

Brunswick R-II



**LOCAL WELLNESS POLICY
COMMITTEE MEMBERS
2019-2020**

Robert Kottman	Superintendent
Cara Engelbrecht	High School Principal
Heather Sims	Elementary Principal
Kirk Gunn	School Board Member
Anna Blunk	School Counselor
Kathy Naylor	School Nurse
Cecelia Winn	Food Service Director
Marsha Leimkuehler	Food Service
Shayla Buie	Secretary/Meal Records
Stephanie Kuhler	Afterschool Educator
Amy Sims	FACS Teacher/High School
Debi Campbell	5 th Grade Teacher/Elementary
Colton Byrd	Physical Education Teacher
Karen Fox	Elementary Paraprofessional
Kristen Richardson	Parent
Chloe Lewellen	Student
Sherry Hamilton	Business Owner

Local Wellness Policy

Each local educational agency that participates in the National School Lunch Program or other child nutrition programs is required by federal law to establish a local school wellness policy for all schools under its jurisdiction.

Federal Law

Congress recognized the critical role that schools play in promoting student health, preventing childhood obesity and combating problems associated with poor nutrition and physical activity health of youth. In 2004, Congress passed the Child Nutrition for Women Infants and Children Reauthorization Act (Sec. 204 of P.L. 108-265). This act required by law that all local education agencies participating in the National School Lunch Program or other child nutrition programs create local wellness policies by the beginning of the 2006-2007 school years. The legislature places the responsibility of developing a wellness policy at the local level so that the individual needs of each local education agency can be addressed. In 2010, Congress passed the Healthy, Hunger-Free Kids Act, (Public Law 111-296), and added new provisions for local wellness policies related to implementation, evaluation, and publicly reporting on progress of local wellness policies.

Requirements

Each local education agency must designate one or more local education agency officials or school officials to ensure that each school complies with the local wellness policy. As of the school year 2006-2007, all districts were required to establish a local wellness policy. Final rule requires school districts to begin developing a revised local school wellness policy during School Year 2016-2017. Districts must fully comply with the requirement by June 30, 2017. This includes, but is not limited to the following components:

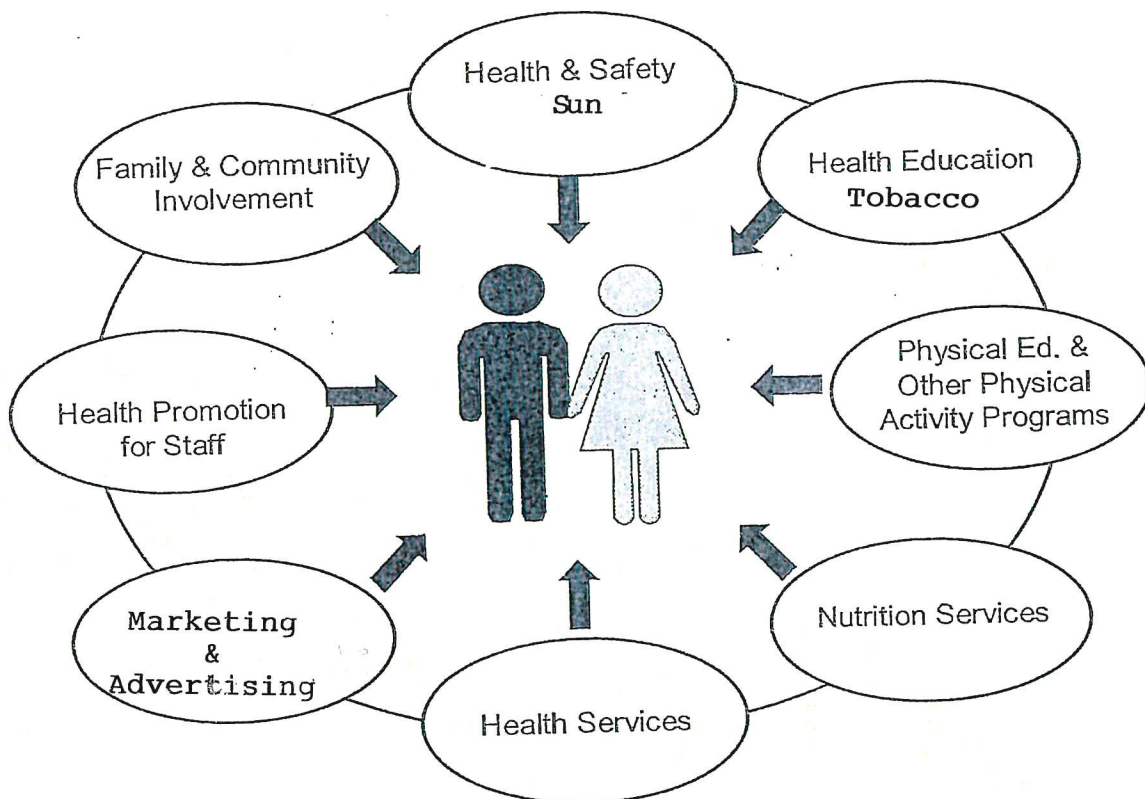
1. Include goals for nutrition promotion and education, physical activity, and other school-based activities that promote student wellness in a manner the district determines are appropriate.
2. Nutrition guidelines selected by the district that apply to all foods available on each school campus during the school day and that promote student health and reduce childhood overweight and obesity. *

3. Allow students, representatives of the school food authority, teachers of physical education, school health professionals, the school board, school administrators, and the general public to participate in the development, implementation, and review an update of the local wellness policy.
4. Designation of person/persons responsible for informing and updating the public about the content and implementation of local wellness policies.
5. A plan for measuring periodically on the extent to which schools are in compliance with the local wellness policy, the extent to which the local education agency's local wellness policy compares to model local school wellness policies, the progress made in attaining the goals of the local wellness policy, and make this assessment available to the public.

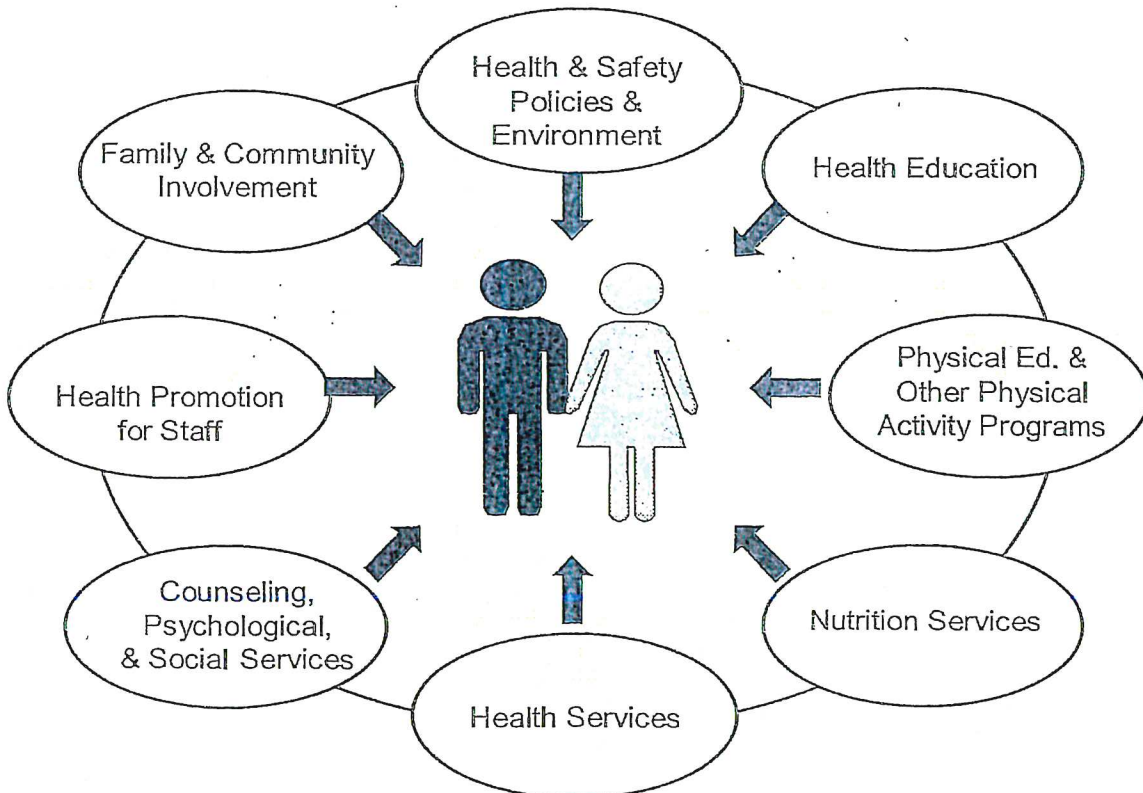
* "Childhood overweight" is the term preferred by the Centers for Disease Control and the MO Department of Health and Senior Services, although the statues refer to "childhood obesity."

COMPONENTS/MODULES

LOCAL WELLNESS POLICY



SCHOOL HEALTH INDEX



DISTRICT WELLNESS PROGRAM

The Board recognizes the relationship between student well-being and student achievement as the importance of a comprehensive district wellness program. Therefore, the district will establish a school environment that promotes students' health, well-being, and ability to learn through developmentally appropriate and sequential nutrition and physical activity. The wellness program will be implemented in a multidisciplinary fashion and will be evidence based.

Wellness Committee

The Brunswick School District has an established wellness committee. The committee consists of at least one (1): parent, student, school nurse, school food service representative, board member, school administrator, school counselor, teacher, member of the community and county nutritionist.

The Board designates Kathy Naylor and Heather Sims as wellness program coordinators. Coordinators, in consultation with the wellness committee, will be in charge of implementation and evaluation of this policy. Wellness program coordinators will be responsible for ensuring that each school in the district is in compliance with this policy.

Nutrition Guidelines

It is the policy of the Brunswick School District that all foods and beverages made available on campus during the school day are consistent with the U.S. Department of Agriculture (USDA) Healthy Meals Initiative and Missouri Eat Smart nutrition guidelines. The district has created procedures that address all foods available to students throughout the school day in the following areas unless and exemption exists:

1. National School Lunch Program and School Breakfast Program meals
2. Vending machines
3. Classroom parties, celebrations, fundraisers, rewards and intramural events
4. Snacks served in after-school programs
5. Environmental factors

Water and Milk

Students will have access to drinking water during mealtimes in the places where meals are served. Lunches served by the school 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 and Physical Education

Eating a balanced diet and being physically active are two of the most important things you can do to be and stay healthy at any age. The Brunswick School District aims to teach, model, encourage and support healthy eating for students. The district will provide objectives/goals aligned with My Pyramid and U.S. Dietary Guidelines for Americans in regard to nutritional needs and the U.S. Physical Activity Guidelines for guidance in determining the amount of physical activity recommended to improve students' quality of life. The wellness program coordinators, in consultation with the wellness committee, will take an active role in the development 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 district's 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 at least once every three years or as deemed necessary. The wellness program coordinators shall be responsible for devising a plan for measuring and making available to the public an assessment on the implementation and evaluation of the local district wellness policy and is charged with operational responsibility for ensuring that schools are in compliance with the district wellness policy. An annual report will be given to the Board of Education as well as a description of the progress made in attaining goals of the policy will be made available to the public.

District Wellness Program

The primary goals of the Brunswick School District wellness program are to promote health, reduce student overweight/obesity, facilitate student learning of lifelong healthy habits, and increase student achievement. The district supports a healthy environment where children learn and participate in positive dietary and lifestyle practices. Improved health optimizes student performance potential. The following procedures will guide the implementation of the district's wellness program.

Nutrition Guidelines

The Brunswick School District designates the following nutrition guidelines, based on the USDA Healthy Meals Initiative Guidelines and the Missouri Eat Smart Guidelines, for foods and beverages served during the school day.

School Breakfasts

- ✓ At least 50% of cereals offered contain no more than 35% from sugar per serving and at least 1 gram of fiber per serving.
- ✓ Foods containing whole grains are offered 3 days a week.
- ✓ Fresh, canned, dried or frozen fruits and vegetables are offered daily.
- ✓ Milk is offered daily; low fat white (1% or $\frac{1}{2}$ %) or low fat chocolate (1%).
- ✓ Menu follows nutritional needs of all students and complies with USDA regulations and policies.

School Lunches

- ✓ A main dish with total fat equal to or less than 16 grams per serving is offered daily.
- ✓ A variety of fresh fruits or dark green or orange vegetables are offered on a daily basis.
- ✓ Fresh fruits or raw vegetables are offered 4 to 5 times per week.
- ✓ A food item containing whole grains is offered at least 3 times a week.
- ✓ Milk is offered daily; low fat white (1% or $\frac{1}{2}$ %) or low fat chocolate (1%).
- ✓ Reduced fat and /or fat free salad dressings are offered.
- ✓ Menus are planned monthly and any menu substitutions are appropriate in nutritional value.
- ✓ Menu follows nutritional needs of all students.
- ✓ School health nurse is consulted when needed to modify special diets.

Vending Machines

- ❖ No food items are sold in vending machines on school property in areas accessible to students.
- ❖ Beverage items sold in vending machines are not accessible to students during the school day; the only exception is that the machine that contains water and Gatorade in the cafeteria is available during lunch shifts.
- ❖ The beverage vending machines are available after school is dismissed at 3:00 P.M. to students who cannot go directly home after school.

After-School Programs

Snacks served in the after-school program will meet the following standards: not more than 35% total calories will come from fat except for cheese, nuts, seeds and nut butters', not more than 35% of calories will come from sugar except for fruit (without added sugar), 100% juice or milk, unflavored or flavored. All school snacks will comply with all applicable federal regulations and state policies.

Classroom Rewards

- Foods or beverages will not be used as rewards in the classroom nor be withheld as a form of punishment for academic performance or student behavior.
- Fundraising and intramural activities are supportive of physical activity and healthy eating.

Classroom Celebrations, Parties

- Foods and beverages offered are supportive of healthy eating.
- Limiting the frequency of events.
- Scheduled after the lunch period.

Nutrition Education

School districts have a key responsibility in affecting the eating behaviors of their students. The Child Nutrition Programs should be designed to influence students' eating habits. Connections between nutrition theory and practice should be immediately apparent to students. Teacher and student friendly materials are a critical component of a good education program. The Brunswick School 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 in grades pre-K through grade 12 with interactive nutrition education with adequate nutritional 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 supplement
 - 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 Dietary Guidelines and My Pyramid
 - 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 aspect of healthy eating and have hands-on, behavior based, culturally relevant, developmentally appropriate and enjoyable. Examples of activities include, but are not limited to: food preparation, contests, promotions, taste tests, 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.

5. Ensure that school counselors and school health services providers consistently promote healthy eating to students and other staff and that these professionals are prepared to recognize conditions such as unhealthy weight, eating disorders and other nutrition-related health problems among students and staff as well as assure access to healthcare.

6. Coordinate the food service program with nutrition instructions. Food service staff should also work closely with those responsible for other components of the school health program to achieve common goals.

Nutrition Promotion

The district will promote the importance of good nutrition in its schools and in the community through one or more of the following activities:

- ✓ Offering healthy eating workshops/conferences for parents/guardians.
- ✓ Providing nutrition information to parents/guardians through newsletters, handouts, presentations, website or other appropriate means.
- ✓ Posting nutrition tips on district's website.
- ✓ Providing opportunities for parents/guardians to share their healthy food practices with others in the school community.
- ✓ Disseminating information about community programs that offer nutrition assistance to families.
- ✓ Posting links to research and articles explaining the connections between good nutrition and academic performance.

Meal Times

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:

- ✚ School dining room will have sufficient space for students to sit and consume meals.
- ✚ School dining areas will be clean, safe and pleasant environments that reflect the value of the social aspects of eating.
- ✚ Students will be given adequate time to enjoy eating healthy meals with their friends: students will have at least 10 minutes to eat after sitting down for breakfast and 20 minutes after sitting down for lunch.
- ✚ Activities such as tutoring or meetings will not be held during meal times.
- ✚ Drinking water and milk will be available to students during meals.
- ✚ Students will have access to hand washing facilities before they eat meals.
- ✚ Students will be allowed to converse during meals.
- ✚ Adequate supervision will be provided during meal times.

Staff Development and Training

All staff will be provided with ongoing training and professional development related to all areas of student wellness. The pre-service and ongoing in-service training will include strategies for behavior change and will focus on giving teachers the skills they need to use non-lecture, active learning methods. Staff responsible for nutrition education will be adequately prepared and regularly participate in professional development activities to effectively deliver the nutrition education program as planned. The staff responsible for implementing the physical education program will be properly certified and regularly participates in area-specific professional development activities.

The district will provide continuing professional development for the nutrition professionals. Staff development programs will include appropriate certification and/or training programs for child nutrition directors, school nutrition managers and cafeteria workers, according to their levels of responsibility.

Staff Wellness

The Brunswick School District highly values the health and well-being of every staff member and will plan and implement activities and policies that support personal efforts by staff to maintain a healthy lifestyle. The district, in cooperation with the Chariton County Health Department, will offer staff wellness programs that include education on nutrition, healthy eating behaviors and maintaining a healthy weight for optimal health. Any programs/plans that are implemented to develop, promote, and/or oversee a multi-layered plan to promote staff health and wellness will be documented and a copy will be provided to the wellness committee coordinators.

Sun Safety

"Sun Safety" describes a range of behaviors that include wearing appropriate clothing, applying sunscreen and limiting sun exposure. The sun safety program will focus on outdoor behavior and will be developmentally appropriate, active, engaging and taught in lessons that emphasize the positive benefits of sun safety. Sun safety education will be designed to assist students with:

- ❖ Knowledge about the harmful effects of the sun and ways to protect skin.
- ❖ Sun-safe skills, including the correct use of protective clothing, hats, sunglasses, sunscreen and lip balm as well as seeking shade and limiting sun exposure when possible and practical during the hours of peak sun intensity.

- ❖ Knowledge about how to assess personal sun safety habits, set goals for improvement and achieve these goals.

Tobacco

Tobacco use prevention education will focus on all grades with particular emphasis on upper elementary and junior high students and reinforcement in all later grades. Instructional activities will be implemented in accordance with board policy, relevant administrative procedures and law. Programs will be designed to:

- Instruct about immediate and long-term undesirable physiological, cosmetic and social consequences of tobacco use.
- Decrease the social acceptability of tobacco use.
- Address reasons why young people smoke.
- Teach students how to recognize and refute advertising and other social influences that promote tobacco use.
- Develop students' skills for resisting social influences that promote tobacco use.
- Develop necessary assertiveness, communication, goal-setting and problem-solving skills that enable students to avoid tobacco use.

Physical Activity

Most experts agree that children who adopt an active lifestyle will continue to be physically active in adulthood. The lack of physical activity can affect school performance and even increase the risk of developing many chronic diseases. Teacher and other adults in the school environment can serve as positive role models and influence young peoples' attitudes about physical activity behaviors. The Brunswick School 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. Develop a sequential program of appropriate physical education for every student. The program will provide for at least 150 minutes of moderate physical education for students in the elementary grades during the school week; at least 225 minutes during each school week for junior high students; and at least 1 unit of physical education for students in high school prior to graduation.

All Activity Will:

- ✦ Emphasize knowledge and skills for a lifetime of regular physical activity.
 - ✦ Devote at least 50 percent of physical education class time to actual physical activity in each week, with as much time as possible spent in moderate to vigorous physical activity.
 - ✦ Meet the needs of all students, especially those who are not athletically gifted or who have special needs.
 - ✦ Provide a variety of activity choices, feature cooperative as well as competitive activities, and account for gender and cultural differences in students' interest.
 - ✦ Prohibit exemptions from physical education courses on the basis of participation in an athletic team, community recreation program, ROTC, marching band or other school or community activity.
 - ✦ Be closely coordinated with the other components of the overall school health program.
2. Provide time in elementary school for supervised recess. All students, grades, pre-K through 6, will have at least 25 minutes of supervised recess daily. Recess will be scheduled before lunch periods if schedule permits and held outside when possible.
3. Provide opportunities and encouragement for students to voluntarily participate in before and after school activity programs, such as intramural activities, interscholastic athletics and clubs by:
- ✦ Providing a diverse selection of competitive and noncompetitive, as well as structured activities.
 - ✦ Offering intramural physical activity programs that feature a broad range of competitive and cooperative activities for all students.
 - ✦ Encouraging partnerships between schools and businesses. Promotion of such partnerships must be appropriate and in accordance with board policy and applicable procedures.
4. Strive to provide joint school and community recreational activities by:
- ✦ Actively engaging families as partners in their children's education and collaborating with community agencies and organizations to provide

opportunities for students to participate in physical activity beyond the school day.

- ✦ Encouraging schools to work with recreation agencies and other community organizations to coordinate and enhance opportunities available to students for physical activity during their out-of-school time.
- ✦ Encouraging district officials to work together with local emergency personnel, Chariton County Police Department, and/or other appropriate state and federal authorities in efforts to make it safer and easier for students to walk and bike to school.

5. Prohibit the use of physical activity as a form of discipline or punishment and ensure that physical education and recess will not be withheld as punishment.

6. Discourage periods of inactivity that exceed two (2) or more hours. When activities such as mandatory school wide testing make it necessary for students to remain indoors for long periods of time, staff should give students periodic breaks during which they are encouraged to stand and be moderately active.

7. Provide and encourage, verbally and through the provision of space, equipment and activities, daily periods of moderate to vigorous physical activity for all participants in on-site afterschool childcare and enrichment programs sponsored by the district.

8. Provide opportunities and encouragement for staff to be physically active by:

- ✦ Planning, establishing and implementing activities to promote physical activity among staff and providing opportunities for staff to conveniently engage in regular physical activity.
- ✦ Working with recreation agencies and other community organizations to coordinate and enhance opportunities available to staff for physical activity during their out-of-school time.

Other School-Based Activities

The Brunswick School 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 below:

Community Involvement

School instructional staff will collaborate with agencies and groups conducting nutrition education in the community to send consistent messages to students and families. The Brunswick School District will work closely with the Chariton County Health Department, Chariton County Extension Office, child welfare agencies, and other agencies to assist in teaching nutrition to our students, staff and their families.

Family Involvement

The Brunswick School District will strive to engage families as partners in their children's education by supporting parental efforts to motivate and help their children with maintaining and improving their health, preventing disease and avoiding health-related risk behaviors. Strategies the district may implement may include, but not limited to:

- ❖ Providing nutrition information to parents/guardians in the forms of newsletters, handout, presentations, and/or other appropriate means.
- ❖ Posting nutrition tips on the district website.
- ❖ Posting snacks for the after-school program.
- ❖ Encouraging parents/guardians to pack healthy lunches and snacks and to refrain from including beverages and foods that do not meet the district's nutrition standards for individual foods and beverages.
- ❖ Designing curricular nutrition education activities and promotions to involve parent/guardians and the community.
- ❖ Supporting efforts of parents/guardians to provide their children with opportunities to be physically active outside of school.
- ❖ Sharing information about physical activity and physical education via the district's website, newsletters, other take-home materials, special events or physical education homework.
- ❖ Working with families to provide consistent sun safety information that includes an overview of the district's sun safety program, an explanation of how parent/guardians can reinforce the program at home and how they can become involved with and support the district's program.

- ❖ Disseminating information about community programs that offer nutrition, physical activity, or sun safety assistance to families.
- ❖ Encouraging parents/guardians to volunteer time in the classroom, cafeteria or at special events that promote student health.

**** If necessary, the district will provide information in a language understandable to parents/guardians.**

Marketing and Advertising

Marketing in district facilities will be consistent with the goals for the Brunswick School District's wellness program and comply with Board policy. Every effort will be made to ensure all in-school advertising and marketing will send positive healthy foods and physical activity messages. The district will strive to promote the wellness program and educate students and parents how to make informed choices about nutrition, health, and physical activity.

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 nutritional standards adopted by the Board of Education. Other examples of marketing and advertising the district will analyze 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.

Oversight and Evaluation

The wellness program coordinators will be responsible for monitoring implementation of the district wellness program by:

- Assuming responsibility for the assessment of existing policies and procedures.
- Prioritizing wellness goals and writing work plans for each goal.
- Measuring implementation of the district wellness policy and procedures.
- Ensuring that the district meets the goals of the wellness policy.
- Reporting to the Board of Education compliance and progress annually.

Monitoring

The food service director and 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 coordinators.

The program coordinators 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 report will include a baseline of assessed indicators, impact of the policy and procedures change on those indicators, a report of progress, steps for moving to the next priority, work plans for the next year, and recommended policy revisions. The report will be provided to the Board of Education and made available to the community upon request.

Compliance Indicators

During initial development of the district's wellness-related policies and procedures, the school district will conduct a baseline assessment of the schools existing nutrition and physical activity programs and practices. The wellness committee will compile these results. In addition to the baseline information provided, the committee will use no fewer than four (4) of the following indicators to measure the impact of the district wellness program.

- ❖ School Health Index
- ❖ Physical fitness reports
- ❖ Physical activity levels of staff
- ❖ Weight status or body mass index (BMI) of students & staff
- ❖ Fruit and vegetable intake of students and staff
- ❖ Number of healthy food items available in vending machines
- ❖ Number of discipline problems
- ❖ Achievement levels of students
- ❖ Student absenteeism
- ❖ Number of staff who participate in training and development related to student wellness

Policy Review

The wellness program coordinators will provide revision recommendations to the Board of Education based on the analysis of the compliance indicators as part of the annual report. The Board will review/revise the wellness policy at least every three years or as deemed necessary by the coordinators. Administrative procedures will be revised accordingly.

STUDENTS

Policy 2750
(Regulation 2750)

Student Welfare

Wellness

The District is committed to the optimal development of every student. The District believes that for students to have the opportunity to achieve personal, academic, developmental and social success, there needs to exist a positive, safe and health-promoting learning environment at every level, in every setting, throughout the school year.

The District 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 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.

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STUDENTS

Regulation 2750

Student Welfare

Wellness

Research shows that two components, good nutrition and physical activity before, during and after the school day, are strongly correlated with positive student outcomes. For example, student participation in the U.S. Department of Agriculture's (USDA) School Breakfast Program is associated with higher grades and standardized test scores, lower absenteeism and better performance on cognitive tasks. Conversely, less-than-adequate consumption of specific foods including fruits, vegetables and dairy products, is associated with lower grades among students. In addition, students who are physically active through active transport to and from school, recess, physical activity breaks, high-quality physical education and extracurricular activities do better academically. Finally, there is evidence that adequate hydration is associated with better cognitive performance.

This regulation outlines the District's approach to ensuring environments and opportunities for all students to practice healthy eating and physical activity behaviors throughout the school day while minimizing commercial distractions. Specifically, this policy establishes goals and procedures to ensure that:

1. Students in the District have access to healthy foods throughout the school day, both through reimbursable school meals and other foods available throughout the school campus, in accordance with Federal and state nutrition standards.
2. Students receive quality nutrition education that helps them develop lifelong healthy eating behaviors.
3. Students have opportunities to be physically active before, during and after school.
4. Schools engage in nutrition and physical activity promotion and other activities that promote student wellness.
5. School staff are encouraged and supported to practice healthy nutrition and physical activity behaviors in and out of school.
6. The community is encouraged to support the work of the District in creating continuity between school and other settings for students and staff to practice lifelong healthy habits.
7. The District establishes and maintains an infrastructure for management, oversight, implementation and communication about and monitoring of the policy and its established goals and objectives.

This policy applies to all District students, staff and schools. Specific measurable goals and outcomes are identified within each section below.

I. School Wellness Committee

A. Committee Role and Membership

A district-wide Wellness Committee (“Committee”) will be established and will meet at least (4) four times per year. Any existing School Health Advisory Council will serve as the nucleus for the Committee. The Committee will include members from all school levels as specified by law. Responsibility of the Committee may include, but not be limited to, 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.

The Committee will be responsible for, among other duties, preparing a report at a minimum that includes the following information:

1. Monthly district menus and meal counts.
2. Listing of all a la carte, vending, and competitive foods sold by school food service.
3. 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.
4. Listing of physical activity programs and opportunities for students throughout the school year.
5. Outcomes of Committee activities.

Committee membership may include, but not be limited to, parents, caregivers, students, members of the school retention program, physical education, teachers, health education teachers, school health professionals, counselors, social workers, psychiatrists, school administrators, board members health professionals and District citizens.

II. Leadership

The Superintendent and/or designee(s) will convene the Committee and facilitate development of and updates to the wellness policy, and will ensure each school’s compliance with the policy. The designated official for oversight is the Superintendent and/or designee(s).

The name(s), title(s), and contact information (email address is sufficient) of this/these individual(s) is(are):

Name	Title / Relationship to the School or District	Email address	Role on Committee
Robert Kottman	Superintendent	rkottman@brunswick.k12.mo.us	Member
Cara Engelbrecht	High School Principal	cengelbrecht@brunswick.k12.mo.us	Member
Heather Sims	Elementary Principal	hsims@brunswick.k12.mo.us	Coordinator
Kathy Naylor	School Nurse	knaylor@brunswick.k12.mo.us	Coordinator
Anna Blunk	Counselor	ablunk@brunswick.k12.mo.us	Member
Cecelia Winn	Food Service Director	cwinn@brunswick.k12.mo.us	Member
Marsha Leimkuehler	Food Service	mleimkuehler@brunswick.k12.mo.us	Member
Shayla Buie	Secretary/Meal Records	sbuie@brunswick.k12.mo.us	Member
Stephanie Kuhler	Afterschool Program Educator	skuhler@brunswick.k12.mo.us	Member
Amy Sims	FACS Teacher	asims@brunswick.k12.mo.us	Member
Debi Campbell	5 th Grade Teacher	dcampbell@brunswick.k12.mo.us	Member
Colton Byrd	Physical Education Teacher	cbyrd@brunswick.k12.mo.us	Member
Karen Fox	Elementary Paraprofessional	kfox@brunswick.k12.mo.us	Member
Kirk Gunn	School Board Member	kgunn@brunswick.k12.mo.us	Member
Kristen Richardson	Parent		Member
Chloe Lewellen	Student	clewellen@student.brunswick.k12.mo.us	Member
Sherry Hamilton	Local Business Owner		Member

Each school will designate a school wellness policy coordinator, who will ensure compliance with the policy.

III. Wellness Policy Implementation, Monitoring, Accountability and Community Engagement

A. Implementation Plan

The District will develop and maintain a plan for implementation to manage and coordinate the execution of this wellness policy. The plan delineates roles, responsibilities, actions and timelines specific to each school; and includes information about who will be responsible to make what change, by how much, where and when; as well as specific goals and objectives for nutrition standards for all foods and beverages available on the school campus, food and beverage marketing, nutrition promotion and education, physical activity, physical education and other school-based activities that promote student wellness. The District will consider the Healthy Schools Program online tools to complete a school-level assessment based on the Centers for Disease Control and Prevention's School Health Index, create an action plan that fosters implementation and generate an annual progress report.

This wellness policy and the progress reports can be found on the District's Website.

B. Recordkeeping

The District will retain records to document compliance with the requirements of the wellness policy at the District's Administrative Offices. Documentation maintained in this location will include, but will not be limited to:

1. The written wellness policy;
2. Documentation demonstrating that the policy has been made available to the public;
3. Documentation of efforts to review and update the District's Wellness Policy; including an indication of who is involved in the update and methods the district uses to make stakeholders aware of their ability to participate on the Committee;
4. Documentation to demonstrate compliance with the annual public notification requirements;
5. The most recent assessment on the implementation of the District's wellness policy;
6. Documentation demonstrating the most recent assessment on the implementation of the District's Wellness Policy has been made available to the public.

C. Annual Notification of Policy

The District will actively inform families and the public each year of basic information about this policy, including its content, any updates to the policy and implementation status. The District will make this information available via the district website and/or district-wide communications. The District will provide information about the school nutrition environment. This will include a summary of the District's events or activities related to wellness policy implementation. Annually, the District will also publicize the name and contact information of the District officials leading and coordinating the committee, as well as information on how the public can get involved with the school wellness committee.

D. Triennial Progress Assessments

At least once every three years, the District will evaluate compliance with the wellness policy to assess the implementation of the policy and include:

1. The extent to which schools under the jurisdiction of the District are in compliance with the wellness policy;
2. The extent to which the District's wellness policy compares to the Alliance for a Healthier Generation's model wellness policy; and
3. A description of the progress made in attaining the goals of the District's wellness policy.

The position/person responsible for managing the triennial assessment and contact information is the District's Superintendent/designee.

The Committee, in collaboration with individual schools, will monitor schools' compliance with this wellness policy.

The District will notify households/families of the availability of the triennial progress report.

E. Revisions and Updating the Policy

The Committee will update or modify the wellness policy based on the results of the annual School Health Index and triennial assessments and/or as District priorities change; community needs change; wellness goals are met; new health science, information, and technology emerges; and new Federal or state guidance or standards are issued. The wellness policy will be assessed and updated as indicated at least every three years, following the triennial assessment.

F. Community Involvement, Outreach and Communications

The District is committed to being responsive to community input, which begins with awareness of the wellness policy. The District will actively communicate ways in which representatives of the Committee and others can participate in the development, implementation and periodic review and update of the wellness policy through a variety of means appropriate for the District. The District will also inform parents of the improvements that have been made to school meals and compliance with school meal standards, availability of child nutrition programs and how to apply, and a description of and compliance with Smart Snacks in School nutrition standards. The District will use electronic mechanisms, such as email or displaying notices on the district's website, as well as non-electronic mechanisms, such as newsletters, presentations to parents, or sending information home to parents, to ensure that all families are actively notified of the content of, implementation of, and updates to the wellness policy, as well as how to get involved and support the policy. The District will utilize that communications are culturally and linguistically appropriate to the community, and accomplished through means similar to other ways that the district and individual schools are communicating important school information with parents.

The District will notify the public about the content of or any updates to the wellness policy annually. The District will also use these mechanisms to inform the community about the availability of the annual and triennial reports.

IV. Nutrition

A. School Meals

The District is committed to serving healthy meals to children, with fruits, vegetables, whole grains, and fat-free and low-fat milk; that are moderate in sodium, low in saturated fat, and have zero grams *trans* fat per serving (nutrition label or manufacturer's specification); and to reasonably meeting the nutrition needs of school children within their calorie requirements. The school meal programs aim to improve the diet and health of school children, help mitigate childhood obesity, model healthy eating to support the development of lifelong healthy eating patterns and support healthy choices while accommodating cultural food preferences and special dietary needs.

District schools are committed to offering school meals through the NSLP and SBP programs, and other applicable Federal child nutrition programs, that:

1. Are accessible to all students;
2. Are appealing and attractive to children;
3. Are served in clean and pleasant settings;
4. Meet or exceed current nutrition requirements established by local, state, and Federal statutes and regulations.
5. Promote healthy food and beverage choices using at least ten of the following Smarter Lunchroom techniques:
 - a. Whole fruit options are displayed in attractive bowls or baskets (instead of chaffing dishes or hotel pans).
 - b. Sliced or cut fruit is available daily.
 - c. Daily fruit options are displayed in a location in the line of sight and reach of students.
 - d. All available vegetable options have been given creative or descriptive names.
 - e. Daily vegetable options are bundled into all grab-and-go meals available to students.
 - f. All staff members, especially those serving, have been trained to politely prompt students to select and consume the daily vegetable options with their meal.
 - g. White milk is placed in front of other beverages in all coolers.
 - h. Alternative entrée options (e.g., salad bar, yogurt parfaits, etc.) are highlighted on posters or signs within all service and dining areas.
 - i. A reimbursable meal can be created in any service area available to students (e.g., salad bars, snack rooms, etc.).
 - j. Student surveys and taste testing opportunities are used to inform menu development, dining space decor and promotional ideas.
 - k. Student artwork is displayed in the service and/or dining areas.
 - l. Daily announcements are used to promote and market menu options.

B. Staff Qualifications and Professional Development

All school nutrition program directors, managers and staff will meet hiring and annual continuing education/training requirements in the USDA Professional Standards for Child Nutrition Professionals. These school nutrition personnel will refer to USDA's Professional Standards for School Nutrition Standards website to search for training that meets their learning needs.

C. Water

To promote hydration, free, safe, unflavored drinking water will be available to all students throughout the school day and throughout every school campus. The District will make drinking water available where school meals are served during mealtimes.

D. Competitive Foods and Beverages

The District is committed to providing foods and beverages to students on the school campus during the school day support healthy eating. The foods and beverages sold and served outside of the school meal programs (e.g., “competitive” foods and beverages) will meet the USDA Smart Snacks in School nutrition standards, at a minimum. 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, as well as a Guide to Smart Snacks in Schools are available at: <http://www.fns.usda.gov/healthierschoolday/tools-schools-smart-snacks>.

To support healthy food choices and improve student health and well-being, all foods and beverages outside the reimbursable school meal programs that are sold to students on the school campus during the school day will meet the USDA Smart Snacks nutrition standards. These standards will apply in all locations and through all services where foods and beverages are sold, which may include, but are not limited to, à la carte options in cafeterias, vending machines, school stores and snack or food carts.

E. Celebrations and Rewards

All foods offered on the school campus will meet or exceed the USDA Smart Snacks in School nutrition standards, including through:

1. *Celebrations and parties.* The district will provide a list of healthy party ideas to parents and teachers, including non-food celebration ideas. Healthy party ideas are available from the Alliance for a Healthier Generation and from the USDA.
2. *Classroom snacks brought by parents.* The District will provide to parents a list of foods and beverages that meet Smart Snacks nutrition standards.
3. *Rewards and incentives.* The District will provide teachers and other relevant school staff a list of alternative ways to reward children. Foods and beverages will not be used as a reward, or withheld as punishment for any reason, such as for performance or behavior.

F. Fundraising

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. The District will make available to parents and teachers a list of healthy fundraising ideas [*examples from the Alliance for a Healthier Generation and the USDA*].

1. Schools will use only non-food fundraisers, and encourage those promoting physical activity (such as walk-a-thons, Jump Rope for Heart, fun runs, etc.).
2. Fundraising during and outside school hours will sell only non-food items or foods and beverages that meet or exceed the Smart Snacks nutrition standards. These fundraisers may include but are not limited to, donation nights at restaurants, cookie dough, candy and pizza sales, market days, etc. (Meets Healthy Schools Program Gold-level criteria)

G. Nutrition Promotion

Nutrition promotion and education positively influence lifelong eating behaviors by using evidence-based techniques and nutrition messages, and by creating food environments that encourage healthy nutrition choices and encourage participation in school meal programs. Students and staff will receive consistent nutrition messages throughout schools, classrooms, gymnasiums, and cafeterias. Nutrition promotion also includes marketing and advertising nutritious foods and beverages to students and is most effective when implemented consistently through a comprehensive and multi-channel approach by school staff, teachers, parents, students and the community.

The District will promote healthy food and beverage choices for all students throughout the school campus, as well as encourage participation in school meal programs. This promotion will occur through at least:

1. Implementing at least ten or more evidence-based healthy food promotion techniques through the school meal programs using Smarter Lunchroom techniques; and
2. Ensuring 100% of foods and beverages promoted to students meet the USDA Smart Snacks in School nutrition standards.

H. Nutrition Education

The District will teach, model, encourage and support healthy eating by all students. Schools will provide nutrition education and engage in nutrition promotion that:

1. Is designed to provide students with the knowledge and skills necessary to promote and protect their health;
2. Is part of not only health education classes, but also integrated into other classroom instruction through subjects such as math, science, language arts, social sciences and elective subjects;

3. Includes enjoyable, developmentally-appropriate, culturally-relevant and participatory activities, such as cooking demonstrations or lessons, promotions, taste-testing, farm visits and school gardens;
4. Promotes fruits, vegetables, whole-grain products, low-fat and fat-free dairy products and healthy food preparation methods;
5. Emphasizes caloric balance between food intake and energy expenditure (promotes physical activity/exercise);
6. Links with school meal programs, cafeteria nutrition promotion activities, school gardens, Farm to School programs, other school foods and nutrition-related community services;
7. Teaches media literacy with an emphasis on food and beverage marketing; and
8. Includes nutrition education training for teachers and other staff.

I. Essential Healthy Eating Topics in Health Education

The District will include in the health education curriculum a minimum of 12 of the following essential topics on healthy eating:

1. Relationship between healthy eating and personal health and disease prevention
2. Food guidance from MyPlate
3. Reading and using FDA's nutrition fact labels
4. Eating a variety of foods every day
5. Balancing food intake and physical activity
6. Eating more fruits, vegetables and whole grain products
7. Choosing foods that are low in fat, saturated fat, and cholesterol and do not contain *trans* fat
8. Choosing foods and beverages with little added sugars
9. Eating more calcium-rich foods
10. Preparing healthy meals and snacks
11. Risks of unhealthy weight control practices
12. Accepting body size differences
13. Food safety
14. Importance of water consumption
15. Importance of eating breakfast
16. Making healthy choices when eating at restaurants
17. Eating disorders
18. The Dietary Guidelines for Americans
19. Reducing sodium intake
20. Social influences on healthy eating, including media, family, peers and culture
21. How to find valid information or services related to nutrition and dietary behavior
22. How to develop a plan and track progress toward achieving a personal goal to eat healthfully
23. Resisting peer pressure related to unhealthy dietary behavior
24. Influencing, supporting, or advocating for others' healthy dietary behavior

J. Food and Beverage Marketing in Schools

The District is committed to providing a school environment that provides opportunities for all students to practice healthy eating and physical activity behaviors throughout the school day while minimizing commercial distractions. The District strives to teach students how to make informed choices about nutrition, health and physical activity. It is the intent of the District to protect and promote student's health by permitting advertising and marketing for only those foods and beverages that are permitted to be sold on the school campus, consistent with the District's wellness policy.

Any foods and beverages marketed or promoted to students on the school campus during the school day will meet or exceed the USDA Smart Snacks in School nutrition standards.

Food and beverage marketing is defined as advertising and other promotions in schools. Food and beverage marketing often includes an oral, written, or graphic statements made for the purpose of promoting the sale of a food or beverage product made by the producer, manufacturer, seller or any other entity with a commercial interest in the product. This term includes, but is not limited to the following:

1. Brand names, trademarks, logos or tags, except when placed on a physically present food or beverage product or its container.
2. Displays, such as on vending machine exteriors
3. Corporate brand, logo, name or trademark on school equipment, such as marquees, message boards, scoreboards or backboards (Note: immediate replacement of these items are not required; however, districts will replace or update scoreboards or other durable equipment when existing contracts are up for renewal or to the extent that is financially possible over time so that items are in compliance with the marketing policy.)
4. Corporate brand, logo, name or trademark on cups used for beverage dispensing, menu boards, coolers, trash cans and other food service equipment; as well as on posters, book covers, pupil assignment books or school supplies displayed, distributed, offered or sold by the District.
5. Advertisements in school publications or school mailings.
6. Free product samples, taste tests or coupons of a product, or free samples displaying advertising of a product.

As the District/school nutrition services/Athletics Department/PTA/PTO reviews existing contracts and considers new contracts, equipment and product purchasing (and replacement) decisions should reflect the applicable marketing guidelines established by the District wellness policy.

V. Physical Activity

Children and adolescents should participate in at least 60 minutes of physical activity every day. A substantial percentage of students' physical activity can be provided through a comprehensive school physical activity program (CSPAP). A CSPAP reflects strong coordination and synergy across all of the components: quality physical education as the foundation; physical activity before, during and after school; staff involvement and family and community engagement and the district is committed to providing these opportunities. Schools will provide that these varied physical activity opportunities are in addition to, and not as a substitute for, physical education (addressed in "Physical Education" subsection). All schools in the district will be encouraged to participate in *Let's Move! Active Schools* (www.letsmoveschools.org) in order to successfully address all CSPAP areas.

Physical activity during the school day (including but not limited to recess, classroom physical activity breaks or physical education) will not be withheld as punishment for any reason. The district will provide teachers and other school staff with a list of ideas for alternative ways to discipline students.

To the extent practicable, the District will ensure that its grounds and facilities are safe and that equipment is available to students to be active. The District will conduct necessary inspections and repairs.

A. Physical Education

The District will provide students with physical education, using an age-appropriate, sequential physical education curriculum consistent with national and state standards for physical education. The physical education curriculum will promote the benefits of a physically active lifestyle and will help students develop skills to engage in lifelong healthy habits, as well as incorporate essential health education concepts (discussed in the "*Essential Physical Activity Topics in Health Education*" subsection). The curriculum will support the essential components of physical education.

All students will be provided equal opportunity to participate in physical education classes. The District will make appropriate accommodations to allow for equitable participation for all students and will adapt physical education classes and equipment as necessary.

All secondary students are required to take the equivalent of one academic year of physical education.

The District physical education program will promote student physical fitness through individualized fitness and activity assessments (via the Presidential Youth Fitness Program or other appropriate assessment tool) and will use criterion-based reporting for each student.

B. Essential Physical Activity Topics in Health Education

Health education will be required in all elementary grades and the district will require middle and high school students to take and pass at least one health education course. The District will include in the health education curriculum a minimum of 12 the following essential topics on physical activity:

1. The physical, psychological, or social benefits of physical activity
2. How physical activity can contribute to a healthy weight
3. How physical activity can contribute to the academic learning process
4. How an inactive lifestyle contributes to chronic disease
5. Health-related fitness, that is, cardiovascular endurance, muscular endurance, muscular strength, flexibility, and body composition
6. Differences between physical activity, exercise and fitness
7. Phases of an exercise session, that is, warm up, workout and cool down
8. Overcoming barriers to physical activity
9. Decreasing sedentary activities, such as TV watching
10. Opportunities for physical activity in the community
11. Preventing injury during physical activity
12. Weather-related safety, for example, avoiding heat stroke, hypothermia and sunburn while being physically active
13. How much physical activity is enough, that is, determining frequency, intensity, time and type of physical activity
14. Developing an individualized physical activity and fitness plan
15. Monitoring progress toward reaching goals in an individualized physical activity plan
16. Dangers of using performance-enhancing drugs, such as steroids
17. Social influences on physical activity, including media, family, peers and culture
18. How to find valid information or services related to physical activity and fitness
19. How to influence, support, or advocate for others to engage in physical activity
20. How to resist peer pressure that discourages physical activity.

C. Recess (Elementary)

All elementary schools will offer at least 20 minutes of recess on all days during the school year. If recess is offered before lunch, schools will have appropriate hand-washing facilities and/or hand-sanitizing mechanisms located just inside/outside the cafeteria to ensure proper hygiene prior to eating and students are required to use these mechanisms before eating. Hand-washing time, as well as time to put away coats/hats/gloves, will be built in to the recess transition period/timeframe before students enter the cafeteria.

Outdoor recess will be offered when weather is feasible for outdoor play.

In the event that the school or district must conduct indoor recess, teachers and staff will follow the indoor recess guidelines that promote physical activity for students, to the extent practicable.

Recess will complement, not substitute, physical education class. Recess monitors or teachers will encourage students to be active, and will serve as role models by being physically active alongside the students whenever feasible.

D. Classroom Physical Activity Breaks (Elementary and Secondary)

The District recognizes that students are more attentive and ready to learn if provided with periodic breaks when they can be physically active or stretch. Thus, students will be offered periodic opportunities to be active or to stretch throughout the day on all or most days during a typical school week. The District recommends teachers provide short (3-5-minute) physical activity breaks to students during and between classroom times at least three days per week. These physical activity breaks will complement, not substitute, for physical education class, recess, and class transition periods.

The District will provide resources and links to resources, tools, and technology with ideas for classroom physical activity breaks. Resources and ideas are available through USDA and the Alliance for a Healthier Generation.

E. Active Academics

Teachers will incorporate movement and kinesthetic learning approaches into “core” subject instruction when possible (e.g., science, math, language arts, social studies and others) and do their part to limit sedentary behavior during the school day.

The District will support classroom teachers incorporating physical activity and employing kinesthetic learning approaches into core subjects by providing annual professional development opportunities and resources, including information on leading activities, activity options, as well as making available background material on the connections between learning and movement.

Teachers will serve as role models by being physically active alongside the students whenever feasible.

F. Before and After School Activities

The District offers opportunities for students to participate in physical activity either before and/or after the school day (or both) through a variety of methods. The District will encourage students to be physically active before and after school by: *[District should choose appropriate and reasonable options such as physical activity clubs, physical activity in aftercare, intramurals or interscholastic sports].*

G. Active Transport

The District will support active transport to and from school, such as walking or biking. The District will encourage this behavior by engaging in six or more of the activities below; including but not limited to:

1. Designate safe or preferred routes to school
2. Promote activities such as participation in International Walk to School Week, National Walk and Bike to School Week
3. Secure storage facilities for bicycles and helmets (e.g., shed, cage, fenced area)
4. Instruction on walking/bicycling safety provided to students
5. Promote safe routes program to students, staff, and parents via newsletters, websites, local newspaper
6. Use crossing guards
7. Use crosswalks on streets leading to schools
8. Use walking school buses
9. Document the number of children walking and or biking to and from school
10. Create and distribute maps of school environment (e.g., sidewalks, crosswalks, roads, pathways, bike racks, etc.)

VI. Other Activities that Promote Student Wellness

The District will integrate wellness activities across the entire school setting, not just in the cafeteria, other food and beverage venues and physical activity facilities. The District will coordinate and integrate other initiatives related to physical activity, physical education, nutrition and other wellness components so all efforts are complementary, not duplicative, and work towards the same set of goals and objectives promoting student well-being, optimal development and strong educational outcomes.

District schools are encouraged to coordinate content across curricular areas that promote student health, such as teaching nutrition concepts in mathematics, with consultation provided by either the school or the District's curriculum directors.

All efforts related to obtaining federal, state or association recognition for efforts, or grants/funding opportunities for healthy school environments will be coordinated with and complementary of the wellness policy, including but not limited to ensuring the involvement of the Committee.

All school-sponsored events will adhere to the wellness policy guidelines. All school-sponsored wellness events will include physical activity and healthy eating opportunities when appropriate.

A. Community Partnerships

The District will utilize where feasible relationships with community partners (e.g., hospitals, universities/colleges, local businesses, SNAP-Ed providers and coordinators, etc.) in support of this wellness policy's implementation. Existing and new community partnerships and sponsorships will be evaluated to ensure that they are consistent with the wellness policy and its goals.

B. Community Health Promotion and Family Engagement

The District will promote to parents/caregivers, families, and the general community the benefits of and approaches for healthy eating and physical activity throughout the school year. Families will be informed and invited to participate in school-sponsored activities and will receive information about health promotion efforts.

As described in the “Community Involvement, Outreach, and Communications” subsection, the District will use electronic mechanisms (e.g., email or displaying notices on the district’s website), as well as non-electronic mechanisms, (e.g., newsletters, presentations to parents or sending information home to parents), to ensure that families are actively notified of opportunities to participate in school-sponsored activities and receive information about health promotion efforts.

C. Staff Wellness and Health Promotion

The Committee will have a staff wellness subcommittee that focuses on staff wellness issues, identifies and disseminates wellness resources and performs other functions that support staff wellness in coordination with human resources staff which will be coordinated by the District’s HR Director.

District schools will implement strategies to support staff in actively promoting and modeling healthy eating and physical activity behaviors. The District promotes staff member participation in health promotion programs and will support programs for staff members on healthy eating/weight management that are accessible and free or low-cost.

D. Professional Learning

When feasible, the District will offer annual professional learning opportunities and resources for staff to increase knowledge and skills about promoting healthy behaviors in the classroom and school (e.g., increasing the use of kinesthetic teaching approaches or incorporating nutrition lessons into math class). Professional learning will help District staff understand the connections between academics and health and the ways in which health and wellness are integrated into ongoing district reform or academic improvement plans/efforts.
