

Naylor R-II Wellness Plan

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Naylor R-II School District Wellness Plan August 2016

History & Rationale

Federal Public Law (PL 108.265 Section 204) 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 administrators and the public. The Local Education Authority (LEA) will establish a plan for measuring implementation of the local wellness policy. The Naylor R-II Board of Education adopted Policy and Regulation 2750 on August 16, 2006 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.

Naylor R-2 School Health Advisory Council

The Naylor R-II School District School Health Advisory Council will be established by the beginning of the 2006-07 school year. The committee will be coordinated by the School Nurse and will meet a minimum of one times annually. The Wellness Coordinator will be in charge of implementation and evaluation of the District's Wellness Policy.

School Health Advisory Council Members

Terry Arnold	District FS Director
Stacey Roach	Elementary Principal
Brian White	High School Principal
Cindy Hamly	School Nurse
Jane Jones	Jr./Sr. Health Teacher
Dawson Roach	Student
Mark Gargac	Board Member
Will Spargo	Community Member
Chasidy Sullivan	School Counselor

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 Naylor Districts promotes healthy schools, 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 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. **Providing 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 relate to good nutrition and regular physical activity.
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 education program from grades K through 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

A. 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 health 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 education 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.

B. Physical Activity

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

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

C. 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 the students is demonstrated by hosting health clinics, health screenings, and helping to 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 4-8. Instructional activities will be participatory and developmentally appropriate. (Investigate the possibility of implementing the TAR WARS and Smokebusters programs, which are sponsored by the Health Department).

D. 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 Food and Service Director will work closely with the Nutrition & Physical Activity Advisory Committee.

2. District Nutrition Standards:

The Districts strongly encourages the sale or 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 nutrition standards governing the sale of food, beverages, 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 the fat.
- (3) 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:
- (2) 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.
- (3) Sugar is more than 25% of the item by weight

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.

E. Eating Environment

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

F. 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 guidelines see the US Department of Agriculture food security guidelines.

Evaluation and Monitoring

A. Oversight and Monitoring

The Wellness Coordinator will be responsible for scheduling and leading the School Health Advisory Committee meetings. The Committee will meet a minimum of two times annually. The Food Service Director/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 districts 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. Listing of all other sales of foods throughout the district including vending machines, school stores, culinary, and special education programs, in-school and in-class fundraisers, etc.
3. Listing of physical activity programs and opportunities for students throughout the school year (including physical fitness reports)

4. Outcomes of Committee activities

5. Evaluation of policy progress

B. 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 (Appendix A) as a compliance indicator. This evaluation 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 (Appendix B) 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 at the end of each year to assess progress toward policy/procedure implementation. The year-end 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 recommendation 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.

	Nutrition Education	Fully in Place 3	Partially In Place 2	Development 1	Not in Place 0
1	Curriculum is in place for teachers at every grade level to utilize during appropriate class time to incorporate nutrition education into their teaching lesson plans.		2		
2	The chosen approved curriculum addresses topics that are appropriate for each grade level.		2		
3	Curriculum is as accurate, complete and consistent with the district's goal as reasonable.		2		
4	School instructional staff has made attempts to contact agencies and groups (i.e. Dairy Council, Health Department, Extension Office) that conduct nutrition education to come and instruct their classes on various nutrition topics as appropriate.			1	
5	Teachers involved in teaching nutrition topics receive adequate training to instruct their students on the most up to date nutrition information and facts.		2		
6	School counselors and health services staff are available for assistance in the areas of promoting healthy eating, and are aware of the signs/symptoms of any nutrition-related health problems that may occur. They have the resources to provide help or offer referrals to any student with a nutrition related health problem to seek qualified professional assistance.	3			
7	School officials circulate information focusing upon nutritional value and healthy lifestyles to families. Examples: include newsletters, presentations, district website, PTO meetings, and presentations.		2		
8	Every effort is made by the school staff to encourage healthy eating behaviors.		2		
	Column Totals	3	14	1	
	Total Points				18
	Area Score = (Total points/24)*100				75%

	Physical Activity	Fully in Place 3	Partially In Place 2	Development 1	Not in Place 0
1	All teachers who instruct physical education are state certified.	3			
2	It is the goal of the school to provide 150 minutes physical education per week for elementary students, 225 minutes per week for middle school students and 2 units for high school students during the high school years.	3			
3	Physical education classes have the same teacher/student ratio of other classes at the school		2		
4	Physical education teachers have put into place a course of study that is consistent with national standards for physical education.	3			
5	Physical education classes provide an environment that encourage children to learn, practice and assessed for appropriate motor skills, social skills and knowledge	3			

	Physical Activity Cont.	Fully In Place 3	Partially in Place 2	Development 1	Not in Place 0
6	Students are encouraged to be moderately to vigorously active at least 50% of the time and the physical and social environment where they are active is enjoyable and safe for all students.	3			
7	The time allotted for physical activity is not used to prepare for another class.	3			
8	Schools make reasonable effort to provide daily recess of at least 20 minutes for all elementary students.	3			
9	School administrators ensure that recess is offered at the most appropriate and beneficial time for their students. Additionally, consideration of recess before lunch has been discussed and implemented if feasible during the normal school day.		2		
10	School strives to offer after-school intramural programs, physical activity clubs and/or after school programs that are open to all students to participate or join.	3			
11	School staff strives to provide community access to the school's physical activity facilities after the normal school day.	3			
12	School staff has encouraged parents and community members to start programs that encourage physical activity by communicating with the parents and community the importance of such programs and offering support when needed.	3			
	Column Totals	30	4		
	Total Points				34
	Area Score = (Total points/36)*100				94%

	Other School Activities	Fully in Place 3	Partially In Place 2	Development 1	Not in Place 0
1	Food service personnel and staff make every effort to coordinate healthy food choices offered at school-based activities (i.e. school events, field trips, dances, etc.)		2		
2	Schools regularly host health clinics, health screenings, and help enroll students in Medicaid and other state children's health insurance programs.	3			
3	Schools will provide parents and staff with ideas for healthy celebrations, parties, rewards and fundraising activities.	3			
4	Tobacco use prevention education is taught in all grade levels with an emphasis in grades 4-8.	3			
	Column Totals	9	2		
	Total Points				11
	Area Score = (Total points/12)*100				92%

	Nutrition Guidelines for Food on Campus	Fully in Place 3	Partially In Place 2	Development 1	Not in Place 0
1	No foods of minimal nutritional value are sold on our campus to allow the school food service program to continue self supporting.	3			
2	District currently operates the USDA National School Lunch and Breakfast Program to ensure students are provided nutritious food.	3			
3	District ensures all enrolled children receive a USDA parent letter and income application to receive program benefits.	3			
4	District utilizes DESE's System to directly certify eligible children for the meal program if applicable.	3			
5	Menus meet nutrient guidelines set forth by the Dietary Guidelines for Americans.	3			
6	Food Services Director is responsible for Nutritional analysis to ensure that USDA guidelines are being met.	3			
7	Current menus have input from students, parents and staff by means of either a student/parent advisory council or by any other means applicable to the school. Nutrition information is available to parents or students if requested.	3			
8	Food Services Director is properly qualified to administer the food service program and regularly participates in professional development opportunities.	3			
9	Food Service Director and staff make efforts to collaborate with classroom teachers about the nutrition food service environment and nutrition education.		2		
10	No foods of minimal nutritional value are sold during the normal school day.	3			
11	Foods of Minimal Nutritional Value or foods with the first ingredient of sugar, corn syrup, shortening, lard or similar are not sold on school grounds as a fundraiser during the normal school day.	3			
	Column Totals	30	2		
	Total Points				32
	Area Score = (Total points/33)*100				97%

	Eating Environment	Fully in Place 3	Partially In Place 2	Development 1	Not in Place 0
1	All cafeteria supervisory staff have received adequate training and understand how to maintain safe, orderly and pleasant eating environment.	3			
2	Current eating environment allows for adequate space and provides sufficient amount of time to eat the meal (at least 10 minutes after sitting down for breakfast and 20 minutes after sitting down for lunch.	3			
3	Drinking fountains and bathroom facilities are in close proximity to eating location.	3			
	Column Totals	9			
	Total Points				9
	Area Score = (Total points/9)*100				100%

	Food Safety/Food Security	Fully in Place 3	Partially In Place 2	Development 1	Not in Place 0
1	Communication of available food services has been made to school staff and personnel. Procedures are in place to allow classes/organizations to order food for special activities (tournaments, parent nights, etc.) from the school food service if desired.	3			
2	HACCP plans and guidelines are in place	3			
3	Compliance with county health inspections, health certificates on	3			
	Column Totals	9			
	Total Points				9
	Area Score = (Total points/24)*100				100%

	Grand Totals	Fully in Place 3	Partially In Place 2	Development 1	Not in Place 0
	Column Totals	90	24		
	Total Points				114
	Area Score = (Total points/123)*100				93%

WELLNESS POLICY IMPLEMENTATION WORK PLAN

1. In column one, identify the main action the committee has agreed to implement.
2. In column two, list the people who will be responsible for implementing each step.
3. In column three, list the date each step was started.
4. In column four, list the date each step was completed.

Actions and Step	Implemented by Whom	Started	Completed