

## **Perry County School District #32 Wellness Policy**

### **Nutrition Education**

**Goal:** Perry County School District #32's goal is to integrate sequential nutrition education to provide students with the necessary knowledge and skills to make healthy nutrition decisions. In order to achieve this goal, the District will:

**Action Step 1:** Provide students with adequate nutrition knowledge that may include:

- The benefits of healthy eating.
- Essential nutrients.
- Nutritional deficiencies.
- Principles of healthy weight management.
- The use and misuse of dietary supplements.

**Action Step 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 USDA's Dietary Guidelines for Americans and MyPlate.
- Critically evaluate nutrition information, misinformation and commercial food advertising.
- Assess personal eating habits, nutrition goal-setting and achievements.

**Action Step 3:** Provide instructional activities that stress the appealing aspects of healthy eating and are hands-on and developmentally appropriate.

**Action Step 4:** Ensure that the school counselors and health service providers are able to recognize conditions such as unhealthy weight, eating disorders and other nutrition-related health problems and, when appropriate, provide information about these conditions, including available treatments options.

**Action Step 5:** Coordinate the food service program by integrating nutrition instruction in physical education, family and consumer science, after school programs such as Adventure Club and also including:

- Dietician / nutritionist
- Health classes
- Community organizations such as University of MO Extension Nutrition Program Association.

### **Nutrition Promotion**

**Goal:** The District will promote the importance of good nutrition in its school and in the community through one or more of the following activities:

**Action Step 1:** Providing nutrition information to parents/guardians via social media, newsletters, handouts, parent informational meetings or other appropriate means. (Use short video clips, share Food Nutrition FB page, posts of District FB page)

- Post links to research and articles explaining the connections between good nutrition and academic performance.
- Incorporate nutrition promotions in elementary family nights.
- Nutritionist / dietician

**Action Step 2:** Disseminating information about community programs that offer nutrition assistance to families.

- Local hospital
- WIC
- Social Assistance Programs-SNAP/ food stamps
- Food Banks
- Backpack for Fridays
- Summer Food Service Program

**Action Step 3:** Promote healthy choices for food that is given to our students for class motivators, classroom and birthday celebrations offered to students. Follow our Smart Snack guidelines for food that is sold to our students. Along with promoting healthy choices offered in district sponsored concession stands:

- All food sold to students during the school day must meet the Smart Snack guidelines. The District will provide to our staff the link to the Smart Snacks calculator to see if a food or beverage meets the Smart Snack nutrition standards.
- Food that is given to a student is **not** required to meet the Smart Snack standards; however, the District highly recommends that all food given to students while at school be healthy and nutritional.
- The District will provide teachers and other relevant school staff with a list of alternative ways to reward students when a Smart Snack is not used.
- The District will provide professional development of the importance of utilizing Smart Snacks
- All fundraisers that include food will go through the food service nutritionist for approval.

## **Physical Activity**

**Goal:** 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 this goal the district will:

**Action Step 1:** Develop a sequential program of appropriate physical education for every student.

- Each elementary student will receive instruction in physical education and/or opportunity for unstructured play for a minimum of 150 minutes per week or 30 minutes a day which can include PE and recess.
- Elementary school students shall have a minimum of 1 recess period of 20 minutes per day, which may be incorporated into the lunch period.
- Students in middle school receive a minimum of 3,000 minutes each year in PE and 1500 minutes of Health and Safety Instruction.
- Students in grades 9-12 must earn 1 unit of credit in PE prior to graduation.

**Action Step 2:** 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.

**Action Step 3:** Provide resources and information for families to encourage and promote physical activity at home, including family pedometer challenges.

**Action Step 4:** Work collaboratively with the appropriate building behavior intervention teams to discourage the use of physical activity as a form of discipline and ensure that physical education and recess will not be withheld as punishment.

**Action Step 5:** Work collaboratively with appropriate buildings to encourage “breaks” such as “brain breaks” to avoid periods of inactivity that exceeds 2 or more hours.

- Dietician / nutritionist
- Provide “Get up and move” activities.

**Action Step 6:** Provide and encourage daily periods of moderate to vigorous physical activity for all participants in on-site and after-school child care programs and early childhood extended day programs.

- Provide “Get up and move” activities.

**Action Step 7:** Provide opportunities and encouragement for staff to be more physically active by offering various activity challenges.

- Biggest Loser

- Discount to the Perry Park Center
- Communicate that Health Savings Account money can be used for membership at a health club

**Action Step 8:** Explore the option of piloting “recess before lunch” at an elementary building.

- Provide “Get up and move” activities. (Can invite leaders of the community to come in and lead these activities)

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

**Goal:** The District’s goal for other school-based activities is to ensure and integrated whole-school approach to the District’s wellness program. The District will achieve this by:

**Action Step 1:** The District will collaborate with agencies and groups conducting nutrition educating in the community to send consistent messages to students and their families.

- Have representation on Healthy Communities Coalition.

**Action Step 2:** 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 by:

- Providing nutrient analysis of district menus.
- Providing parents/guardians a list of foods that meet the district’s nutrition standard for snacks.
- Encouraging parents/guardians to pack healthy lunches and snacks.
- Designing curricular nutrition education activities and promotions to involve parents/guardians.
- Sharing information about physical activity and nutrition via the district’s website, newsletters, other take-home materials and social media.

**Action Step 3:** The District will continue to encourage health and wellness by:

- Collaborating with community organizations to provide school gardens.
- Applying for healthier school challenges.
- Offering a Staff Wellness Program.