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## 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 (1): parent, student, nurse, school food service representative, Board member, school administrator, member of the public, and other community members as appropriate. If available, a qualified, credentialed nutrition professional will be a member of the wellness committee. The Board designates the following individual(s) as wellness program coordinator: Health/P.E. Curriculum Area Chairperson. Only employees of the district who are members of the wellness committee may serve as wellness program coordinators. The wellness coordinator, in consultation with the wellness committee, will be in charge of implementation and evaluation of this policy. Meetings, records and votes of the wellness committee will adhere to the requirements of the Missouri Sunshine Law.

### Nutrition Guidelines

It is the policy of the Brentwood School District that all foods and beverages made available on campus during the school day are consistent with the Missouri Eat Smart nutrition guidelines. 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
- ▶ À 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 and Physical 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.

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The wellness program coordinator, in consultation with the wellness committee, will develop procedures that address nutrition and physical education.

### Other School-Based Activities

The wellness program coordinator, in consultation with the wellness committee, is charged with developing procedures addressing other school-based activities to promote wellness.

### Evaluation

The wellness committee will assess 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 wellness program coordinator shall be responsible for devising a plan for implementation and evaluation of the district wellness policy and is charged with operational responsibility for ensuring that schools meet the goals of the district wellness policy. The wellness program coordinator will report to the Board annually.

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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:

Cross Refs: EF, Food Services Management  
EFB, Free and Reduced-Cost Food Services  
IGAEA, Teaching about Drugs, Alcohol and Tobacco  
IGBC, Parent/Family Involvement in Instructional and Other Programs  
KI, Public Solicitations/Advertising in District Facilities

Legal Refs: §§ 610.010 - .028, RSMo.  
The Child Nutrition and WIC Reauthorization Act of 2004, Section 204, P.L. 108  
- 265  
The Richard B. Russell National School Lunch Act, 42 U.S.C. §§ 1751 - 1769h  
The Child Nutrition Act of 1966, 42 U.S.C. §§ 1771 - 1789

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**EXPLANATION:** This is a NEW policy written to comply with the Child Nutrition and WIC Reauthorization Act of 2004. See enclosed materials for further details.

**NOTE:** Districts that choose NOT to adopt the "Tobacco-Free District" policy AH will be inconsistent with this policy. Also, districts that have customized policies IGDF and KI or procedure IGDF-AP need to be sure the wellness policy is consistent with that customization. MSBA cannot determine whether there is a conflict until we know what standards the district will choose for this policy and its accompanying procedure/forms.



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## DISTRICT WELLNESS PROGRAM

The primary goals of the Brentwood School District's wellness program are to promote student health, reduce student overweight/obesity, facilitate student learning of lifelong healthy habits and increase student achievement. The following procedures will guide the implementation of the district wellness program.

### Nutrition Guidelines

The district designates the following nutrition guidelines, based on the Missouri Eat Smart Nutrition Guidelines, for foods and beverages served in schools during the school day:

#### *School Breakfasts*

- ▶ At least 50% of cereals offered contain no more than 35% of weight from total sugar per serving and at least 1 g. of fiber per serving.
- ▶ Foods containing whole grains are offered three (3) days per week.
- ▶ Fresh, canned, dried or frozen fruits or vegetables are offered daily.
- ▶ Only the following will be offered daily: low fat (1%, ½%) and skim (nonfat) milk.

#### *School Lunches*

- ▶ A main dish with total fat  $\leq$  16 g. per serving is offered daily.
- ▶ Dark green or orange vegetables or fruits are offered three (3) times per week.
- ▶ Fresh fruits or raw vegetables are offered four to five (4-5) times per week.
- ▶ A food item containing whole grain is offered three (3) days per week.
- ▶ Only the following will be offered daily: Low fat (1%, ½%) and skim (nonfat) milk.
- ▶ Only reduced-fat and/or fat-free salad dressings are offered.

#### *À La Carte Food Items*

À la carte food items include the following:

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- ▶ Main dishes are of comparable portion sizes to any food item served in the NSLP or SBP.
- ▶ Fruits or vegetables.
- ▶ Lowfat and/or nonfat yogurt.
- ▶ Other items – At least 50% of items offered meet all of the following criteria per serving:
  - Fat – Except for nuts, seeds and nut butters, not more than 35% of total calories from fat.
  - Sugar – Except for fruit without added sugar, not more than 35% of weight from sugar.
  - Calories – Not more than 200 calories per selling unity.

### *À La Carte Beverage Items*

À la carte beverage items include the following:

- ▶ Water.
- ▶ Milk.
- ▶ 50-100% juice.

### *Food Items Sold in Vending Machines and School Stores*

The sale of "foods of minimal nutritional value" (see definition) is not allowed on school property in areas accessible to students:

- ▶ In elementary and middle schools.
- ▶ In high schools until after the end of the school day.

For the sale of other vended foods, at least 50% of items offered must meet all of the following criteria per selling unit:

- ▶ Fat – Not more than 35% of total calories from fat except for nuts, seeds and nut butters.
- ▶ Sugar – Not more than 35% of weight from sugar except for fruit (without added sugar).

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- ▶ Calories – Not more than 200 calories per selling unit.

### *Beverage Items Sold in Vending Machines and School Stores*

At least 50% of items offered must include the following:

- ▶ Water, non-caloric.
- ▶ Only lowfat (1% or ½ %) and/or skim (nonfat) milk.
- ▶ 100% juice.
- ▶ Calcium-fortified soy or rice beverages are offered.

### *After-School Programs*

On all days of the week, snacks meet the following standards:

- ▶ Fat – Not more than 35% of total calories from fat except for cheese, nuts, seeds and nut butters.
- ▶ Sugar – Not more than 35% of weight from sugar except for fruit (without added sugar), 100% juice and milk.

### *Rewards, Celebrations and Parties, Fundraisers and Intramural Activities*

All foods and beverages are offered in compliance with USDA regulations prohibiting the sale of "foods of minimal nutritional value" where school meals are served or eaten during the meal period.

## **Nutrition Education**

The district's nutrition education goal is to integrate sequential nutrition education with the comprehensive health education program and, to the extent possible, the core curriculum taught at every grade level in order to provide students with the necessary knowledge and skills to make healthy nutrition decisions. In order to achieve the nutrition education goal, the district will:

1. Provide students at appropriate grade levels with adequate nutritional knowledge including, but not limited to:

- ▶ The benefits of healthy eating.
  - ▶ Essential nutrients.
  - ▶ Nutritional deficiencies.
  - ▶ Principles of healthy weight management.
  - ▶ The use and misuse of dietary supplements.
  - ▶ Safe food preparation, handling and storage.
2. Provide students with nutrition-related skills that minimally include the ability to:
- ▶ Plan healthy meals.
  - ▶ Understand and use food labels.
  - ▶ Apply the principles of the Dietary Guidelines for Americans (DGA) and MyPyramid.
  - ▶ Critically evaluate nutrition information, misinformation and commercial food advertising.
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- ▶ Assess personal eating habits, nutrition goal-setting and achievement.
3. Provide instructional activities that stress the appealing aspects of healthy eating and are hands-on, behavior based, culturally relevant, developmentally appropriate and enjoyable. Examples of activities include, but are not limited to: food preparation, contests, promotions, taste testings, farm visits and school gardens.
4. Encourage district staff to cooperate with local agencies and community groups to provide students with opportunities for volunteer work related to nutrition, such as in food banks, soup kitchens or after-school programs.
5. Ensure that school counselors and school health services staff consistently promote healthy eating to students and other staff and that these professionals are prepared to recognize conditions such as unhealthy weight, eating disorders and other nutrition-related health problems among students and staff as well as assure access to healthcare.
6. Coordinate the food service program with nutrition instruction. Food service staff should also work closely with those responsible for other components of the school health program to achieve common goals.

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## Physical Activity

The district's physical activity goal is to assist students in learning to value and enjoy physical activity as an ongoing part of a healthy lifestyle by ensuring 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 physical education for every student. The program will:
  - ▶ Provide for at least 90 minutes of physical education for students in the elementary grades during the school week; an average of at least 225 minutes in middle school; and at least 1.5 units for students in high school.
  - ▶ Emphasize knowledge and skills for a lifetime of regular physical activity.
  - ▶ Devote at least 50 percent of physical education class time to actual physical activity in each week, with as much time as possible spent in moderate to vigorous physical activity.
  - ▶ Meet the needs of all students, especially those who are not athletically gifted or who have special needs.
  - ▶ Provide a variety of activity choices, feature cooperative as well as competitive activities, and account for gender and cultural differences in students' interests.
  - ▶ Prohibit exemptions from physical education courses on the basis of participation in an athletic team, community recreation program, ROTC, marching band or other school or community activity.
  - ▶ Be closely coordinated with the other components of the overall school health program.
2. Provide daily time in elementary schools for supervised recess.
3. Provide opportunities and encouragement for students to voluntarily participate in before- and after-school physical activity programs, such as intramural activities, interscholastic athletics and clubs by:

- ▶ Providing a diverse selection of competitive and noncompetitive, as well as structured and unstructured, activities to the extent that staffing and district/community facilities permit.
  - ▶ Offering intramural physical activity programs that feature a broad range of competitive and cooperative activities for all students.
  - ▶ Encouraging partnerships between schools and businesses. Promotion of such partnerships must be appropriate and in accordance with Board policy and applicable procedures.
4. Strive to provide joint school and community recreational activities by:
- ▶ Actively engaging families as partners in their children's education and collaborating with community agencies and organizations to provide ample opportunities for students to participate in physical activity beyond the school day.
  - ▶ Encouraging schools to work with recreation agencies and other community organizations to coordinate and enhance opportunities available to students for physical activity during their out-of-school time.
  - ▶ Encouraging schools to negotiate mutually acceptable, fiscally responsible arrangements with community agencies and organizations to keep district-owned facilities open for use by students, staff and community members during non-school hours and vacations.
  - ▶ Encouraging district officials to work together with local public works, public safety, police departments and/or other appropriate state and federal authorities in efforts to make it safer and easier for students to walk and bike to school.
5. Discourage periods of inactivity that exceed two (2) or more hours. When activities such as mandatory schoolwide testing make it necessary for students to remain indoors for long periods of time, staff should give students periodic breaks during which they are encouraged to stand and be moderately active.
6. Provide and encourage--verbally and through the provision of space, equipment and activities--daily periods of moderate to vigorous physical activity for all participants in onsite after-school child care and enrichment programs sponsored by the district.
7. Provide opportunities and encouragement for staff to be physically active by:

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- ▶ Planning, establishing and implementing activities to promote physical activity among staff and providing opportunities for staff to conveniently engage in regular physical activity.
- ▶ Working with recreation agencies and other community organizations to coordinate and enhance opportunities available to staff for physical activity during their out-of-school time.

### **Other School-Based Activities**

The district's goal for other school-based activities is to ensure an integrated whole-school approach to the district's wellness program. The district will achieve this goal by addressing the areas itemized below.

#### *Community Involvement*

School instructional staff will collaborate with agencies and groups conducting nutrition education in the community to send consistent messages to students and their families. Guest speakers invited to address students will receive appropriate orientation to the relevant policies of the district.

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.

#### *Family Involvement*

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. Strategies the district may implement to achieve family involvement may include, but are not limited to:

1. Offering healthy eating seminars for parents/guardians.
2. Providing nutrition information to parents/guardians in the forms of newsletters, handouts, presentations or other appropriate means.
3. Posting nutrition tips on district websites.
4. Providing nutrient analyses of district menus.

5. Providing parents/guardians a list of appropriate foods that meet the district's nutrition standards for snacks.
  6. Providing parents/guardians with ideas for healthy celebrations, parties, rewards and fundraising activities.
  7. 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.
  8. Providing opportunities for parents/guardians to share their healthy food practices with others in the school community.
  9. Designing curricular nutrition education activities and promotions to involve parents/guardians and the community.
  10. Supporting efforts of parents/guardians to provide their children with opportunities to be physically active outside of school.
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11. Providing information about physical education and other school-based physical activity opportunities available to students before, during and after the school day.
  12. Sharing information about physical activity and physical education via the district's website, newsletter, other take-home materials, special events or physical education homework.
  13. Working with families to provide consistent sun safety information that includes an overview of the district's sun safety program, an explanation of how parents/guardians can reinforce the program at home and how they can become involved with and support the district's program.
  14. Encouraging parents/guardians to volunteer time in the classroom, cafeteria or at special events that promote student health.

