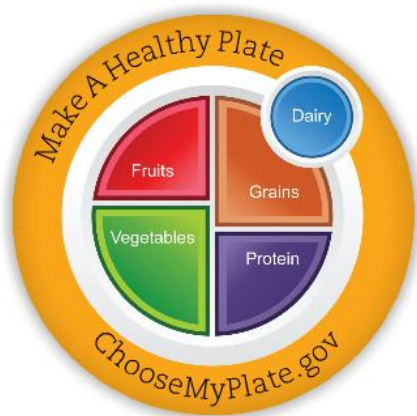


Gideon School District No. 37

Wellness Plan

Start your Day with a

Healthy Diet and Exercise



Gideon School District
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Introduction

The Gideon School District recognizes the relationship between student well-being and student achievement. Therefore a comprehensive district wellness program is essential in providing a method to ensure all students receive proper nutrition, physical activity and education in healthy living. Through the wellness program the district will provide developmentally appropriate and sequential nutrition and physical education as well as opportunities for physical activity and education in healthy living.

The wellness policies and wellness plan developed by the Gideon School District meet the new federal requirement under the Child Nutrition and WIC Reauthorization Act, PL 105-268.

Wellness Committee

The Wellness Committee is comprised of members from the following categories:

Parent
High School Student
Physical Education Teacher
Nurse
School Food Service Personnel
School Board Member
School Administrator
Community Member

A Wellness Program Coordinator has been designated and is responsible for overseeing Wellness Plan development, implementation and evaluation.

Nutrition Education

Nutrition Education Goals:

The primary goal of nutrition education in the district is to integrate nutritional education into the curriculum at all grade levels and designed to promote healthy living. Through the curriculum students will acquire the knowledge and skills to make healthy decisions concerning nutrition. In order to achieve this, the following will be implemented:

- Objectives focused on nutritional education will be included in health education and Family and Consumer Science Courses.
- Nutrition objectives will be integrated into core subject units as appropriate at all grade levels.
- All nutritional curricular objectives may include but are not limited to the following focus areas:
 - Benefits of Healthy Eating
 - Essential Nutrients for Healthy Living
 - Effects of Nutritional Deficiencies
 - Healthy Weight Management
 - Use and Misuse of Dietary Supplements
 - Safe Food Preparation, Handling and Storage

- Provide students with nutrition-related skills which focus on the following:
 - Ability to plan healthy meals
 - Understanding and using information provided on food labels
 - Understanding and applying principles of the Dietary Guidelines for Americans
 - Ability to evaluate nutrition information, misinformation and commercial food advertising.
 - Evaluating and assessing personal eating habits, nutritional goal-setting and achievement.

Nutrition Guidelines

It is the policy of the Gideon 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 issues by the Secretary of Agriculture pursuant to law. The following procedures address all foods available to students throughout the school day:

National School Lunch Program and School Breakfast Program meals:

- Food service program will operate in accordance with the National School Lunch Act and Child Nutrition Act. All of the Gideon School District will comply with the USDA regulations and state policies.

A la carte offering in the food service program

- A la carte items comply with USDA regulations prohibiting the sale of “foods of minimal nutritional value” where meals are served or eaten during the meal periods. Foods falling into this category are:
 - Sodas
 - Candy
 - Gum

Vending Machines

- All vended beverages will be sold in compliance with USDA regulations prohibiting the sale of “foods of Minimal Nutritional Value” where school meals are served and eaten during the meal period.
- Vending machines with beverages of minimal nutritional value will not be available to students in the elementary school or high school during regular school hours.
- Vending machines will contain water, products with 50%-100% fruit juice, and flavored water and sport drinks such as Gatorade.

Parties and Celebrations

- 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.
- Students will be encouraged to have individual water bottles in the classroom during the school day and during celebration events.

- Celebration activities will be scheduled after the lunch period and will be limited in frequency.
- Each party should include no more than one food or beverage that does not meet the Standards for Food and Beverages
- A list of healthy party ideas and recipes will be disseminated to parents and teachers.

After-School Programs

- Snacks served in after-school programs will comply with the meal pattern established by the USDA.

Fundraisers

- All fundraising projects are encouraged to follow the District Nutrition Standards.
- All fundraising projects for sale and consumption of food items within prior to the instructional day will follow the District's Nutrition Standards when determining the items being sold.
- At least 50% of fundraising activities will consist of items not including food or beverages.

Rewards

- Foods or beverages will not be used as rewards in the classroom nor be withheld as a form of punishment for academic performance or student behavior.

Physical Activities

The Physical Activity Goal of the district is to assist student in learning to value and enjoy physical activity as an essential and life-long of a healthy lifestyle. Students will actively engage in developing the skills and knowledge necessary to participate in a variety of physical activities maintain physical fitness and regularly participate in physical activities. In order to achieve this goal the district will:

1. Provide a Physical Education Program which:
 - Provides physical education class for all elementary students during the school week
 - Devotes at least 50% of physical education class time to actual physical activity during each session, with as much time as possible spent in moderate to vigorous physical activity.
 - Emphasize knowledge and skills for a lifetime of regular physical activity
 - Ensure that all students actively participate in all physical activities regardless of ability.
 - Provide a wide-variety of physical activities.
2. Recess
 - Supervised recess will be provided to all elementary students. When possible recess will be scheduled before lunch and be held outdoors.
3. Other Physical Activities
 - Provide competitive and noncompetitive physical activities outside the school day as resources allow.
 - Students will be informed of and encouraged to participate in physical activities within the community.

Additional Wellness Education

Tobacco/Alcohol/Drug

Prevention education will be implemented at all grade levels with particular emphasis at the middle school level and ongoing reinforcement at the high school level. Use prevention education programs will be implemented in accordance with Board policy, relevant administrative procedures and law.

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. This goal will be achieved by addressing the areas itemized below:

Community and Family Involvement

The district will strive to engage families and community members as partners in student's education by supporting and by working with parents in efforts to motivate and help children in maintaining and improving their health, preventing disease and avoiding health-related risk behaviors. Strategies the district may utilize to achieve family and community involvement may include, but are not limited to the following:

- Providing nutrition information to parents/guardians in the forms of newsletters, handouts, presentations or other appropriate means.
- Providing parents/guardians with ideas for healthy celebrations, parties, rewards and fundraising activities
- Supporting efforts to provide children with opportunities to be physically active outside of school
- Encourage parents and community members to volunteer time in the classroom, cafeteria or at special events that promote student health

Marketing and Advertising

Tobacco and alcohol advertising shall not be 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 Gideon Board of Education.

School Breakfast and Lunch Meal Times

The district will maintain a closed campus. 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:

- 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
- Students will be provided access to hand-washing facilities before they eat meals or snacks
- Students will be allowed to converse during meals
- The cafeteria will be clean, orderly and inviting to patrons
- Adequate seating and supervision will be provided during meal times

Professional Development and Training

The following Professional Development Activities and Training will be conducted:

- Staff responsible for nutrition education will be adequately prepared and regularly participate in professional development activities to effectively deliver quality nutrition education.
- Staff responsible for implementing the physical education program will be properly certified and regularly participate in area-specific professional development activities
- Staff responsible for food service delivery will receive ongoing, area specific professional development focused on meal planning which meets the Eat Smart Guidelines.

Food Safety/Food Security

- All Foods made available on campus comply with the state and local food safety and sanitation regulations. Hazard Analysis and Critical Control Points (HACCP) plans and guidelines are implemented to prevent food illness in schools
- For the safety and security of the food and facility access to the food service operations are limited to Child Nutrition staff and authorized personnel. For further guidance see the US Department of Agriculture food security guidelines.

Board Policies

Board approved policies concerning the Wellness Program will be established and reviewed on an on-going basis to ensure compliance with state and federal statutes.

Board Policies:

- ADF Wellness Program
- AH Smoking on School Premises
- EB Safety Program
- EBB Communicable Diseases
- EBBA Illness and Injury Response and Prevention
- EF Food Service Management
- IGAEA Teaching about drugs, alcohol and tobacco
- JFCH Student Alcohol/Drug Abuse

Action Plan

Objective	Person/Persons Responsible	Timeline
<i>Wellness Committee</i>		
Wellness Committee will be established to develop Wellness Plan	Wellness Coordinator/High School Principal	April 2006
Wellness Committee will be comprised of at least one representative from the following groups: <ul style="list-style-type: none"> ▪ High School Student ▪ Parent ▪ Nurse ▪ Physical Education Teacher ▪ School Food Service Personnel ▪ School Board Member ▪ School Administrator ▪ Community Member 	Wellness Coordinator/High School Principal – See Policy ADF	Spring 2006
Wellness Coordinator will oversee implementation and evaluation of the Wellness Program	Wellness Coordinator/High School Principal	Annually
<i>General Guidelines</i>		
The food service area is clean, orderly and has an inviting atmosphere.	Food Service Personnel	Daily
Identify content of reimbursable lunch and breakfast near or at the beginning of the serving line(s)	Food Service Personnel	Daily
<i>Breakfast:</i> All school breakfasts comply with USDA regulations and state policies	Food Service Personnel	Daily Monitoring
<i>Lunch:</i> All school lunches comply with USDA regulations and state policies	Food Service Personnel	Daily Monitoring
<i>Food Safety</i>		
Hazard Analysis and Critical control Points (HACCP) plans and guidelines are implemented to prevent food illness in schools.	Food Service Personnel	Daily
Food service operations are limited to authorized personnel only	Food Service Personnel	Daily
<i>Training</i>		
Professional Development required for Food Service Personnel	Food Service Personnel	Annually
Professional Development opportunities related to nutrition, physical activity and abstaining from tobacco are provided to encourage staff to serve as healthy role models	Building Principals	On-going
Civil Rights Training: https://dese.mo.gov/sites/default/files/CivilRightsPresentation.pdf	Administration	Annually
<i>Nutrition Education</i>		
Teachers will develop and incorporate age-appropriate lessons and units focused on physical activities and proper nutrition necessary for healthy living	Building Principals and Teaching Staff	On-going
Display nutrition and health posters, signage, in cafeteria food service and dining areas, classrooms, hallways, gymnasium, and or bulletin boards that are rotated, updated or changed quarterly	Building Principals, Teaching Staff, and Nurse	Quarterly

<i>Nutrition Guidelines</i>		
Menus will be published on the district website W/ Statement: “This Institution is an Equal Opportunity Provider”	Wellness Coordinator & Technology Staff	Monthly
Contents of beverage vending machines available for student use during the school day will be evaluated to determine nutritional contents of beverages.	Building Principals	On-going
All vending machines available to students during the school day will be stocked with beverages meeting at least the Intermediate Level Missouri Eat Smart Guidelines	Building Principals	On-going
Vending machines not meeting these guidelines will be blocked for student use during regular school hours	Building Principals	On-going
Teachers and parents will be provided with a list of “Foods with Minimal Nutritional Value” and suggestions for healthy party treats and beverages.	Building Principals & FACs Instructor	On-going
Schedules will be evaluated to ensure celebrations and parties providing food will be held after lunch periods	Building Principals	On-going
Sponsors will review fund raising activities to evaluate the percentages of fundraising activities involving foods of minimal nutritional values	Building Principals & Sponsors	On-going
Sponsors will ensure that at least 50% of fundraising activities consist of items not including food or beverages	Building Principals & Sponsors	On-going
Building Principals will communicate to all staff that foods or beverages will not be used as rewards in the classroom nor withheld as a form of punishment for academic performance or students’ behavior.	Building Principals	On-going
Teachers will be encouraged to allow students to bring water bottles into the classroom	Building Principals & Teachers	On-going
<i>Physical Activities</i>		
Physical education program will be reviewed to ensure all elementary students have at least one period per week for physical education	Building Principals & Physical Ed. Staff	Annually
Physical education curriculum will ensure at least 50% of time is spent in moderate to vigorous activity	Physical Ed. Staff	Annually
Recess schedules will be reviewed to determine feasibility of moving recess prior to lunch	Building Principal	Annually
<i>Additional Wellness Education</i>		
Curricula will be reviewed to determine level and age-appropriateness of tobacco, alcohol and drug use prevention	Building Principals & Teachers	On-going
Weak areas of the curricula will be identified and appropriate lessons/units on prevention will be developed and implemented.	Building Principals & Teachers	On-going
<i>Other School Based Activities</i>		
Teachers will ensure students wash hands prior to lunch	Teachers	Daily
Teachers will supervise breakfast and lunch periods	Building Principal & Teachers	Daily
<i>Evaluation of Wellness Program</i>		
Annual evaluations will be conducted each Spring	Wellness Coordinator	Annually
Recommendations for adjustments and program changes will be made based on evaluation findings and other pertinent data sources	Wellness Coordinator	Annually

Evaluation of Wellness Program

The following evaluation tool will be utilized to determine level of implementation and overall success of the Wellness Program. Analysis of data will provide guidance in revision of activities and programs within the Wellness Plan to ensure students have the skills and knowledge to live a healthy lifestyle now and throughout their adult lives.

Rating Keys:

- 4 = Fully in Place
- 3 = Partially in Place
- 2 = Under Development
- 1 = Not in Place

Wellness Plan Evaluation					
<i>Process Indicators</i>	1	2	3	4	Comments
Wellness Committee has been established					
Nutrition Educational lessons & Units are incorporated into the curricula					
School Lunch menus comply with USDA Regulations.					
School Breakfast menus comply with USDA Regulations.					
Menus will be published on the district website					
Contents of beverage vending machines available for student use during the school day will be evaluated to determine nutritional contents of beverages.					
All vending machines available to students during the school day will be stocked with beverages meeting at least the Intermediate Level Missouri Eat Smart Guidelines					
Vending machines not meeting these guidelines will be blocked for student use during regular school hours					
Teachers and parents will be provided with a list of “Foods with Minimal Nutritional Value” and suggestions for healthy party treats and beverages.					
Schedules will be evaluated to ensure celebrations and parties providing food will be held after lunch periods					
Sponsors will review fund raising activities to evaluate the percentages of fundraising activities involving foods of minimal nutritional values					
Sponsors will ensure that at least 50% of fundraising activities consist of items not including food or beverages					
Building Principals will communicate to all staff that foods or beverages will not be used as rewards in the classroom nor withheld as a form of punishment for academic performance or students’ behavior.					

Teachers will be encouraged to allow students to bring water bottles into the classroom					
Physical education program will be reviewed to ensure all elementary students have at least one period per week for physical education					
Physical education curriculum will ensure at least 50% of time is spent in moderate to vigorous activity					
Recess schedules will be reviewed to determine feasibility of moving recess prior to lunch					
Curricula will be reviewed to determine level and age-appropriateness of tobacco, alcohol and drug use prevention					
Weak areas of the curricula will be identified and appropriate lessons/units on prevention will be developed and implemented.					
Teachers will ensure students wash hands prior to lunch					
Teachers will supervise breakfast and lunch periods					
Rubrics will be developed to evaluate overall effectiveness of the Wellness Program					
Annual evaluations will be conducted each Spring					

<i>Outcome Indicators</i>	Baseline Measure	Baseline + One Year Include % Change (+/-)	Baseline + Two Years Include % Change (+/-)	Baseline + Three Years Include % Change (+/-)	Baseline + Four Years Include % Change (+/-)
Increase in Average Daily Attendance for Elementary Students					
Increase in Average Daily Attendance for Jr. High/High School Students					
Decrease in the number of school nurse office visits by elementary students					
Decrease in the number of school nurse office visits by jr. high/high school office visits					
Increase in the percentage of students receiving the Presidential Physical Fitness Award					

Narrative of Data Analysis:

Recommendations or Changes:

Resources Utilized for Plan Development

Missouri Eat Smart Guidelines-Grades Pre-K-12, August 2005 (Adapted from “Child Nutrition & Wellness,” Kansas State Department of Education School Wellness Policy Model Guidelines (2014)

Missouri School Boards’ Association.. District Wellness Program [document] (2005).

United States Department of Agriculture Food and Nutrition Service. (2006). Healthy Schools. Retrieved March 12, 2006 from the World Wide Web:
http://www.fns.usda.gov/tn/Healthy/wllness_policyrequirements.html