districts must have "standards for all foods and beverages provided, but not sold, to students during the school day...." Previously, the district only had to adhere to standards for foods *sold* to students on district property during the school day. Foods provided, but not sold, to students include foods used in celebrations or classroom parties and food used as a reward.

The regulations require the district to adopt standards, but it is up to the district to decide which standards to use. The team that created this policy in conjunction with MSBA chose to use the USDA Smart Snacks in School nutrition standards, but the district may adopt its own standards. See the District Wellness Program Resources included with this update for links to the Smart Snacks standards.

The following elements of this policy are required by law:

- ▶ The wellness committee, including the composition of the committee, except that a dietician is not required.
- ▶ The program coordinators, although only one is required.
- ▶ An opportunity for participation by employees, Board members, students, parents/guardians and other members of the community.
- ▶ The adoption of nutrition standards for foods and beverages sold that are no less stringent than the USDA standards. This part of the policy is not a new requirement, and school districts should already be in compliance with this provision.
- ▶ The adoption of nutrition standards for foods and beverages provided, but not sold, to students.
- ▶ Goals for nutrition education.

- ▶ **Goals for nutrition promotion.**
- ▶ **Goals for physical activity and education.**
- ▶ **Goals for "other school-based activities."**
- ▶ **Assessment provisions.**
- ▶ **Records maintenance.**

This policy was created in cooperation with the Missouri Local Wellness Policy Team. The members of this team contributed many hours of work and invaluable expertise. Members were:

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Robin Shook, Research Assistant Professor, Children's Mercy Kansas City
Pat Simmons, Community Health and Wellness Bureau Chief, DHSS
Denise Strehlow, Curriculum Development Manager, BJC School Outreach and Youth Development
Shelly Summar, Weight Management Program Coordinator, Children's Mercy Kansas City
Lisa Vanderburg, Board of Directors Member, MSBA
Karen Wooton, Coordinator, Food and Nutrition Services, DESE

MSBA recommends that copies of this document be routed to the following areas because the content is of particular importance to them. The titles on this list may not match those used by the district. Please forward copies to the district equivalent of the title indicated.

	Board Secretary		Business Office	X	Coaches/Sponsors
	Facility Maintenance	X	Food Service		Gifted
	Human Resources	X	Principals		Library/Media Center
X	Health Services		Counselor	X	Special Education
	Transportation	X	Public Info/Communications		Technology

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DISTRICT WELLNESS PROGRAM

The Board 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.

Wellness Committee

The district will establish a wellness committee that consists of at least one parent, student, nurse or other school health professional, physical education teacher, school food service representative, Board member, school administrator, member of the public, and other community members as appropriate. The committee will meet a minimum of two times annually.

Committee meeting dates and agendas will be posted on the district's website in advance of each meeting and advertised in a manner designed to reach students, staff and members of the community. All wellness committee meeting agendas will include a public comment period in which students, staff and members of the community are encouraged to provide input on the district's wellness program. Meetings, records and votes of the wellness committee will adhere to the requirements of the Missouri Sunshine Law.

Wellness Program Coordinators

Health Services
Coordinator

The Board designates the following individual(s) as wellness program coordinator(s):
(title). 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.

Wellness program coordinators are responsible for ensuring that each school in the district is in compliance with this policy.

The responsibilities of the wellness committee may include, but are not limited to, oversight of the following:

1. Implementation of district nutrition and physical activity standards.
2. Integration of nutrition and physical activity in the overall curriculum.
3. Assurance that staff professional development includes nutrition and physical activity issues.

4. Assurance that students receive nutrition education and promotion and engage in vigorous physical activity.
5. Development of procedures that address nutrition education and promotion, physical education and physical activity.

~~Wellness committee members are responsible for ensuring that each school in the district is in compliance with this policy.~~

The wellness committee will be responsible for preparing a report that includes, but is not limited to, the following information:

1. Monthly district menus and meal counts.
2. Listing of all à la carte, vending and competitive foods sold by school food service.
3. Listing of physical activity programs and opportunities for students throughout the school year.

Nutrition Guidelines

The nutrition guidelines outlined in this section do not apply to food or beverages brought from home by students for consumption solely by the student or food or beverages created or used by students as part of the district's instructional program.

It is the policy of the Camdenton R-III School District that 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) school meal and Smart Snacks in School (Smart Snacks) nutrition standards. 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, unless an exemption applies. In addition, the Smart Snacks standards apply to all food and beverages provided, but not sold, to students outside the reimbursable school meals program during the school day. For the purposes of this policy, the school day is the time period from the midnight before to 30 minutes after the official school day.

Nutrition and Physical Activity Promotion and ~~Nutrition and Physical Education~~

The district will disseminate nutrition messages and other nutrition-related materials received from the USDA to students, staff and the community through a variety of media and methods. The wellness program coordinator(s), in consultation with the wellness committee, will develop procedures that address nutrition education and promotion.

Student Education

The district will provide nutrition education and physical education and opportunities for physical activity aligned with the Show-Me Standards and Missouri's Frameworks for Curriculum Development Learning Standards and Grade-Level Expectations (GLEs) in Health and Physical Education in all grades. K-12 instructional staff will be encouraged to integrate nutritional themes into daily lessons when appropriate. The health benefits of good nutrition should be emphasized. Lessons will focus on skills and positive aspects of healthy eating. The district nutrition policy reinforces nutrition education to help students practice these themes in a supportive school environment.

Parent Education

Nutrition education may be provided in the form of handouts, postings on the district website, articles and information provided in district or school newsletters, presentations that focus on nutritional value and healthy lifestyles and through any other appropriate means available for reaching parents.

Staff Education

Nutrition and physical activity education opportunities will be provided to all schools staff at the elementary, middle and high school levels. These educational opportunities may include, but are not limited to, the distribution of educational and informational materials and the arrangement of presentations and workshops that focus on nutritional and healthy lifestyles, health assessments, fitness activities and other appropriate nutrition and physical activity-related topics.

Physical Activity Goals

The district will provide physical activity and physical education opportunities that provide students with the knowledge and skills to lead a physically active lifestyle by implementing the following strategies:

1. Making physical education classes and physical activity opportunities available to all students.
2. Offering physical activity opportunities daily before school, during school (recess) or after school.
3. Following recommendations of the National Association for Sport and Physical Education (NASPE) that school leaders of physical activity and physical education guide students

through a process that will enable them to achieve and maintain a high level of personal fitness through the following:

- ▶ Exposing students to a wide variety of physical activities.
 - ▶ Teaching physical skills to help maintain a lifetime of health and fitness.
 - ▶ Encouraging self-monitoring so students can see how active they are and set their own goals.
 - ▶ Individualizing the intensity of activities.
 - ▶ Focusing feedback on the process of doing your best rather than on the product.
 - ▶ Being active role models.
4. Introducing developmentally appropriate components of a health-related assessment to the students at an early age to prepare them for future assessments.
 5. Making physical education classes sequential, building from year to year, and including content on movement, personal fitness, and personal and social responsibility. Students should be able to demonstrate competency through application of knowledge, skill and practice.

Evaluation Assessment

The wellness committee will assess **the local wellness program** annually ~~all education curricula and materials pertaining to wellness for accuracy, completeness, balance and consistency with the state and district's education goals and standards.~~ **The assessment will measure the district's level of compliance with implementing the local wellness program, including compliance levels in each of the district's schools; the extent to which the district's policy compares to model wellness policies; and a description of the progress made in attaining the goals of the program.** ~~The committee wellness program coordinator(s) will report~~ **the results of assessments** to the Board ~~periodically regarding the content and implementation of the wellness program and make recommendations for modifications to this policy as appropriate.~~ **and the results of each assessment** will be made available to the public on the district's website ~~or~~ **and** by other appropriate means. **The wellness program coordinator(s) will make recommendations for modifications to the wellness policy in accordance with these assessments, and the Board will revise the wellness policy as it deems necessary based on these recommendations. Administrative procedures will be revised accordingly.**

Records

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The wellness program coordinator(s) will maintain records necessary to document compliance with law, including a copy of the policy; documentation of community involvement, including sign-in sheets or other documentation of the names of those who provided input to the committee; documentation of triennial assessments; and documentation that assessment findings were shared with the public.

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Note: The reader is encouraged to check the index located at the beginning of this section for other pertinent policies and to review administrative procedures and/or forms for related information.

Adopted: 09/11/2006

Revised: 06/11/2012; 09/15/2014;

Cross Refs: DJF, Purchasing
EF, Food Service Management
EFB, Free and Reduced-Price Food Service
GCL, Professional Staff Development Opportunities
GDL, Support Staff Development Opportunities
IGAEA, Teaching about Drugs, Alcohol and Tobacco
IGBC, Parent/Family Involvement in Instructional and Other Programs
IGDF, Student Fundraising
JHCF, Student Allergy Prevention and Response
KI, Public Solicitations/Advertising in District Facilities

Legal Refs: §§ 167.720, 610.010 - .030, RSMo.
The Richard B. Russell National School Lunch Act, 42 U.S.C. §§ 1751 - 1760
National School Lunch Program, 7 C.F.R. Part 210

Camdenton R-III School District, Camdenton, Missouri