

DISTRICT WELLNESS POLICY

**Marion County R-II School District
2905 HWY D
Philadelphia, MO 63463
(573) 439-5913**

**July 2019
Board Approved**

MARION COUNTY R-II SCHOOL DISTRICT WELLNESS POLICY

MISSION To promote healthy schools, by supporting wellness, good nutrition, and regular physical activity as part of the total learning environment. The district supports improving student health by engaging the students, parents, staff, and community in a concerted effort to educate and encourage students to make healthy nutritional choices and increase daily physical activity.

- GOALS**
1. Provide a comprehensive learning environment for developing and practicing lifelong wellness behaviors.
 2. Support and promote proper dietary habits contributing to student's health status and academic performance.
 3. Provide more opportunities for students to engage in physical activity.
 4. The District is committed to improve academic performance.
 5. Establish and maintain a district-wide Nutrition & Physical Activity Committee with the purposes of:
 - Developing guidance to this policy
 - Monitoring the implementation of this policy
 - Evaluating policy progress
 - Serving as a resource to school sites
 - Revising policy as necessary

WELLNESS POLICY COMMITTEE

Emily Wilhelm, School Nurse/Elementary Health Instructor/Parent
School Food Service Director
Judy Spratt, Teacher
Shalaine Wood, High School Health/Nutrition Instructor/Parent
Kathy Bridgman, PTO President/Parent
Reed Plunkett, P.E. Teacher
Becky Sharpe, Teacher/Parent
Student Council president
Chelsey Tuley, Teacher/Parent
Jason Keilholz, Principal/Parent
Lana Bimson, Teacher
Nicole Whetstone, Teacher/Parent

NUTRITION EDUCATION GOALS: The district has a comprehensive approach to nutrition in K-12 grades. All 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. Nutrition education may be provided in the form of handouts, postings on the district website, articles, and information provided in the school social media as a means available for reaching parents on nutritional value and healthy lifestyles. District staff will have educational opportunities on nutrition and healthy lifestyles available but not limited to through social media, workshops, and activities.

1. Students will have adequate time to eat in the cafeteria.
2. Students will be provided adequate space to eat in clean, pleasant surroundings.
3. The cafeteria environment will provide students with a relaxed, enjoyable climate.
4. Encourage the consumption of nutrient dense foods, (whole grains, fresh fruits, vegetables, and dairy products).
5. Student groups will be encouraged to provide alternatives for sale instead of high sugar treats to promote their projects or reward.

PHYSICAL ACTIVITY GOALS: The district shall provide physical activity and Physical education opportunities that provide students with the knowledge and skills to lead a physically active and healthy lifestyle.

1. Increase awareness for the need for physical activity.
2. Physical education classes and physical activity opportunities will be available to all students.
3. Physical education class content will include movement, personal fitness, and personal and social responsibility. Students should be able to demonstrate competency through application of knowledge, skill, and practice.
4. Increase physical activity before, during (recess) and after school.
5. Encourage physical activity breaks within classrooms (stretches, etc.).
6. Emphasize knowledge and skills for a lifetime of regular physical activity.
7. Focus feedback on process of doing your best rather than on product.
8. Be active role models.
9. Introduce developmentally appropriate components of a health-related assessment to the students at an early age to prepare them for future assessments.

SCHOOL ENVIRONMENT GOALS: Create a school environment that provides consistent wellness messages and is conducive to healthy eating and being physically active.

1. All children eating in the cafeteria will be able to obtain food in a non-stigmatizing manner.
2. Adequate time will be allotted for students to eat, not being interrupted by schedules, events, or activities.
3. Posters and advertisements promoting good nutrition will be displayed in the cafeteria.
4. Physical activity programs will be available after school.
5. Student and staff wellness programs will be supported by the district.
6. Parents and community will be involved in health and nutrition committees.
7. A staff wellness program will be in place to benefit staff health.

COMMUNICATION GOALS: Ensure an integrated whole-school approach to the district's wellness program. The district will collaborate with agencies and groups conducting nutrition education and will invite them in as guest speakers. 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. The district will strive to engage families as partners in their children's education by supporting parental efforts to motivate and help their children with maintaining and improving their health, preventing disease and avoiding health-related risk behaviors.

1. Provide nutrition and physical activity information to parents and community through but not limited to newsletters, bulletins, and activity announcements.
2. Provide opportunities for parents and community to be involved in physical activity.
3. Encourage involvement in Wellness Policy from school support groups such as Booster Club, Parent Teacher Organization, Parents as Teachers Program, etc.
4. Encourage support of Wellness Policy from parents and community.
5. Supporting efforts of parents/guardians to provide their children with opportunities to be physically active outside of school.
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. Post nutrition tips on district websites and/or social media.

EVALUATION: The superintendent will ensure compliance with established district-wide nutrition and physical activity wellness policies. The principal will ensure compliance with those policies and will report on the school's compliance to the superintendent.

School food service staff will ensure compliance with nutrition policies within school food service areas and will report on this matter to the superintendent.

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. Assessments will be comprised every three years to revise the wellness policy and develop work plans to facilitate implementation of revisions.