

District Wellness Program Policy and Procedures Updated 2022-2023

The primary goals of the Blue Springs School District wellness program are to promote student health, reduce student overweight/obesity, facilitate student learning of the 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 guidelines set forth by the USDA governing the National School Breakfast and Lunch Program and the Missouri Eat Smart Guidelines for foods served during the school day in the following areas:

- School Breakfasts – All Schools will provide breakfast through the USDA School Breakfast Program.
- School Lunches – All Schools will provide lunch through the USDA National School Lunch Program.
- A La Carte Food Items - All food items served or offered (for sale) to students during the school day will meet all federal, state, and local standards for all nutrient and competitive food guidelines.
- A La Carte Beverage Items – All food items served or offered (for sale) to students during the school day will meet all federal, state, and local standards for all nutrient and competitive food guidelines.
- Food Items Sold in Vending Machines and School Stores

Smart Snacks aim to improve student health and well-being, increase consumption of healthful foods during the school day, and create an environment that reinforces the development of healthy eating habits. A summary of the standards and information are available at: <https://fns-prod.azureedge.us/sites/default/files/resource-files/smartsnacks.pdf>

For the purposes of this procedure, the school day is the time period from the midnight before to 30 minutes after the official school day.

Fundraising Exemption to Nutrition Guidelines

Foods and beverages that meet or exceed the USDA Smart Snacks in Schools nutrition standards may be sold through fundraisers on the school campus during the school day.

Unless otherwise prohibited by Board policies or limitations on marketing, the following are exemptions to the rule requiring that foods sold as fundraisers meet USDA standards:

1. Foods sold off campus, outside the school day or to nonstudents do not have to meet the USDA standards.
2. Distribution of order forms for and delivery of foods that do not meet USDA standards and are not intended for consumption at school are permitted during the school day to the extent it otherwise complies with district policies and procedures.
3. Each school building within the district may hold up to five one-day fundraisers per school year on district property during the school day that involve the sale of foods that do not meet USDA standards.

Water and Milk

Students will have access to free drinking water during mealtimes in the places where meals are served. Lunches served by the district will include a variety of fluid milk options consistent with the most recent

Dietary Guidelines for Americans. Food and fluid milk substitutions will be provided to students in accordance with law and Board policy.

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 all grade levels with adequate nutrition 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 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 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 staff consistently promote healthy eating to students and, 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 treatment options.

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. Meeting curriculum requirements for elementary, middle, and high school.
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. Discourage the use of physical activity being used as a punishment or withheld as a punishment (recess taken away).
7. 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.
8. 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.
9. Provide all students physical education that teaches them skills needed for lifelong physical fitness.

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 maintain 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.
- **Classroom Celebrations** – Classroom celebrations should focus on activities rather than food. If food is brought in, it must meet smart snack guidelines.
- **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 regimes 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 and Physical Education instructors.
 - **Staff Wellness** – The Blue Springs School District highly values the health and well-being of every staff member. The district will provide opportunities and encouragement for staff to be physically active and participate in a 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. The Wellness Team shall meet at least two times per year.
 - **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 every three (3) years
 - Student Fitness Gram
 - The National School Breakfast and Lunch Program meets the USDA nutrition based menu standard
 - Beverage machines and/or fountain drinks will follow or exceed guidelines provided by the Alliance for a Healthier Generation
 - Vending Machines will be required to meet Smart Snack Guidelines set forth by the USDA governing the National School Breakfast and Lunch Program
 - Yearly student interest survey and prior year evaluation

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. The team shall meet no fewer than two times per year. Parents, students, representatives of the school food authority, PE teachers, school health professionals, the school board, school administrators, and

the general public will be included in the development, implementation, review and update of the wellness policy. Information regarding Wellness meetings and participation will be posted on our website.

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