

DISTRICT WELLNESS PROGRAM

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 (1): parent, student, nurse, 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. The Board designates the following individual as wellness program coordinator: RN Health Coordinator. 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. Meetings, records and votes of the wellness committee will adhere to the requirements of the Missouri Sunshine Law.

Nutrition Guidelines

It is the policy of the East Carter R-II 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 issued by the Secretary of Agriculture pursuant to law. The district will create procedures that address all foods available to students throughout the school day in the following areas:

- < National School Lunch Program and School Breakfast Program meals
- < A la carte offerings in the food service program
- < Vending machines and school stores
- < Classroom parties, celebrations, fundraisers, rewards and school events
- < Snacks served in after-school programs

Nutrition and Physical Education

The district will provide nutrition and physical education aligned with the Show-Me Standards and Missouri's Frameworks for Curriculum Development in Health/Physical Education in all grades. The wellness program coordinators, in consultation with the wellness committee, will develop procedures that address nutrition and physical education.

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.

Evaluation

The wellness committee will assess all education curricula and materials pertaining to wellness for accuracy, completeness, balance and consistency with the state and district's educational goals and standards. Wellness program coordinators shall be responsible for devising a plan for implementation and evaluation of the district wellness policy and are charged with operational responsibility for ensuring that schools meet the goals of the district wellness policy. Wellness program coordinators will report to the Board annually.

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Note: The reader is encouraged to check the index located at the beginning of this section for other pertinent policies and to review administrative procedures and/or forms for related information.

Adopted: 10/16/08

Revised: 06/22/2017

Cross Refs: DJF, Purchasing
EF, Food Services Management
EFB, Free and Reduced-Cost Food Services
IGAEA, Teaching about Drugs, Alcohol and Tobacco
IGBC, Parent/Family Involvement in Instructional and Other Programs
IGDF, Student Fundraising
KI, Public Solicitations/Advertising in District Facilities

Legal Refs: §§ 610.010 - .028, RSMo.
The Child Nutrition and WIC Reauthorization Act of 2004, Section 204,
P.L. 108 – 265
The Richard B. Russell National School Lunch Act, 42 U.S.C. §§ 1751 -
1769h
The Child Nutrition Act of 1966, 42 U.S.C. §§ 1771 – 1789

East Carter County R-II School District, Ellsinore, Missouri

