

Policy ADF: DISTRICT WELLNESS PROGRAM

Status: ADOPTED

Original Adopted Date: 01/23/2020 | **Last Revised Date:** 01/31/2022 | **Last Reviewed Date:** 01/31/2022

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 parent, student, nurse or other school health professional, physical education teacher, 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.

Committee meeting dates and agendas will be posted on the district's website in advance of each meeting and advertised in a manner designed to reach students, staff and members of the community. All wellness committee meeting agendas will include a public comment period in which students, staff and members of the community are encouraged to provide input on the district's wellness program. Meetings, records and votes of the wellness committee will adhere to the requirements of the Missouri Sunshine Law.

Wellness Program Coordinators

The board designates the following individual(s) as wellness program coordinator(s):
Tracey Bien - superintendent (title). Only employees of the district who are members of the wellness committee may serve as wellness program coordinators. Wellness coordinators, in consultation with the wellness committee, will be in charge of implementation and evaluation of this policy.

Wellness program coordinators are responsible for ensuring that each school in the district is in compliance with this policy.

Nutrition Guidelines

The nutrition guidelines outlined in this section do not apply to food or beverages brought from home by students for consumption solely by the student or food or beverages created or used by students as part of the district's instructional program.

It is the policy of the district that all foods and beverages sold to students during the school day on any property under the jurisdiction of the district will meet the U.S. Department of Agriculture (USDA) school meal and Smart Snacks in School (Smart Snacks) nutrition standards. These nutrition standards apply to all food and beverages sold to students, including those sold in vending

machines, school stores and through district-sponsored fundraisers, unless an exemption applies. In addition, the Smart Snacks standards apply to all food and beverages provided, but not sold, to students outside the reimbursable school meals program during the school day. For the purposes of this policy, the school day is the time period from the midnight before to 30 minutes after the official school day.

Nutrition Promotion and Education

The district will provide nutrition education aligned with the Missouri Learning Standards and Grade-Level Expectations (GLEs) in health and physical education in all grades. In addition, the district will disseminate nutrition messages and other nutrition-related materials received from the USDA to students, staff and the community through a variety of media and methods. The wellness program coordinators, in consultation with the wellness committee, will develop procedures that address nutrition education and promotion.

Physical Activity and Education

The district will provide physical education and opportunities for physical activity aligned with the Missouri Learning Standards and GLEs in health and physical education in all grades. The wellness program coordinators, in consultation with the wellness committee, will develop procedures that address physical education and physical activity.

Other School-Based Activities

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

Assessment

The local wellness program will be assessed at least once every three years. The assessment will measure the district's level of compliance with implementing the local wellness program, including compliance levels in each of the district's schools; the extent to which the district's policy compares to model wellness policies; and a description of the progress made in attaining the goals of the program. Wellness program coordinators will report the results of assessments to the board, and the results of each assessment will be made available to the public on the district's website and by other appropriate means. The wellness program coordinators will make recommendations for modifications to the wellness policy in accordance with these assessments, and the board will revise the wellness policy as it deems necessary based on these recommendations. Administrative procedures will be revised accordingly.

Records

The wellness program coordinators will maintain records necessary to document compliance with law, including a copy of the policy; documentation of community involvement, including sign-in sheets or other documentation of the names of those who provided input to the committee; documentation of triennial assessments; and documentation that assessment findings were shared with the public.

Policy Reference Disclaimer:

These references are not intended to be part of the policy itself, nor do they indicate the basis or authority for the board to enact this policy. Instead, they are provided as additional resources for those interested in the subject matter of the policy.

State	Description
§§ 610.010-.030, RSMo.	<u>State Statute</u>
§167.720, RSMo	<u>State Statute</u>
Federal	Description
42 U.S.C. §§ 1751-1760	<u>Richard B. Russell National School Lunch Act</u>
7 C.F.R. Part 210	<u>National School Lunch Program</u>

Cross References

Code	Description
DJF-1	<u>PURCHASING</u>
DJF-2	<u>PURCHASING</u>
EF	<u>FOOD SERVICE MANAGEMENT</u>
EF-AP(1)	<u>FOOD SERVICE MANAGEMENT - (Meal Charges)</u>
EFB	<u>FREE AND REDUCED-PRICE FOOD SERVICE</u>
GCL	<u>PROFESSIONAL STAFF DEVELOPMENT OPPORTUNITIES</u>
GCL-1-AP(1)	<u>PROFESSIONAL STAFF DEVELOPMENT OPPORTUNITIES</u>
GCL-2-AP(1)	<u>PROFESSIONAL STAFF DEVELOPMENT OPPORTUNITIES - (K-8 Districts)</u>
GDL	<u>SUPPORT STAFF DEVELOPMENT OPPORTUNITIES</u>
IGAEA	<u>TEACHING ABOUT DRUGS, ALCOHOL AND TOBACCO</u>
IGAEA-AP(1)	<u>TEACHING ABOUT DRUGS, ALCOHOL AND TOBACCO - (Tobacco Use Prevention Education)</u>
IGBC	<u>PARENT AND FAMILY INVOLVEMENT AND ENGAGEMENT</u>
IGDF	<u>STUDENT FUNDRAISING</u>
JHCF	<u>STUDENT ALLERGY PREVENTION AND RESPONSE</u>

JHCF-AP(1)

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STUDENT ALLERGY PREVENTION AND RESPONSE

PUBLIC SOLICITATIONS/ADVERTISING IN DISTRICT
FACILITIES

WellSAT

Your District's Scorecard

Policy Assessment Name: WellSAT (6/2026)

District Name: MONITEAU CO. R-V

Congratulations! You have completed the [WellSAT Policy Assessment](#). You can see your Policy scores for each item below. Please note if you are missing any of the federal requirements in Section 1. Items with a rating of "0" (item not addressed in the policy) or "1" (weak statement addressing the item) can be improved by referring to the links at wellsat.org/resources.

You should update your policy and practices to ensure that you are compliant with federal requirements.

Section 1. Federal Requirements Rating

FR1	Includes goals for nutrition education that are designed to promote student wellness.	2
FR2	Assures compliance with USDA nutrition standards for reimbursable school meals.	2
FR3	District takes steps to protect the privacy of students who qualify for free or reduced priced meals.	0
FR4	Free drinking water is available during meals.	0
FR5	Ensures annual training for food and nutrition services staff in accordance with USDA Professional Standards.	1
FR6	Addresses compliance with USDA nutrition standards (Smart Snacks) for all food and beverages sold to students during the school day.	2
FR7	Regulates food and beverages sold in a la carte.	NA
FR8	Regulates food and beverages sold in vending machines.	NA

FR9	Regulates food and beverages sold in school stores.	NA
FR10	Addresses fundraising with food to be consumed during the school day.	NA
FR11	Regulates food and beverages served at class parties and other school celebrations in elementary schools. Use N/A if no elementary schools in district.	1
FR12	Restricts marketing on the school campus during the school day to only those foods and beverages that meet Smart Snacks standards.	NA
FR13	Addresses how all relevant groups will participate.	2
FR14	Identifies the officials responsible for compliance with all components of the local wellness policy in each school.	2
FR15	Addresses making the wellness policy available to the public.	2
FR16	Addresses the assessment of district implementation of the local wellness policy at least once every three years.	2
FR17	Addresses making triennial assessment results available to the public and specifies what will be included.	2
FR18	Addresses a plan for updating policy based on results of the triennial assessment.	2

Section 2. Nutrition Environment and Services

Rating

NES1	Addresses access to the USDA School Breakfast Program.	0
NES2	Addresses how the district protects students with unpaid meal balances from lunch shaming and ensures their privacy (e.g., students are not given a different meal, given a wrist band, or publicly identified).	0

NES3	Specifies how families are provided information about determining eligibility for free/reduced price meals.	0
NES4	Specifies strategies to increase participation in school meal programs.	0
NES5	Specifies marketing to promote healthy food and beverage choices.	0
NES6	Addresses the amount of "seat time" students have to eat school meals.	0
NES7	Addresses purchasing local foods for the school meals program.	NA
NES8	USDA Smart Snack standards are easily accessed in the policy.	NA
NES9	Exemptions for infrequent school-sponsored fundraisers.	NA
NES10	Addresses foods and beverages containing caffeine at the high school level.	NA
NES11	Addresses nutrition standards for all foods and beverages served (not sold) to students after the school day, including before and aftercare on school grounds, clubs, and after school programming.	NA
NES12	Addresses nutrition standards for all foods and beverages sold (not served) to students after the school day, including before and aftercare on school grounds, clubs, and after school programming.	NA
NES13	Addresses food not being used as a reward.	NA
NES14	Addresses availability of free drinking water throughout the school day.	0

Section 3. Nutrition Education

Rating

NE1	Nutrition education teaches skills that are behavior focused, interactive, and/or participatory.	2
NE2	All elementary school students receive sequential and comprehensive nutrition education.	2
NE3	All middle school students receive sequential and comprehensive nutrition education.	1
NE4	All high school students receive sequential and comprehensive nutrition education.	NA
NE5	Nutrition education is integrated into other academic subjects beyond health education.	1
NE6	Links nutrition education with the food environment.	1
NE7	☛ School curriculum addresses agriculture and the food system.	1

Section 4. Physical Education and Physical Activity Rating

PEPA1	☛ There is a written physical education curriculum for grades K-12.	1
PEPA2	The written physical education curriculum for each grade is aligned with national and/or state physical education standards.	2
PEPA3	Physical education promotes a physically active lifestyle.	2
PEPA4	Addresses time per week of physical education instruction for all elementary school students.	1
PEPA5	Addresses time per week of physical education instruction for all middle school students.	0
PEPA6	Addresses time per week of physical education instruction for all high school students.	NA

PEPA7	Addresses qualifications for physical education teachers for grades K-12.	0
PEPA8	Addresses providing physical education training for physical education teachers.	0
PEPA9	Addresses physical education exemption requirements for all students.	0
PEPA10	Addresses physical education substitution for all students.	0
PEPA11	⇒✕ Addresses family and community engagement in physical activity opportunities at all schools.	0
PEPA12	⇒✕ Addresses before and after school physical activity for all students, including clubs, intramural, and interscholastic opportunities.	NA
PEPA13	Addresses recess for all elementary school students.	0
PEPA14	⇒✕ Addresses physical activity breaks during school.	0
PEPA15	Joint or shared-use agreements for physical activity participation at all schools.	NA
PEPA16	District addresses active transport (Safe Routes to School) for all K-12 students who live within walkable/bikeable distance.	NA
PEPA17	⇒✕ Addresses using physical activity as a reward.	NA
PEPA18	Addresses physical activity not being used as a punishment.	NA
PEPA19	Addresses physical activity not being withheld as a punishment.	NA

Section 5. Employee Wellness

Rating

EW1	⇒✕ Addresses strategies to support employee wellness.	NA
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EW2	Encourages staff to model healthy eating and physical activity behaviors.	NA
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Section 6. Integration and Coordination Rating

IC1	Addresses the establishment of an ongoing district wellness committee.	2
IC2	Addresses the establishment of an ongoing school building-level wellness committee.	2

Overall District Policy Score

Total Comprehensiveness	District Score 53
Total Strength	District Score 37

