

Laclede Co. C-5 School District District Wellness Plan

Mission

To encourage a positive lifestyle through a culture of balanced wellness.

Vision

To inspire positive lifestyle choices that support the overall well-being of students and staff to meet emotional, social, physical, and nutritional needs.

The Laclede Co. C-5 School District Board of Education recognizes the importance of the relationship between student/staff well-being and performance, 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 staff members, including, but not limited to, the community outreach specialist, school nurse, a physical education teacher, a school food service representative, and an administrator. Parents, community members, the Board of Education, area credentialed nutrition professionals, and student representatives will be invited to participate in the committee as well.

The district wellness committee will meet a minimum of once per quarter and will be responsible for the development, implementation, and review of the wellness plan. The district wellness committee will name co-chairs each year who will be responsible for ensuring, with the supervision of the superintendent, that the plan is being implemented as stated.

Committee agendas and meeting dates will be posted on the district website and emailed to the team in advance of each meeting. They will also be advertised in a manner designed to reach all stakeholders. All meetings will include a public comment period in which stakeholders are able and 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. The Wellness Plan will be emailed to staff and stakeholders annually in November, and will be posted on the district website at the same time.

The district wellness plan will be reviewed for compliance with federal guidelines at least once every three years using the Wellness School Assessment Tool-Implementation (WellSAT-I) or the School Health Index. This review and update will include comparing the latest national recommendations about school health. A triennial progress report will be shared with the school community and made available on the district website, including a comparison to the model wellness policy and progress made in achieving goals.

Nutrition Promotion and Education

The Laclede Co. C-5 School District is committed to nutrition education and has partnered with the University of Missouri Extension Center to provide wellness and nutrition education at all grade levels in a manner that the school district deems appropriate. In addition, the school district provides health education at the 8th-grade level as a required course. Nutrition education classes will provide the knowledge and skills necessary to promote health. Nutrition education classes will be offered at every grade level.

Standards for USDA Child Nutrition Programs and School Meals

1. Meals served in the Laclede Co. C-5 School District meet and comply with the National School Lunch and/or Breakfast standards as specified in 7 CFR 310.10 or 220.8, as applicable.
2. All grades in the Laclede Co C-5 School District will be provided breakfast through the USDA School Breakfast Program via Breakfast in the Classroom.
3. Students in the Laclede Co. C-5 School District are not required to pay for meals, as the district qualifies for district-wide free meals.
 - a. Additional a la carte items can be added through cash, check, or online payment.
4. School employees will never throw away a meal of a student who has a meal balance when/if the district is not enrolled in the district-wide free meal program.
5. In accordance with the CEP program for free meals, all preschool students shall fill out a free and reduced lunch form. Additional forms can be obtained in the front office upon request by any family.
6. Bus, tutoring, and club schedules shall be made around meal times so that all students have access to meals. Such activities will not be scheduled during meal times.
7. Snack foods may not be purchased during meal times.
8. Students are offered and encouraged to try new foods in the cafeteria during mealtimes.
9. Students will be given 20 minutes of seat time for meals.
10. Free drinking water will be available to students during meal times in the cafeteria.
11. All nutrition employees will participate in the required USDA training and education. School nutrition employees will refer to the USDA's Professional Standards for School Nutrition Standards website to search for and complete training that meets learning needs.

Nutrition Standards for Competitive and Other Foods and Beverages

1. Guidelines from USDA's Final Rule: Nutrition Standards for All Food Sold in School standards apply to a la carte in the cafeteria, snack bars, vending machines, and any other venues where food or candy may be sold on campus during school hours, including fundraisers, beginning July 1, 2014.
2. The district will meet all Smart Snacks in School standards for food and beverages sold to students on the school campus during the day (from midnight prior to 30 minutes after the end of the official day) and will meet all federal, state, and local standards for nutrient and competitive food guidelines.
3. Vending machines available to students during the school day will only provide snacks/drinks that meet Smart Snacks in School standards.
4. All food and beverages sold will meet nutrition standards for fat, sugar, and calories. Only milk, water, and 100% juice may be sold.

5. Smart Snack nutrition standards will apply to food and beverages sold to students through district-sponsored fundraisers unless an exemption applies. The school district will be allowed 3 exempt fundraisers per year during which any food or beverage may be sold.
6. Students in after-school programs will receive healthy snacks and beverages only.
7. Drinking fountains will be made available to students and staff throughout the school building.
8. Restriction of snacks and beverages should not be used as punishment.
9. Food rewards offered during school hours should comply with USDA Smart Snacks in Schools requirements.

Physical Education / Physical Activity

The school district's comprehensive, standards-based physical education curriculum identifies the progression of skill development and provides education that fosters lifelong habits for all students. The physical education curriculum is aligned with all state physical education standards. Physical education curriculum revision will follow a formally established review cycle congruent with other academic subjects.

- All elementary students will receive 150 minutes per week of physical education instruction throughout the school year.
- All middle school students will receive 225 minutes per week of physical education instruction throughout the school year.
- Students will not be exempt from physical education class time or credit except for religious, disability, or medical reasons.
- Elementary students will be provided at least 20 minutes of active daily recess.
- Teachers should provide students with physical activity breaks throughout the day. **Teachers are encouraged not to take recess as a form of punishment.**

Wellness Promotion and Marketing

Staff members are encouraged to model healthy eating and physical activity behaviors. Employee wellness education programs will be offered throughout the school year that focus on physical and mental health and wellness.

Teachers may use non-food alternatives as rewards. For example, extra recess may be provided when time allows. Teachers are discouraged from assigning physical activity as student punishment and will be encouraged not to withhold physical activity, recess, or PE from students as a punishment for poor behavior or incomplete classwork.

Healthiest choices, such as salad and fruit, will be offered and prominently displayed in the cafeteria to encourage students to make healthy choices.

School-based marketing should be consistent with Smart Snacks nutrition standards, and shall not include food or beverages that cannot be sold during the school day. Efforts will be made to remove all advertising from the cafeteria, including replacing or moving vending machines and coolers with logos. Administration shall review all advertising content in the classroom and online materials/websites used for teaching before selection. The use of materials depicting food brands or logos is discouraged. The district will not expose students to food

marketing in school publications and/or media; all advertising in school publications will be approved by the principal.

Fundraisers and corporate incentive programs will be consistent with the healthy goals for the school community.