

**BLUE SPRINGS R-IV SCHOOL DISTRICT**

**WELLNESS PROGRAM**

**PROCEDURES**

**APPROVED  
BY THE BOARD OF EDUCATION  
November, 2006**

**TO BE REVIEWED AND APPROVED YEARLY BY  
THE BOARD OF EDUCATION**

## **DISTRICT WELLNESS PROGRAM PROCEDURES**

The primary goals of the Blue Springs School District 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 will initially meet or exceed the minimum Missouri Eat Smart Guidelines for foods served during the school day in the following areas:

- *School Breakfasts*
- *School Lunches*
- *À La Carte Food Items*
- *À La Carte Beverage Items*
- *Food Items Sold in Vending Machines and School Stores*
- *Beverage Items Sold in Vending Machines and School Stores*
- *After-School Programs*
- *Rewards*
- *Celebrations and Parties*
- *Fundraisers*

### **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 appropriate grade levels 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
  - 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, and "culture days".
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.

### **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. Meet or exceed the standards for physical education as mandated by the Department of Elementary and Secondary Education in the Missouri School Improvement Program.
2. Provide and encourage time in elementary schools for physical activity. It is recommended that all students have at least 30 minutes per day of physical activity and that physical activity will be held outdoors when possible.
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.
4. Strive to provide joint school and community recreational activities.
5. Promote the use of physical activity as a reward.
6. Provide students breaks during which they are encouraged to stand and be moderately active, especially when periods of inactivity exceed two (2) or more hours.
7. Provide and encourage, verbally and through dedicated space and equipment, daily periods of moderate to vigorous physical activity for onsite school-age child care and enrichment program participants.
8. Provide opportunities and encouragement for staff to be physically active and participate in a wellness program.

#### **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:

- **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.

- **Marketing and Advertising** - Marketing in district facilities will be consistent with the goals of the district's wellness program and comply with Board policy. The district will strive to promote the wellness program and educate parents regarding the quality of district foods. Tobacco advertising is not permitted on district property, at district-sponsored events or in district-sponsored publications. Food and beverage marketing will be limited to the promotion of foods and beverages that meet the nutrition standards adopted by the Board. Other examples of marketing and advertising the district will scrutinize include, but are not limited to: pricing strategies that promote healthy food choices, audiovisual programming, educational incentive programs, scoreboards, book covers and vending machine displays.

- **Meal Times**- With the exception of student incentives, 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:

- Meal times will provide students a minimum of 20 minutes for breakfast and/or lunch.
- Activities such as tutoring or meetings will not be held during mealtimes unless students may eat during such activities.
- Drinking water will be available to students during meals.
- Students will have access to hand-washing facilities before they eat meals or snacks.
- The district will take reasonable steps to accommodate the tooth-brushing regimens of students.
- Students will be allowed to converse during meals.
- The cafeteria will be clean, orderly and inviting and display relevant nutrition information when possible.
- Adequate seating and supervision will be provided during meal times.

- **Staff Development and Training** - Appropriate staff will be provided with ongoing training and professional development related to areas of student wellness. Qualified nutrition professionals will administer the district meal programs and will receive ongoing, area-specific professional development. The district will provide continuing professional development for all district nutrition professionals.
- **Staff Wellness** - The Blue Springs 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 healthy lifestyle. The district will offer a staff wellness program.
- **Tobacco** - Tobacco use prevention education will be addressed at all district schools. 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.
- **Monitoring** - The food service director/authorized representative will monitor and report on compliance with district nutrition guidelines.
- **Reporting Indicators** - The wellness coordinator will use no fewer than four(4) of the following indicators to measure the impact of the district wellness program:
  - School Health Index
  - Physical fitness reports
  - Physical activity levels of staff
  - Weight status or body mass index (BMI) of students and staff
  - Fruit and vegetable intake of students and staff
  - Number of healthy food items available in vending machines
  - Number of discipline problems
  - Achievement levels of students
  - Student Absenteeism

- Number of staff who participated in training and development related to student wellness

**Policy Review**

The wellness program coordinators will provide policy revision recommendations to the Board of Education based on the analysis of the compliance indicators as part of the annual report. The Board will revise the wellness policy as it deems necessary. Administrative procedures will be revised accordingly.