

La Plata R-II School District Wellness Policy January, 2010

most recently reviewed, October, 2015

In order to combat childhood obesity and improve children's health, the Child Nutrition and WIC Reauthorization Act of 2004 (PL#108-269) requires that all local educational agencies that receive funding for the USDA Child Nutrition Programs establish a local school wellness policy by the beginning of the 2006-2007 school year.

The U.S. Congress recognizes that schools play a critical role in creating a healthy environment for the prevention of childhood obesity and for combating problems associated with poor nutrition and physical inactivity.

The link between nutrition, physical activity, and learning is well documented. Healthy eating and activity patterns are essential for students to achieve their full academic potential, full physical and mental growth, and lifelong health and well-being. Healthy eating and physical activity, essential for a healthy weight, are also linked to reduced risk for many chronic diseases. Schools have the responsibility to help students learn, establish, and maintain lifelong, healthy eating and activity patterns. Well-planned and effectively implemented school nutrition and fitness programs have been shown to enhance students' overall health, as well as their behavior and academic achievement in school. Staff wellness is also an integral part of a healthy school environment since school staff can be daily role models for healthy behaviors.

Goal

All students in the La Plata R-II School District shall possess the knowledge and skills necessary to make nutritious food choices and enjoyable physical activity choices for a lifetime. All staff in the La Plata R-II School District is encouraged to model healthful eating and physical activity as a valuable part of daily life.

To meet this goal, the La Plata R-II School District adopts this District Wellness Policy with the following commitments to nutrition, physical activity, comprehensive health education, marketing, and implementation. This policy is designed to effectively utilize school and community resources and equitably serve the needs and interests of all students and staff, taking into consideration differences in culture.

Nutrition Guidelines for All Foods Available on School Campus during the School Day

- A. The La Plata R-II School District will solicit information from students and local community resources on menu planning and selection. Students will be asked for input and feedback through the use of student survey and attention will be given to their comments and discussed within the Wellness Committee meetings.
- B. The La Plata R-II School District will offer more fruits, vegetables, whole grains and sugarless cereals during meal times.
- C. The La Plata School will not allow the students access to any sugar beverages during the school day from 8:30 AM – 3:10 PM. Water, milk, and juice will be provided all day.

- D. The La Plata School will support use of effective alternatives to food as a reward to individual students or and entire class. Some of these are:
- Sit by friends.
 - Watch a video.
 - Read outdoors.
 - Teach the class.
 - Have extra art time.
 - Enjoy class outdoors.
 - Have an extra recess.
 - Play a computer game.
 - Read to a younger class.
 - Get a "no homework pass".
 - Sing a silly song together.
 - Make deliveries to the office.
 - Listen to music while working.
 - Play a favorite game or do a puzzle.
 - Earn play money for privileges.
 - Walk with a teacher during lunch.
 - Eat lunch outdoors with the class.
 - Be a helper in another classroom.
 - Eat lunch with a teacher or administrator.
 - Dance to favorite music in the classroom.
 - Get a Free Choice time at the end of the day.
 - Listen with a headset to a book on a headset.
 - Have a teacher perform special skills.
 - Be first in line when the class leaves the room.
 - Have a teacher read a special book to the class.
 - Take a trip to the treasure box (filled with stickers, pencils, erasers, bookmarks, etc.)
- E. The La Plata R-II School District will develop a Hazard Analysis and Critical Control Point (HACCP) Policy Plan and follow according to HACCP regulations.
- F. The La Plata R-II School District will encourage all school-based organizations to pursue healthful foods for fundraising programs. The sale of candy as a fundraiser is strongly discouraged.
- G. The La Plata R-II School District will offer a breakfast and lunch program with menu patterns and nutrition standards established by the U.S. Department of Agriculture and the Missouri Department of Education, School Food Service.

Nutrition Education

- A. La Plata R-II School District will follow health education curriculum standards and guidelines as stated by the Missouri Education Agency. The School will link nutrition education activities with the coordinated school health program.
- B. Students in pre-kindergarten through grade 12 will receive nutrition education that is interactive and teaches the skills they need to adopt healthy eating behaviors. Teachers will integrate nutrition education into core curriculum areas such as math, science, social studies, and language arts as applicable.

- C. Nutrition education will be offered in the school dining room and in the classroom, with coordination between school foodservice staff and teachers. Teachers can display posters, videos, websites, etc. on nutrition topics.
- D. A focus will be made on nutrition education through written posters and materials. These will be made available to students throughout the school buildings. Posters will focus on nutrition, health, wellness, calorie counting, healthy activities, etc.

Physical Activity

See policy ADF-AP

Other School-Based Activities Designed to Promote Student Wellness

See policy ADF-AP

Monitoring and Policy Review

See policy ADF-AP

