

**MOUNTAIN GROVE  
R-III SCHOOL DISTRICT**

# **WELLNESS PLAN**



**“Commitment to Excellence”**

**Revised – January, 2015**

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## LOCAL WELLNESS POLICY

On June 30, 2004, Congress passed Section 204 of Public Law 108-265, of the Child Nutrition and WIC Reauthorization Act of 2004. This law requires local education agencies to develop a policy that addresses the growing problem of childhood obesity.

Overweight and obesity have reached epidemic proportions in the United States. The percentage of young people who are overweight has more than doubled since 1970. Type 2 diabetes, once considered an adult disease, has increased dramatically in children, especially those who are overweight. Doctors are finding risk factors for heart disease in more than 60 percent of overweight children ages five to 20.

Regular physical activity and good eating habits enhance learning. A California Department of Education Study released in December 2002 showed that higher fitness levels were associated with higher scores in the Standard Achievement Test, 9th Ed., in three different grade levels of students, especially in math. Movement prepares the brain for optimal learning. When humans exercise and maintain proper nutrition, the brain stays in a good learning state. Physical activity performed on most days of the week reduces the risk of obesity and diabetes, and risk of developing heart disease and cancer, the major causes of illness and death in the United States. Physical activity also reduces feelings of depression and anxiety, and helps build and maintain healthy bones, muscles, and joints.

Along with regular physical activity, good eating habits are also important. Studies show that students from schools without an a la carte food program and with limited vending machines reported intakes that met or came near to meeting United States Department of Agriculture dietary recommendations. Students using a la carte foods and vending machines reported lower fruit and vegetable intakes and a higher percentage of calories from total and saturated fat.

The goal of the Mountain Grove R-III School District Local Wellness Policy is to promote a school environment that supports the development of healthy eating patterns and active lifestyle. When considering changes in the school environment, it is important to clearly communicate those changes to school staff, parents, students, and community members for the best possible outcome.

The designated persons responsible for implementing and measuring the effectiveness of the wellness policy for the Mountain Grove R-III School District are: **Building Administrators and School Nurse**

## WELLNESS POLICY COMMITTEE MEMBERS

Section 204 of Public Law 108-265 indicates students, parents, representatives from the school food service staff, school board members, school administrators and the general public should all be involved in developing a school wellness policy.

| <b><u>Committee Member Name</u></b> | <b><u>Role</u></b>            |
|-------------------------------------|-------------------------------|
| Jim Dickey                          | Superintendent                |
| Tom Johns                           | Director/Support Services     |
| Missy Dugger                        | Board Member                  |
| Judy Marah-Kemp                     | Nurse                         |
| Charlotte Yarger                    | Nurse                         |
| Pam Hyde                            | Director/Nutritional Services |
| Doris Nettleton                     | Kitchen Manager               |
| Marcia Stumpff                      | Administrator                 |
| Lori Golden                         | Administrator                 |
| Missy Glenn                         | Administrator                 |
| Brandon Rodgers                     | Athletic Director             |
| Kristen Sheppard                    | OMTC Teacher                  |
| Kaci Callison                       | P.E. Teacher                  |
| Alex Moore                          | Student                       |
| Audrey Loughridge                   | Student                       |
| Christie Crisp                      | Parent/<br>Nutrition Educator |
| Dr. Lori McPherson                  | Physician                     |

## I. NUTRITION EDUCATION

**Goal 1:** The district will promote nutrition by teaching, encouraging, and supporting healthy eating by students and staff.

**Goal 2:** Build awareness and encourage positive role modeling among administrators, teachers, food service staff, coaches, nurses, parents, students, other school staff, and community leaders about the contribution of proper nutrition to the maintenance of lifelong healthy weight.

**Goal 3:** Provide all students, PK-12, with the skills they need to adopt healthy eating behaviors.

**Rationale:** Studies have found that effective nutrition and health education includes intervening in the school environment, as well as in the community. Classroom education alone will not give students the skills necessary to make behavior changes related to healthy eating. Students who hear consistent health messages through different channels—at home, in school, and in the community—are more likely to adopt healthy behaviors.

### ***Action Steps:***

1. Educate school staff, parents, and community leaders about the issues affecting the health of children such as obesity, eating disorders, body size acceptance, and steroid/supplement use.
2. Teach nutrition lessons utilizing the Health Teacher Online software in other subjects besides Health and Physical Education.
3. Provide school staff with professional development programs on current nutrition guidelines, best practices, and resources.
4. Ensure the availability of and encourage staff involvement in the Jenkins Wellness program.
5. Include information on nutrition in school communications, such as monthly meal calendars, newsletters, articles in the school newspaper, and family nights.
6. Work with existing school health services to establish links with professionals who can provide nutrition counseling and/or related services for families.

7. Coordination between the support service staff and the teachers to integrate behavior-focused, interactive nutrition education into the school health program and health education curriculum, Pre-K through 12.
8. Encourage parents/guardians who visit our lunch and breakfast periods to purchase a food service lunch, instead of bringing fast foods into the cafeteria.
9. Implement student reward system for eating the nutritional meals provided by the school.

## II. PHYSICAL ACTIVITY

**Goal 1:** Provide age-appropriate instruction in physical education classes to help students develop the knowledge, attitudes, skills, and behaviors needed to adopt, maintain, and enjoy a physically active lifestyle.

**Goal 2:** Provide opportunities during and after school, in cooperation with community programs, to create an environment that is safe and supportive of students' physical activities.

**Rationale:** The primary goal of the Mountain Grove R-III School District's physical activity component is to provide opportunities for every student to develop the knowledge and skills for specific physical activities, maintain physical fitness, regularly participate in physical activity, and understand the short- and long-term benefits of a physically active and healthful lifestyle.

### ***Action Steps:***

1. Discourage the use of physical activity or withholding recess as punishment.
2. Review co-ed physical education classes and encourage physical activity and the integration of physical activity into the academic curriculum.
3. Encourage students to participate in extra curricular sports.
4. Provide PE or an opportunity for physical activity on a daily basis for all students, K-12.
5. Encourage physical activity throughout the school day through daily recess periods, elective PE classes, and the integration of physical activity into the academic curriculum.
6. Work with the community to create an environment that is safe and supportive of students' physically active commute to and from school (walking or biking).
7. Assure safe and adequate equipment, facilities, and resources, as well as appropriately trained and certified staff, for the full implementation of physical education classes in PK-12<sup>th</sup> grade curricula.

### III. HEALTHY FOODS ON CAMPUS

**Goal 1:** Develop and implement policies (ADF) ensuring that all foods and beverages available on school campuses, and at school events, as part of the school's food service program, contribute toward healthful eating patterns that are consistent with the Dietary Guidelines for Americans.

**Goal 2:** Develop and implement guidelines for healthful snacks and foods provided in vending machines, concession stands, as fundraising activities, for parties, celebrations and meetings, and other venues within the school's control that are outside the school food service program, and restrict student access to venues that contain foods of minimal nutritional value.

**Goal 3:** Promote the school breakfast program to improve the likelihood of all students eating a healthy breakfast each day.

**Rationale:** Students' lifelong eating habits are greatly influenced by the types of foods and beverages available to them. Healthy eating habits in childhood are linked to proper growth and development, optimal learning, and the reduction of chronic disease risk. Choosing a variety of healthful foods across and within food groups provides essential vitamins and minerals, fiber, and other important nutrients. Multiple exposures to new foods increase children's willingness to try new foods and, in turn, increase the variety of foods they like and accept. Schools must also ensure that reimbursable school meals meet the program requirements and nutrition standards set forth by federal and state guidelines.

***Action Steps:***

1. Only foods meeting the healthier hungry kids act available in vending machines, K-12.
2. Provide food options such as fruits, vegetables, whole grains, and dairy products that are low in fat, calories, and added sugars.
3. Continue to restrict soda machine access during school hours for grades K – 12.
4. All beverages offered in vending machines will comply with the school guidelines of the American Beverage Association.
5. Encourage fundraising activities that promote physical activities and foods of nutritional value.
6. Decrease the usage of food and beverage as rewards.



7. Encourage parents/guardians who visit our lunch/breakfast periods to purchase a food service meal, instead of bringing fast foods into the cafeteria.
8. Celebrations that involve food will meet the recommended guidelines for the healthier hungry kids act.
9. Snacks served during the school day or during school-sponsored after school activities 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.
10. Provide free breakfast to all students during April and evaluate how more students eating breakfast affects student attendance, discipline referrals, and student academic performance.
11. Limit fund raisers to 4 per building that involve the sale of food products.

## IV. PROMOTING STUDENT WELLNESS

**Goal 1:** Create a school environment that provides consistent wellness messages and is conducive to healthy eating and being physically active.

**Goal 2:** Create a community environment that encourages continuity of the school's wellness program through community activities and education.

**Rationale:** Regular physical activity and good eating habits enhance learning. A school environment that promotes physical activity and healthy food choices that extends to the home environment and the community encourages lifelong habits for students.

### ***Action Steps:***

1. Develop an age-level appropriate, positive rewards system that does not include unhealthy food or drinks.
2. Develop an age-level appropriate system of discipline that does not cause the student to be less active by the withdrawal of recess, outside time, or physical education class.
3. Create a wellness activity program to encourage Mtn. Grove district staff members to be better role models in the areas of fitness, healthy lifestyle choices and good eating habits.
4. Be pro-active in encouraging extra-curricular and community sponsored use of school facilities for activities that promote an active lifestyle.
5. Encourage appropriate inclusion of health-related activities into the curriculum when possible (e.g. posters on health related topics in art; aerobic movement in music; reading charts on food products in communication skills; portion sizing in math; health related topics as writing assignments).
6. Communicate with parents early in the school year credible, age-appropriate information related to:
  - Importance of breakfast and opportunities through the school's breakfast program
  - Nutritional value of school prepared lunches
  - Guidelines for healthy lunches sent from home
  - Guidelines for foods provided for classroom parties/celebrations
  - Importance of physical education and healthy activities as well as encouraging student involvement
  - How to contact school staff about health-related issues

## **V. MONITORING AND POLICY REVIEW**

**Goal 1:** Ensure compliance with the established district-wide nutrition and physical activity wellness policies.

**Goal 2:** Assess the district wellness and nutrition policies every three years to help review policy compliance, assess progress, and determine areas in need of improvement.

### ***Action Steps:***

1. The superintendent or designee will ensure compliance with established district-wide nutrition and physical activity wellness policies.
2. 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 superintendent or designee.
3. School food service staff, at the school and district level, will ensure compliance with nutrition policies within school food service areas and will report on this matter to the Director of Support Services.
4. The Director of Support Services will develop a summary report every three years on district-wide compliance with the district's established nutrition and physical activity wellness policies, based on input from schools within the district.