

STE. GENEVIEVE R-II SCHOOL DISTRICT

Wellness Program

Revised: March 3, 2010

The goal of the Ste. Genevieve R-II School District wellness program is to promote and support the health of all students, faculty, and employees. It is with this in mind that issues related to life choices will be focused on through our program and policies. Some of these issues will include (but not be limited to) obesity, overweight habits leading to health issues, lifelong healthy habits, making good choices about food, making activities and exercise part of daily routines, and the safety of our facilities.

NUTRITION GUIDELINES:

The district designates the following guidelines, based on Missouri Eat Smart Nutrition Guidelines (MESNG) for goods and beverages served in school during regular school hours.

Breakfast:

Must meet the minimum guidelines set forth in USDA Guides and in MESNG.

Lunches:

Must meet the minimum guidelines set forth in USDA Guides and in MESNG.

Ala-Carte Food:

Every effort will be made by the food service director to select healthy food choices for the Ala-Carte.

Ala-Carte Beverages:

Beverages in the Ala-Carte section of the cafeteria will be closely examined by the food service director for the contents. It is generally expected to serve assorted drinks, water, juice, and milk products.

Food Vending Machines:

Machines vending food items will not be available for student use. These types of machines will only be located in the faculty work rooms in each school building.

Beverage Vending Machines:

Vending machines will contain sports drinks, juice, milk, or water products. Only zero and diet carbonated soda will be vended in machines that have limited student access prior to 3:30 p.m.

Food and Beverages after Regular School Hours:

This will follow the guidelines set forth for food and beverages above in vending and Ala-Carte.

Class Parties/Food Items Sent to School:

Each building principal will closely monitor what is served in class parties. Prepackaged items will be the required choice.

Cooked or prepared food must be prepared in district facilities, under the supervision of district staff, unless otherwise approved by the building administration. Exceptions will be prepackaged items, items purchased from a commercial bakery, or lunch brought from home

Fundraisers:

Each building principal will be responsible for monitoring all building fundraiser. Every effort will be made to select healthy products.

NUTRITION EDUCATION:

The goal is to integrate nutrition education with health services, food service, and in the curriculum. This is necessary to support the knowledge and skills needed to make healthy nutritional decisions in school and throughout life.

PHYSICAL ACTIVITY:

The physical activity goal for the Ste. Genevieve R-II School District is to assist students in learning to value and enjoy physical activity as an ongoing part of a healthy lifestyle. We will ensure that every student has the opportunity to develop the knowledge and skills necessary to perform a variety of physical activities, maintain physical fitness, and regularly participate in physical activity. In order to achieve the physical activity goal, the district will:

1. Develop a sequential program of appropriate education for every student. The program will:
 - a. Provide for at least 60 minutes per week and will strive for 80 minutes per week of physical education for students in the elementary grades; at least 250 minutes per week for students in middle school; and at least one unit of required physical education credit for students in high school.
 - b. Emphasize knowledge and skills for a lifetime of regular physical activity.
 - c. Devote at least 50 percent of physical education class time to moderate to vigorous physical activity.
 - d. Offer a variety of activities to meet the needs of all students, especially those who are not gifted in athletics or who have special needs.
 - e. Prohibit exemptions from physical education courses on the basis of participation on a school athletic team or community-based activity/team.
 - f. Offer cooperative, as well as, competitive activities that appeal to both genders and student interests.
2. Provide at least 30 minutes per day in elementary schools for supervised recess where students are encouraged to be physically active. Some guidelines are:
 - a. Sedentary activities should be discouraged during recess time.
 - b. Recess will be scheduled before lunch as much as possible and will be held outdoors except during extreme inclement weather.
 - c. If the outside temperature is 45 degrees or less, students are to have a coat at school to wear during recess. Gloves/mittens and hats are recommended.

OTHER SCHOOL-BASED ACTIVITIES:

The Ste. Genevieve R-II School District goal for other school-based activities is to ensure an integrated approach to the wellness program. The district will achieve this goal by addressing the following areas:

Meal Times:

Students are not permitted to leave school campus during the school day to purchase food or beverages. Meal times will comply with the following guidelines:

1. Meal times will provide students with at least 10 minutes to eat after sitting down for breakfast and 15 minutes after sitting down for lunch.
2. Tutoring activities or meetings will not be held during mealtimes unless students may eat during such activities.

3. Drinking water will be available to students during meals.
4. Students will have access to hand-washing facilities and/or hand sanitizing supplies before they eat meals or snacks.
5. Students will be allowed to converse quietly during meals.
6. The cafeteria will be clean, orderly, and inviting.
7. Adequate seating and supervision will be provided during mealtimes.

Community Involvement:

Staff will collaborate with outside agencies and groups to help with nutrition education and sending consistent messages to students and their families. When available, guest speakers on nutrition, health, and exercise should be invited to address students and staff on issues relevant to wellness and nutrition.

The wellness program should strive to make effective use of district and community resources. Student and staff need, interests, and well-being should be considered. Gender, cultural, physical, cognitive abilities, and fitness level should also be examined.

Family Involvement:

The district will strive to engage families as partners in the education of children. These efforts should focus on motivation, maintaining and improving health, preventing disease, and avoiding health risks.

Marketing:

All marketing will meet the goals of the Ste. Genevieve R-II School District wellness program and comply with Board policy.

Staff Development and Training:

All certified staff will be provided with ongoing professional development related to all areas of student wellness. This training will include information about the link between physical activity, improved learning, and teaching strategies to promote active learning.

1. Staff responsible for teaching about healthy lifestyle choices will receive training as needed to stay up-to-date.
2. Staff responsible for implementing the physical education programs will be properly certified in physical education and will participate in area-specific professional development activities.
3. Building and district professional development plans and district comprehensive school improvement plan will incorporate these goals.

Staff Wellness:

The Ste. Genevieve R-II School District highly values 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 health lifestyle. The district will offer staff wellness programs that include education on nutrition, healthy eating behaviors, and maintaining a healthy weight for optimal health.

The district will establish and maintain a staff wellness committee composed of at least **one** staff member, wellness committee member, registered dietitian, school nurse or other health professional, district insurance facilitator, district wellness counselor, and superintendent.

1. The staff wellness committee will serve as a subcommittee of the district wellness committee.
2. The staff wellness committee will develop, promote, and oversee a multifaceted plan to promote staff health and wellness. The plan will be based on input solicited from district staff and will encourage healthy eating, physical activity, sun safety, stress management, and other elements of a healthy lifestyle.
3. The staff wellness committee will update the plan annual and present it to the district wellness committee each year in September.

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 through health lessons that emphasize the positive benefits of sun safety. Sun safety education will be designed to assist students with:

1. Knowledge about the harmful effects of the sun and ways to protect skin.
2. 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.
3. The science curriculum will address sun safety.
4. Knowledge about how to assess personal sun safety habits, set goals for improvement and achieve these goals.

Drug/Alcohol/Tobacco:

Drug, alcohol, and tobacco use prevention education will focus on all grades with particular emphasis on middle level and reinforcement in all later grades through the health curriculum. Instructional activities will be participatory and developmentally appropriate.

Oversight and Evaluation:

The wellness program coordinator is responsible for monitoring implementation of the district wellness program by:

1. Assuring responsibility for the assessment of existing policies and procedures.
2. Reviewing the district wellness plan annually.
3. Evaluation implementation of the district wellness plan.
4. Ensuring that the district meets the goals of the wellness plan.
5. Reporting to the Board on compliance and progress annually.

Monitoring:

The food service director will monitor food service areas for compliance with the district's nutrition guidelines and will report on this matter to the district wellness committee.

The wellness program coordinator will develop an annual evaluation report based on feedback and other data from the schools within the district regarding implementation of the district wellness plan and fulfillment of the goals of the plan. The report will include that data upon which the evaluation was based, goals of the wellness program, criteria for meeting these goals, recommended changes to the program, benefits of the program, and the number of students and staff impacted by the program. The report will be provided annually to the Board of Education in October.

Compliance Indicators:

During initial development of the Ste. Genevieve R-II School District wellness program, each school in the district will conduct a baseline assessment of the school existing nutrition and physical activity programs and practices. The wellness committee will compile these results. In addition to the baseline information provided from each school, the committee will use no fewer than four of the following indicators to assess the impact of the district wellness program:

1. President's Physical Fitness report.
2. Physical activity levels of staff as reported on annual survey of staff.
3. Voluntary body mass index (BMI) of staff.
4. Body mass index (BMI) of students in physical education classes.
5. Number of healthy food items available in vending machines and Ala-Carte.
6. Number of discipline problems.
7. Percentage of students earning failing grades.
8. Student average daily attendance.
9. Number of staff who participated in training and development related to student and/or staff wellness.

Policy Review:

The wellness program coordinator will present the program evaluation to the Board of Education annually with recommended changes to the program. The Board will revise the wellness policy as it deems necessary. Administrative procedures will be revised accordingly.

2009-2010 WELLNESS COMMITTEE MEMBERS:

- ***Wellness Program Coordinator:*** Julie Flieg
- ***Board of Education:*** Martha Resinger, Terry McDaniel
- ***Central Office:*** Mikel Stewart, Shelley Jokerst, Colleen Weiler
- ***High School:*** Chris Hoehne, Bob Weiler
- ***Middle School:*** Bob Case, Dennis Drumm
- ***SG Elementary:*** Cheryl Bauman, Mike Weiler
- ***Bloomsdale Elementary:*** Lorie Zuspann, Stacy Bell
- ***Food Service:*** Cheryl Wolk, Mary Fleeman, Ann Pfaff
- ***Nursing:*** Diana Giesler, Lou Clemens
- ***Maintenance:*** Keith Schweiss, Bob Schaaf
- ***Parents:*** Robin Reynolds, Rose Schwent, Laura Steagall
- ***Students:*** Nolan Ritter, Holly Schilly, Cade Reynolds, Mariah Ritter

Committee Members Present for March 2010 Review:

Shelly Jokerst, Keith Schweiss, Rose Schwent, Robin Reynolds, Mark Vogt, Bob Case, Laura Steagall, Diana Giesler, Terry McDaniel, Lou Clemens, Lorie Zuspann, Nolan Ritter, Holly Schilly, Cade Reynolds, Mariah Ritter, and Julie Flieg.