Malta Bend R-V School District

Wellness Plan

July, 2024

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**History and Rationale**

Federal Public Law (PL 108.265 Section) states that by the first day of the 2006 school year beginning after June 30, 2006 all schools must develop a local wellness policy that involves parents, students, a representative from the School Food Authority, school board, school administrator and the public. The Local Education Authority (LEA) will establish a plan for measuring implementation of the local wellness policy.

The Malta Bend R-V Board of Education adopted Policy and Regulation 2750 on July 18, 2010 which outlines goals of the district’s wellness plan. The following plan addresses these goals and their implementation in the areas of Nutrition Education, Physical Activity, Other School Based Activities, Eating Environment, District Nutrition Standards, and Food Safety.

**Malta Bend R-V School Health Advisory Council**

The Malta Bend R-V School District School Health Advisory Council will be established by the beginning of the 2016-2017 school years. The committee will be coordinated by the School Nurse and will meet a minimum of two (2) times annually. The Wellness Coordinator will be in charge of implementation and evaluation of the District’s Wellness Policy. Meetings, records and votes of the Wellness Committee will adhere to the requirements of the Missouri Sunshine Law.

**School Health Advisory Council Members**

\* Amber Pitts, School Nurse and Wellness Coordinator

\* Tracy Waterman, Head Cook

\* Les Jacobi, Administrative Assistant

\* Ashley Nieman, Physical Education Instructor

\* Kim Bishop, Fifth and Sixth Grade Instructor

\* Elizabeth Frerking, Saline County Health Department

\* Aaron Feagan, Superintendent/Principal

**School Health Advisory Committee Responsibilities**

The Committee will be responsible for oversight of the following:

1. Implementation of district nutrition and physical activity standards.

2. Integration of nutrition and physical activity in the overall curriculum.

3. Assurance that staff professional development includes nutrition and physical activity issues.

4. Assurance that students receive nutrition education and engage in vigorous physical activity.

**District Goals**

The Malta Bend District promotes a healthy school, by supporting wellness, good nutrition, and regular physical activity as part of the total learning environment. The District supports a healthy environment where children learn and participate in positive dietary and lifestyle practices.

Schools contribute to the basic health status of children by facilitating learning through the support and promotion of good nutrition and physical activity. Improved health optimizes student performance potential. To accomplish these goals the District will:

1. **Provide a comprehensive learning environment for developing and**

**practicing lifelong wellness behaviors.**

The entire school environment, not just the classroom, shall be aligned with healthy school goals to positively influence a student’s understanding, beliefs, and habits as they related to good nutrition and regular physical activity. A healthy school environment should not be use of a dependence on revenue from high added fat, high added sugar, and low nutrient foods to support school

programs.

2. **Support and promote proper dietary habits contributing to student’s health status and academic performance.**

All foods available on school grounds and at school-sponsored activities during the instructional day should meet or exceed the district nutrition standards. Emphasis should be placed on foods that are nutrient dense per calorie. To ensure high quality, nutritious meals, foods should be served with consideration toward, variety, appeal, taste, safety, and packaging.

3. **Provide more opportunities for students to engage in physical activity.**

A quality physical education program is an essential component for all students to learn about and participate in physical activity. Physical activity should be included in a school’s daily physical education program from grades K through twelve (12). Physical activity should include regular instructional physical education, co-curricular activities, and recess.

4. **Improve academic performance.**

Educators, administrators, parents, health practitioners, and communities should consider the critical role student health plays in academic stamina and performance and adapt the school environment to ensure students’ basic nourishment and activity needs are met. To ensure widespread understanding of the benefits to school environments where nutritious foods are provided and where students have an opportunity for physical activity, a public awareness campaign that highlights research demonstrating the positive relationship between good nutrition, physical activity, and capacity of students to develop and learn should be conducted.

**Strategies for Goal Implementation**

**Nutrition Education**

1. **Student Nutrition Education:**

The District has a comprehensive approach to nutrition in Kindergarten through

12th grade. All K-12 instructional staff will be encouraged to integrate nutritional

themes into daily lessons when appropriate. The health benefits of good nutrition

should be emphasized. The District nutrition policy reinforces nutrition education to help students practice these themes in a supportive school environment.

2. **Parent Nutrition Education:**

Nutrition education may be provided in the forms of handouts, postings on the

District website, articles and information provided in District or school newsletters, presentations that focus on nutritional value and healthy lifestyles, and through any other appropriate means available for reaching parents.

3. **Staff Nutrition & Physical Activity Education:**

Nutrition and physical activity education opportunities will be provided to all school staff at the elementary, middle, and high school levels. These educational opportunities may include, but not be limited to, the distribution of educational and informational materials and the arrangement of presentations and workshops that focus on nutritional and healthy lifestyles, health assessments, fitness activities, and other appropriate nutrition and physical activity-related topics.

**Physical Activity**

1. Physical education classes and physical activity opportunities will be available to all students.

2. Physical activity opportunities may be offered daily before school, during school (recess), or after school.

3. As recommended by the National Association of Sport and Physical Education (NASPE), school leaders of physical activity and physical education shall guide students through a process that will enable them to achieve and maintain a high level of personal fitness through the following:

a. Expose youngsters to a wide variety of physical activities.

b. Teach physical skills to help maintain a lifetime of health and fitness.

c. Encourage self-monitoring so youngsters can see how active they are

and set their own goals.

d. Individualize intensity of activities.

e. Focus feedback on process of doing your best rather than on product.

f. Be active role models.

g. Introduce developmentally appropriate components of a health-related

assessment to the students at an early age to prepare them for future

assessments.

4. Physical education classes shall be sequential, building from year to year, and

content will include movement, personal fitness, and personal and social responsibility. Students should be able to demonstrate competency through application of knowledge, skill, and practice.

**Other School Based Activities**

1. Local wellness policy goals are considered in planning school-based activities

(such as school events, field trips, dances and assemblies).

2. Support for the health of all students is demonstrated by hosting health clinics,

health screenings, and helping enroll eligible children in Medicaid and other state

children’s health insurance programs.

3. Providing nutrition information to parents/guardians in the forms of newsletters,

handouts, and/or the District website.

4. Providing parents/guardians with ideas for healthy celebrations, parties, rewards

and fundraising activities.

5. Tobacco use prevention education will be taught in all grade levels with particular focus on grades 4-12. Instructional activities will be participatory and developmentally appropriate. (Investigate the possibility of working with Stoddard County Health Department on implementing health initiatives).

**Nutrition Guidelines for Foods on Campus**

1. **The School Breakfast/Lunch Programs:**

a. The full meal school breakfast and lunch programs will continue to follow the USDA requirements for Federal School Meals Programs.

b. The School Food Service Program will follow the District’s Nutrition

Standards when determining the items in a la carte and “competitive

foods” sales.

c. The Food and Service Director will work closely with the Nutrition &

Physical Activity Advisory Committee.

2. **District Nutrition Standards:**

The District strongly encourages the sale and distribution of nutrient dense foods

for all school functions and activities. Nutrient dense foods are those foods that

provide students with calories rich in the nutrient content needed to be healthy. In an effort to support the consumption of nutrient dense foods in the school setting, the District has adopted the following nutrient standards governing the sale of food, beverage, and candy on school grounds. Schools are encouraged to study these standards and develop building policy using the following District Nutrition Standards as minimal guidelines.

a. Food:

(1) Encourage the consumption of nutrient dense foods, i.e. WHOLE GRAINS, FRESH FRUITS, VEGETABLES, and

DAIRY PRODUCTS.

(2) Any given food item for sale prior to the start of the school day

and throughout the instructional day, will have no more than 30% of its total calories derived from fat.

(3) Any given food item for sale prior to the start of the school day

and throughout the instructional day, will generally have no more than 10% of its total calories derived from saturated fat.

(4) Nuts and seeds with minimal added fat in processing (no more than 3 grams of added fat per 1.75 ounces or less package size) are exempt from these standards because they are nutrient dense and contain high levels of monounsaturated fat.

b. Candy:

(1) Candy is defined as any processed food item that has sugar (including brown sugar, corn sweetener, corn syrup, fructose, glucose (dextrose), high fructose corn syrup, invert sugar, lactose, maltose, molasses, raw sugar, table sugar (sucrose), syrup is listed as one of the first two ingredients.

(2) Sugar is more than 25% of the item by weight.

(3) Vending sales of candy will not be permitted on school grounds.

(4) Non-vending sales of candy will be permitted ONLY at the conclusion of the instructional school day.

c. Beverages:

(1) Any given beverage item for sale prior to the start of the school day and throughout the instructional school day.

(2) Encourage the consumption of water.

3. **Fundraising:**

a. All fundraising projects are encouraged to follow the District Nutrition Standards.

b. All fundraising projects for sale and consumption of food items within and prior to the instructional day will follow the District’s Nutrition Standards when determining the items being sold.

**Eating Environment**

1, A cafeteria environment that provides students with a relaxed, enjoyable climate

should be developed.

2. The cafeteria is a place where students have:

a. Adequate space to eat in clean, pleasant surroundings.

b. Adequate time to eat meals.

c. Convenient access to hand washing or hand sanitizing facilities before meals.

**Food Safety/Food Security**

1. 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.

2. 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 U.S. Department of Agriculture food security guidelines.

**Evaluation and Monitoring**

**Oversight and Monitoring**

The Wellness Coordinator will be responsible for scheduling and leading the School

Health Advisory Committee meetings. The committee will meet semi-annually. The Food Service Director or authorized representative will monitor food service areas for

compliance with the District’s nutrition guidelines and will report on this matter to the

Wellness Program Coordinator. The School Health Advisory Committee will develop

an annual summary report based on input from schools within the district regarding

district-wide compliance with the District’s wellness policies. The Committee will be

responsible for preparing a report that includes, but is not limited to, the following

information.

1. Monthly district menus and meal counts.

2. Outcomes of committee activities.

3. Evaluation of policy progress.

**Evaluation and Compliance Indicator**

During the initial implementation of the District’s wellness-related policies and procedures, the School Health Advisory Committee will develop a baseline assessment of the school’s existing nutrition and physical activity programs and practices by utilizing the District’s Evaluation of Strategies for Wellness Goal Implementation Rating Scale as a compliance indicator. This evaluative tool will be utilized to assess the District’s strengths and weaknesses. The Committee will then prioritize areas of need and choose a minimum of two areas that the District will address in the coming school year. An Action Work Plan will be developed at the beginning of each school year to address these areas of need.

The District’s Evaluation of Strategies for Wellness Goal Implementation Rating Scale

will be completed by the committee at the end of each school year to assess progress

toward policy/procedure implementation. The yearend assessment will be used to formulate a new Action Work Plan for the following school year.

**Policy Review**

The Wellness Program Coordinator will provide policy revision recommendations to the Board

of Education based on the analysis of the compliance indicator (Rating Scale) as part of the annual report. The Board will revise the Wellness Policy as it deems necessary. Administrative procedures will be revised accordingly.

**Appendix**

Evaluation of Strategies Rating Scale

Wellness Policy Implementation Work Plan

USDA Nondiscrimination Statement

In accordance with Federal civil rights law and U.S. Department of Agriculture (USDA) civil rights regulations and policies, the USDA, its Agencies, offices, and employees, and institutions participating in or administering USDA programs are prohibited from discriminating based on race, color, national origin, sex, disability, age, or reprisal or retaliation for prior civil rights activity in any program or activity conducted or funded by USDA.

Persons with disabilities who require alternative means of communication for program information (e.g. Braille, large print, audiotape, American Sign Language, etc.), should contact the Agency (State or local) where they applied for benefits. Individuals who are deaf, hard of hearing or have speech disabilities may contact USDA through the Federal Relay Service at (800) 877-8339. Additionally, program information may be made available in languages other than English.

To file a program complaint of discrimination, complete the USDA Program Discrimination Complaint Form, (AD-3027) found online at: How to File a Complaint, and at any USDA office, or write a letter addressed to USDA and provide in the letter all of the information requested in the form. To request a copy of the complaint form, call (866) 632-9992. Submit your completed form or letter to USDA by:

(1) Mail: U.S. Department of Agriculture

Office of the Assistant Secretary for Civil Rights 1400 Independence Avenue, SW

Washington, D.C. 20250-9410;

(2) Fax: (202) 690-7442; or

(3) Email: program.intake@usda.gov.

This institution is an equal opportunity provider.

Reviewer Comment: Non-discrimination statement reviewed.

Complaint Process

.Any person or representative alleging discrimination based on a prohibited basis has the right to file a complaint within 180 days of the alleged discriminatory action with the USDA Office of the Assistant Secretary for Civil Rights or the district's compliance officer listed in policy AC. Only the U.S. Secretary of Agriculture may extend the time for filing a complaint. Any person who files a complaint will be advised of the application of confidentiality laws, such as the Privacy Act of 1974.

District staff who receive a complaint alleging illegal discrimination in the district's nutrition program will forward the complaint to the district's compliance officer immediately. The compliance officer will note whether the allegation was made verbally or in person and will transcribe the complaint if it is not provided in writing. As required by the USDA, the compliance officer will forward the complaint to the USDA Office of the Assistant Secretary for Civil Rights immediately and will not first attempt to resolve the complaint prior to contacting the USDA.