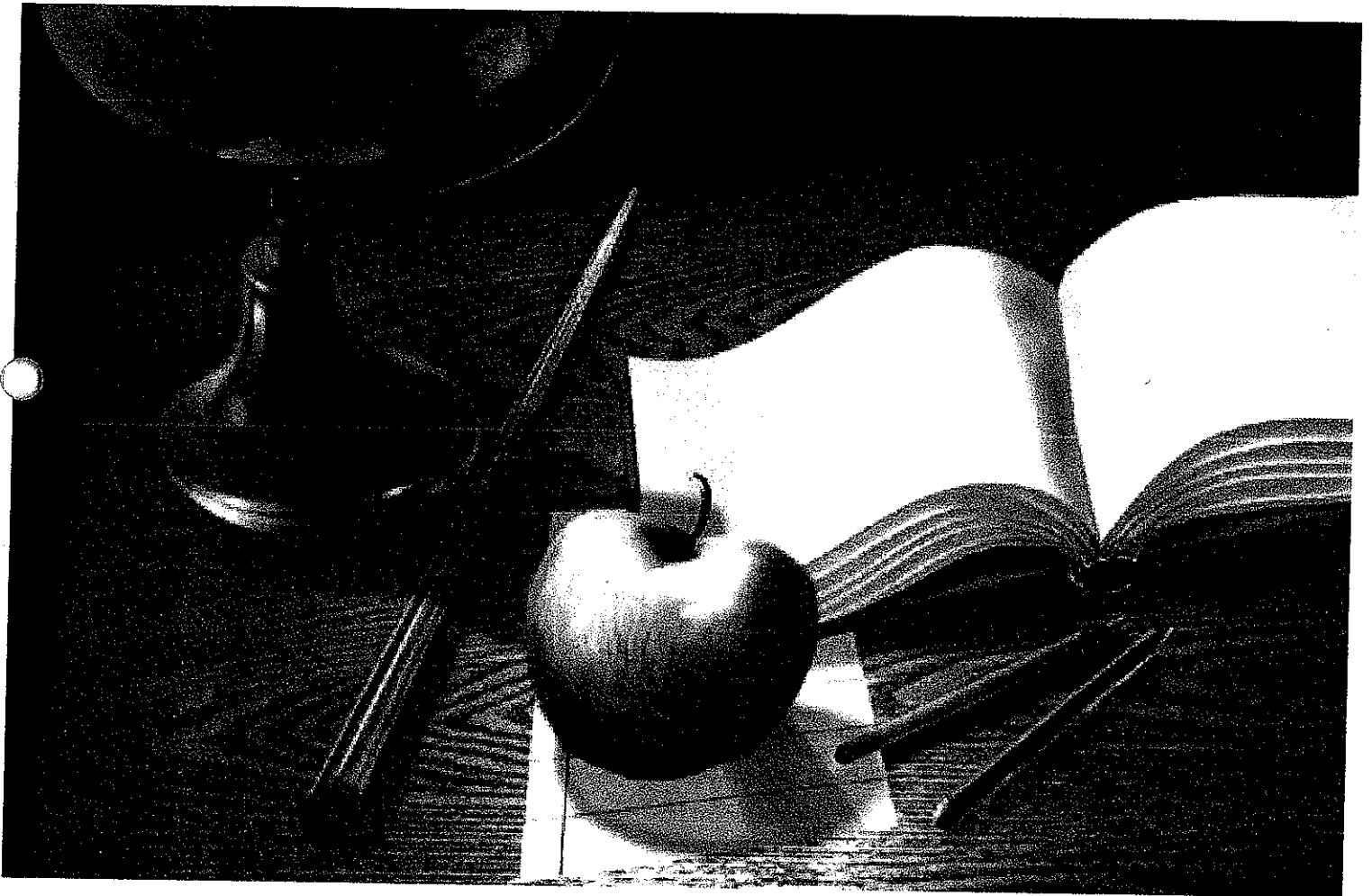


Niangua Schools Wellness Policy



May, 2006

District Wellness Policy

It is recognized that a relationship between student well being and student achievement as well as the importance of comprehensive district wellness policy. Therefore Niangua Schools will provide developmentally appropriate and sequential nutrition and physical education as well as opportunities for physical activity. The wellness policy will be implemented in a multidisciplinary fashion and will be evidenced based. It will be in place no later than the first day of the school year beginning the fall of 2006.

The Niangua Schools Wellness Policy includes:

1. Goals for Nutrition, education, physical activity, and other school-based activities that are designed to promote student wellness.
2. Nutrition guidelines for all foods available during the school day with the objectives of promoting student health and reducing childhood obesity.
3. Assurance that guidelines for reimbursable school meals shall not be less restrictive than regulations and guidance issued by the Secretary of Agriculture pursuant to subsections (a) and (b) of Section 10 of the Child Nutrition Act (42 U.S.C. 1779) and Sections 9 (f), (l) and 17 (a) of the Richard B Russell National School Lunch Act ((42 U.S.C. 1758 (f) (l), 1766 (a)), as those regulations and guidance apply to schools.
4. A plan for measuring and implementation of the wellness policy designates persons within the school district with the responsibility of ensuring that the policy is met.
5. It involves parents, students, and representatives of the school food staff, the school Board, school administrators, and the public.

I. Wellness Committee

The district will establish a wellness committee that consists of at least one (1): parent, student, nurse, school food service representative, Board member, school administrator, members of the public, and other community members as appropriate. If available, a qualified, credentialed nutrition professional will be a member of the wellness committee. The Board designates the school nurse as the wellness committee coordinator and the superintendent as the wellness policy coordinator. Only employees of the district who are members of the wellness committee may serve as wellness committee coordinators. Wellness policy coordinator, 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 State Sunshine Law.

II. Nutrition Education and Promotion

It is the goal of the wellness policy that Niangua Schools will provide nutrition education and engage in nutrition promotion that:

- Is offered at each grade level as part of a sequential, comprehensive, standards-based program designed to provide students with the knowledge and skills necessary to promote and protect their health.
- Is part of not only health education classes, but also classroom instruction in subjects such as math, science, language arts, social sciences and elective subjects.
- Includes enjoyable, developmentally appropriate, culturally relevant participatory activities, such as contests, promotions, taste testing, farm visits and school gardens.
- Promotes fruits, vegetables, whole-grain products, low-fat and fat-free dairy products, healthy food preparation methods and health-enhancing nutrition practices.
- Emphasizes caloric balance between food intake and energy expenditure (physical activity/exercise).
- Links with school meal programs, other school foods and nutrition-related community services.
- Teaches media literacy with an emphasis on food marketing.
- Includes training for teachers and other staff.

III. Physical Activity

Daily Physical Education

It is the goal of the wellness policy that Niangua Schools will provide physical education that:

- Is daily (or its equivalent of 150 minutes a week for elementary school students and 225 minutes a week for middle and high school students).
- Is required for all students in grades K-6 and offered for grades 7-12 for the entire school year.
- Is taught by a certified physical education teacher.

- Includes students with disabilities, special health-care needs and in alternative educational settings.
- Will not allow substitution for meeting the physical education requirement by student involvement in other activities involving physical activity (e.g., interscholastic or intramural sports).
- Engages students in moderate to vigorous activity during at least 50 percent of physical education class time.

Daily Recess

It is the goal of the wellness policy that Niangua Elementary schools will provide recess for students that:

- Is at least 20 minutes a day.
- Is preferably outdoors.
- Encourages moderate to vigorous physical activity verbally and through the provision of space and equipment.
- Discourages extended periods (i.e., periods of two or more hours) of inactivity.

When activities, such as mandatory school-wide testing, make it necessary for students to remain indoors for long periods of time; schools should give students periodic breaks during which they are encouraged to stand and be moderately active.

Physical Activity Opportunities after School

Niangua elementary, middle and high schools should offer extracurricular physical activity programs, such as physical activity clubs or intramural programs. All high schools, and middle schools as appropriate, will offer interscholastic sports programs. Schools will offer a range of after school physical activity opportunities that:

- Meet the needs, interests and abilities of all students.
- Include boys, girls, students with disabilities, and students with special health-care needs.

Physical Activity and Punishment

Teachers, other school and community personnel will not use physical activity (e.g., running laps, pushups) or withhold opportunities for physical activity (e.g., recess, physical education) as punishment.

Safe Routes to Schools

The Niangua Schools district will:

- Encourage parents to pack healthy lunches and snacks and to refrain from including beverages and foods that do not meet the above nutrition standards for individual foods and beverages.
- Provide parents a list of foods that meet the district's snack standards and ideas for healthy celebrations/parties, rewards and fundraising activities.
- Provide opportunities for parents to share their healthy food practices with others in the school community.
- Provide information about physical education and other school-based physical activity opportunities before, during and after the school day.
- Support parents' efforts to provide their children with opportunities to be physically active outside of school.
- Include sharing information about physical activity and physical education through a web site, newsletter, other take-home materials, special events or physical education homework.

Food Marketing in Schools

School-based marketing will be consistent with nutrition education and health promotion. It is the goal of the wellness policy that Niangua Schools will:

- Limit food and beverage marketing to the promotion of foods and beverages that meet the nutrition standards for meals or for foods and beverages sold individually.
- Prohibit school-based marketing of brands promoting predominantly low-nutrition foods and beverages.
- Promote healthy foods, including fruits, vegetables, whole grains, and low-fat dairy products.
- Market activities that promote healthful behaviors (and are therefore allowable) including: vending machine covers-promoting water; pricing structures that promote healthy options in a la carte lines or vending machines; sales of fruit for fundraisers; and coupons for discount gym memberships.

Examples: Marketing techniques include the following: logos and brand names on/in vending machines, books or curricula, textbook covers, school supplies, scoreboards, school structures, and sports equipment; educational incentive programs that provide food as a reward; programs that provide schools with supplies when families buy low nutrition food products; in-school television, such as Channel One; free samples or coupons; and food sales through fundraising activities.

- Assess and, if necessary and to the extent possible, make needed improvements to make it safer and easier for students to walk and bike to school.
- When appropriate, work together with local public works, public safety or police departments in those efforts.
- Explore the availability of federal “safe routes to school” funds, administered by the state department of transportation, to finance improvements.

Use of Facilities Outside of School Hours

School spaces and facilities should be available to students, staff and community members before, during, and after the school day, on weekends, and during school vacations. These spaces and facilities also should be available to community agencies and organizations offering physical activity and nutrition programs. Niangua Schools policies concerning safety will apply at all times.

III. Other School-Based Activities that Promote Student Wellness

Integrating Physical Activity into Classroom Settings

For students to receive the nationally recommended amount of daily physical activity (i.e., at least 60 minutes per day) and for students to fully embrace regular physical activity as a personal behavior, students need opportunities for physical activity beyond physical education class. Toward that end, It is the goal of the wellness policy that Niangua Schools will:

- Offer classroom health education that complements physical education by reinforcing the knowledge and self-management skills needed to maintain a physically active lifestyle and to reduce time spent on sedentary activities.
- Discourage sedentary activities, such as watching television.
- Provide opportunities for physical activity to be incorporated into other subject lessons.
- Encourage classroom teachers to provide short physical activity breaks between lessons or classes, as appropriate.

Communication with Parents

The district will support parents’ efforts to provide a healthy diet and daily physical activity for their children. The district will:

- Offer healthy eating seminars for parents, send home nutrition information, post nutrition tips on school web sites and provide nutrient analyses of school menus.

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. It is the goal of the wellness policy that sun safety education will be designed to assist students with:

- Knowledge about the harmful effects of the sun and ways to protect skin.
- 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.
- Knowledge about how to assess personal sun safety habits, set goals for improvement and achieve these goals.

Tobacco Awareness

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.

Tobacco use prevention education will focus on all grades with particular emphasis on grades three (3) through eight (8). Instructional activities will be participatory and developmentally appropriate. It is the goal of the wellness policy that tobacco use prevention education programs will be designed to:

- Instruct about immediate and long-term undesirable physiological, cosmetic and social consequences of tobacco use.
- Decrease the social acceptability of tobacco use.
- Address reasons why young people smoke.
- Teach students how to recognize and refute advertising and other social influences that promote tobacco use.
- Develop students’ skills for resisting social influences that promote tobacco use.
- Develop necessary assertiveness, communication, goal setting and problem-solving skills that may enable students to avoid tobacco use.

The school counselor will provide referrals to community resources and programs to help students and staff overcome tobacco addiction.

School counselors or community agencies are encouraged to establish voluntary tobacco cessation programs at school, but attendance or completion of a tobacco cessation program will not be used as a penalty. However, attendance or completion of a tobacco cessation program is allowed as a voluntary substitute to suspension for possession or use of tobacco.

Students, staff members and visitors are prohibited from possessing or using tobacco in accordance with Board policy. No student may leave the school campus during the day to use a tobacco product. The principal will notify students, families, education personnel and school visitors of the tobacco-free policy in handbooks and on notices or signs posted at every school entrance and other appropriate locations, as well as by other efficient means.

District authorities will consult with local law enforcement agencies to enforce laws that prohibit the possession to tobacco by minors within the immediately proximity of district grounds.

Students and employees who violate the district's tobacco-free policies will be subject to disciplinary actions in accordance with Board policy. All district staff will be trained on the correct and fair enforcement of tobacco-free policies.

Staff Wellness

It is the goal of the wellness policy that Niangua Schools will value 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. Each school should:

- Establish and maintain a staff wellness committee composed of at least one staff member, school health council member, local hospital representative, dietitian or other health professional, recreation program representative, union representative and employee benefits specialist.
- Develop, promote and oversee a multifaceted plan to promote staff health and wellness developed by the staff wellness committee.
- Base the plan on input solicited from school staff and outline ways to encourage healthy eating, physical activity and other elements of a healthy lifestyle among school staff.
- Distribute its plan to the school health wellness committee annually.

VI. Nutrition Guidelines for All Foods Available on Campus

School Meals

Meals served through the National School Lunch and Breakfast Programs will:

- Be appealing and attractive to children.
- Be served in clean and pleasant settings.
- Meet, at a minimum, nutrition requirements established by local, state and federal statutes and regulations. Although it is the goal of the wellness policy that continuous effort will be made to increase the nutritional quality of foods served.

- Offer a variety of fruits and vegetables.
- Serve only low-fat (1%) and fat-free milk and nutritionally equivalent non-dairy alternatives (to be defined by USDA).
- Ensure that half of the served grains are whole grain.

It is the goal of the wellness policy that Niangua Schools will:

- Engage students and parents, through taste-tests of new entrees and surveys, in selecting foods sold through the school meal programs in order to identify new, healthful and appealing food choices.
- Share information about the nutritional content of meals with parents and students. (The information could be made available on menus, a web site, on cafeteria menu boards, placards or other point-of-purchase materials.)

Breakfast

To ensure that all children have breakfast, either at home or at school, in order to meet their nutritional needs and enhance their ability to learn Niangua schools will:

- Operate the School Breakfast Program, to the extent possible.
- Arrange bus schedules and utilize methods to serve school breakfasts that encourage participation, including serving breakfast in the classroom, "grab-and-go" breakfast or breakfast during morning break or recess, to the extent possible.
- Notify parents and students of the availability of the School Breakfast Program, where available.
- Encourage parents to provide a healthy breakfast for their children through newsletter articles, take-home materials or other means.

Free and Reduced-Priced Meals

Niangua Schools will make every effort to eliminate any social stigma attached to, and prevent the overt identification of, students who are eligible for free and reduced-price school meals. Toward this end, it is the goal of the wellness policy that Niangua Schools may consider to:

- Utilize electronic identification and payment systems.
- Provide meals at no charge to all children, regardless of income.
- Promote the availability of school meals to all students.
- Use nontraditional methods for serving school meals, such as "grab-and-go" or classroom breakfast.

Summer Meals

Schools in which more than 50 percent of students are eligible for free or reduced-price school meals will sponsor the Summer Food Service Program for at least six weeks between the last day of the academic school year and the first day of the following school year, and preferably throughout the entire summer vacation.

Meal Times and Scheduling

It is the goal of the wellness policy that Niangua Schools:

- Will provide students with at least 10 minutes to eat after sitting down for breakfast and 20 minutes after sitting down for lunch.
- Should schedule meal periods at appropriate times, e.g., lunch should be scheduled between 11 a.m. and 1 p.m.; should not schedule tutoring, club or organizational meetings or activities during mealtimes, unless students may eat during such activities.
- Will schedule lunch periods to follow recess periods (in elementary schools).
- Will provide students' access to hand washing or hand sanitizing before they eat meals or snacks.
- Should take reasonable steps to accommodate the tooth-brushing regimens of students with special oral health needs (e.g., orthodontia or high tooth decay risk).

Qualification of School Food Service Staff

Qualified nutrition professionals will administer the school meal programs. As part of the Niangua school district's responsibility to operate a food service program, the school will:

- Provide continuing professional development for all food service staff in school.
- Provide staff development programs that include appropriate certification and/or training programs for child nutrition directors, school nutrition managers and cafeteria workers, according to their levels of responsibility.

Sharing of Foods

Niangua Schools will discourage students from sharing their foods or beverages with one another during meal or snack times, given concerns about allergies and other restrictions on some children's diets.

Foods Sold Outside the School Meal (e.g. vending, a la carte, sales with exception of extracurricular activities)

Elementary schools: The Niangua school food service program will approve and provide all food and beverage sales to students in elementary schools. It is the goal of the wellness policy that:

- Food in elementary schools should be sold as balanced meals, given young children's limited nutrition skills.
- Foods and beverages sold individually should be limited to low-fat and non-fat milk, fruits and non-fried vegetables.

Secondary schools: In junior high and high schools, all foods and beverages sold individually outside the reimbursable school meal programs (including those sold through a la carte [snack] lines, vending machines, student stores or fundraising activities) during the school day, or through programs for students after the school day, will meet the following nutrition and portion size standards:

Beverages

- **Allowed:** water or seltzer water, without added caloric sweeteners; fruit and vegetable juices and fruit-based drinks that contain at least 50 percent fruit juice and that do not contain additional caloric sweeteners; unflavored or flavored low-fat or fat-free fluid milk and nutritionally equivalent nondairy beverages (as defined by the USDA).
- **Not allowed:** soft drinks containing caloric sweeteners; sports drinks; iced teas; fruit based drinks that contain less than 50 percent real fruit juice or that contain additional caloric sweeteners; beverages containing caffeine, excluding low-fat or fat-free chocolate milk (which contain trivial amounts of caffeine).

Foods

It is the goal of the wellness policy that all food items sold individually:

- Will have no more than 35 percent of its calories from fat (excluding nuts, seeds, peanut butter and other nut butters) and 10 percent of its calories from saturated and trans fat combined.
- Will have no more than 35 percent of its *weight* from added sugars.
- Will contain no more than 230 mg of sodium per serving for chips, cereals, crackers, French fries, baked goods and other snack items; will contain no more than 480 mg of sodium per serving for pastas, meats and soups; and will contain no more than 600 mg of sodium for pizza, sandwiches and main dishes.
- Will include a choice of at least two fruits and/or non-fried vegetables for sale at any location on the school site where foods are sold.

Examples: Food items could include, but are not limited to, fresh fruits and vegetables; 100 percent fruit or vegetable juice; fruit-based drinks that are at least 50 percent fruit juice and that do not contain additional caloric sweeteners; cooked, dried or canned fruits (canned in fruit juice or light syrup); and cooked, dried or canned vegetables (that meet the above fat and sodium guidelines).

Portion Size

It is the goal of the wellness policy that Niangua Schools will limit portion sizes of foods and beverages sold individually to those listed below:

- One and one-quarter ounces for chips, crackers, popcorn, cereal, trail mix, nuts, seeds, dried fruit or jerky.
- One ounce for cookies.
- Two ounces for cereal bars, granola bars, pastries, muffins, doughnuts, bagels and other bakery items.
- Four fluid ounces for frozen desserts, including, but not limited to, low-fat or fat-free ice cream.
- Eight ounces for non-frozen yogurt.
- Twelve fluid ounces for beverages, excluding water and milk.
- The portion size of a la carte entrees and side dishes, including potatoes, will not be greater than the size of comparable portions offered as part of school meals. Fruits and non-fried vegetables are exempt from portion-size limits.

Fundraising Activities

It is the goal of the wellness policy that Niangua Schools will support children's health and school nutrition-education efforts, school fundraising activities and will not involve food or will use only foods that meet the above nutrition and portion size standards for foods and beverages sold individually. Niangua Schools will encourage fundraising activities that promote physical activity. The school district will make available a list of ideas for acceptable fundraising activities.

Snacks

It is the goal of the wellness policy that Niangua Schools that snacks served during the school day or in after-school care or enrichment programs will make a positive contribution to children's diets and health, with an emphasis on serving fruits and vegetables as the primary snacks and water as the primary beverage. Niangua Schools will assess if and when to offer snacks based on timing of school meals, children's nutritional needs, children's ages and other considerations. The district will disseminate a list of healthful snack items to teachers, after-school program personnel and parents.

If eligible, Niangua Schools will provide snacks through after-school programs and will pursue receiving reimbursements through the National School Lunch Program.

Rewards

It is the goal of the wellness policy that Niangua Schools will not use foods or beverages, especially those that do not meet the nutrition standards for foods and beverages sold

August 27,2007

Amendment to page 12 of the Wellness Policy

Topic: Celebrations

It is the goal of the wellness policy that Niangua Schools will encourage pre-packaged food items for all class parties. Homemade items will be discouraged. This would ensure that foods served on campus comply with the state and local food safety and sanitation regulations to prevent food illness in our school.

C. McCall-Tisron LPN
School Nurse

individually, as rewards for academic performance or good behavior, and will not withhold food or beverages (including food served through school meals) as a punishment.

Celebrations

It is the goal of the wellness policy that Niangua Schools should limit celebrations that involve food during the school day to no more than one party per class per month. Each party should include no more than one food or beverage that does not meet nutrition standards for foods and beverages sold individually. The district will disseminate a list of healthy party ideas to parents and teachers.

Food Safety

It is the goal of the wellness policy that Niangua Schools that all foods made available on campus adhere to food safety and security guidelines.

- All foods made available on campus comply with the state and local food safety and sanitation regulations are implemented to prevent food illness in schools. For further guidance, contact the local Environment Public Health Specialist.
- For the safety and security of the food and facility, access to the food service operations are limited to food service staff and authorized personnel. For further guidance, see the USDA food security guidelines.

V. Plan for Measuring Implementation

Monitoring

The superintendent will ensure compliance with the district-wide nutrition and physical activity wellness policy.

In each school:

- The principal or designee will ensure compliance with those policies in his/her school and will report on the school's compliance to the school district superintendent.
- School food service staff, will ensure compliance with all nutrition policies within school food service areas and will report on this matter to the superintendent.

It is the goal of the wellness policy that Niangua Schools:

- Will report on the most recent USDA School Meals Initiative (SMI) review findings and any resulting changes. If the district has not received a SMI review from the state agency within the past five years, the district will request from the state agency that a SMI review be scheduled as soon as possible.

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- That the superintendent will develop a summary report every three years on district-wide compliance with the district's established nutrition and physical activity wellness policy, based on input from the wellness committee.
- The report will be provided to the school board and also distributed to all school health councils, parent/teacher organizations, school principals and school health services personnel in the district.

Policy Review

To help with the initial development of the district's wellness policy, each school in the district will conduct a baseline assessment of the school's existing nutrition and physical activity environments and policy. The results of those school-by-school assessments will be compiled at the district level to identify and prioritize needs.

Assessments will be repeated every three years to help review policy compliance, assess progress and determine areas in need of improvement. As part of that review, the school district will review our nutrition and physical activity policies; provision of an environment that supports healthy eating and physical activity; and nutrition and physical education policies and program elements. The district, and individual schools within the district, will, as necessary, revise the wellness policy and develop work plans to facilitate their implementation.