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FILE: ADF
Critical

EXPLANATION: DISTRICT WELLNESS PROGRAM

The changes to this policy are a result of the Healthy, Hunger-Free Kids Act of 2010 (HHFKA) and its implementing regulations. A summary of the HHFKA is available at:

http://www.fns.usda.gov/sites/default/files/PL111-296_Summary.pdf.

In addition, DESE has helpful information at:

<http://dese.mo.gov/divadm/food/documents/December2013.pdf>.

Many of the changes required by the HHFKA will significantly impact school food service programs. Many of those changes are not in this policy because they are technical and specific to the food service program. The following are some of the major changes:

1. The Missouri Eat Smart Guidelines are no longer valid. Under the new law, all foods and beverages served or sold during the school day are required to meet the standards set by the U.S. Department of Agriculture (USDA). The school day has been defined as the time period from the midnight prior to the beginning of the traditional school day to 30 minutes after the end of the traditional school day.
2. The nutrition standards apply to all foods served or sold to students. This includes items sold in school stores, vending machines and other areas. In general, these standards apply to fundraisers held in the district during the school day, but the law does allow school districts to hold "infrequent" fundraisers that include the sale of foods and beverages that do not meet the nutrition standards. Under the regulations, DESE will establish a number of fundraisers that will be exempted. This limitation only applies to fundraisers conducted during the school day and on campus. Less nutritious foods can still be sold in concession stands and community fundraisers as long as these foods are not sold during the school day.
3. Sugar-free gum has also been exempted from the nutrition standards and can be sold.
4. Districts must have free drinking water available to students at all mealtimes in the place where the meal is served. If there is no drinking fountain in the food service area, the district will need to provide water some other way.
5. The standards for milk have changed. Previously, whole milk was an acceptable option. Now, districts are required to provide "a variety of fluid milk" consistent with the Dietary Guidelines for Americans. The current dietary guidelines recommend fat-

free or low-fat milk exclusively. Districts may offer flavored milk or fortified soy and lactose-free milk as well. A milk substitute other than soy or lactose-free milk will only be provided if a physician submits a written reason why the substitute is required.

- 6. The individual signing the application for free and reduced-price meals has to provide only the last four digits of the Social Security number instead of the full number.**
- 7. Foster care children now have categorical eligibility for free meals, without further application or eligibility determination. Further, the local education agency may certify any foster child as eligible for free meals, without application, by directly communicating with the appropriate state or local child welfare agency to obtain documentation of a child's status.**
- 8. The USDA now has authority to regulate all foods and beverages served or sold to students. This means the local food service manager who is implementing federal meal programs is now responsible for all foods and beverages available to students everywhere in the district during the school day. The law also requires the local food service entity, usually the food service director, to keep records of the district's compliance with the law.**

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

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.

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.

Remove "or served"

Guidelines

It is the policy of the Camdenton R-III School District that all foods and beverages ~~made available on campus during the school day~~ are consistent with the Missouri Eat Smart nutrition guidelines ~~sold or served 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). These nutrition standards apply to all food and beverages served or sold to students, including those sold in vending machines, school stores and through district-sponsored fundraisers, unless an exemption applies. 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.~~ 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~~
- ▶ ~~A 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~~

Nutrition Promotion and Nutrition and Physical Education

The district will disseminate nutrition messages and other nutrition-related materials received from the U.S. Department of Agriculture (USDA) to students, staff and the community through a variety of media and methods.

Student 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. 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.

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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

The wellness committee will assess annually all education curricula and materials pertaining to wellness for accuracy, completeness, balance and consistency with the state and district's educational goals and standards. The committee will report to the Board **periodically** regarding the content and implementation of the wellness program and make recommendations for modifications to this policy as appropriate. The report will be made available to the public on the district's website or by other appropriate means.

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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;

Cross Refs: DJF, Purchasing
EF, Food Services Management
EFB, Free and Reduced-Cost **Price** Food Services
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

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KI, Public Solicitations/Advertising in District Facilities

Legal Refs: §§ 167.720, 610.010 - .028³⁰, RSMo.
The Richard B. Russell National School Lunch Act, 42 U.S.C. §§ 1751 - 1769¹⁰
National School Lunch Program, 7 C.F.R. Part 210

Camdenton R-III School District, Camdenton, Missouri