

## PATTONVILLE SCHOOL DISTRICT WELLNESS PROGRAM

The Board recognizes the relationship between student wellness and student achievement as well as the importance of a comprehensive district wellness program. Therefore, the district will provide and support a healthy environment where children shall learn and participate in positive, developmentally appropriate, dietary and lifestyle practices. The wellness program will be implemented in a multidisciplinary fashion. It will be evidence based and involve sequential nutrition and health education as well as opportunities for physical activity.

### 1. Wellness Committee

The district will establish and maintain a wellness committee that consists of at least one (1): parent, student, nurse, school food service representative, Board member, school administrator, member of the public, and other community members as appropriate. If available, a qualified, credentialed nutrition professional will be a member of the wellness committee. The Board designates the following individual(s) as wellness program coordinator(s): Wellness Coordinator and Director of Food and Nutrition Services. Wellness coordinators, in consultation with the wellness committee, will be in charge of implementation and evaluation of this policy. Meetings, records and votes of the wellness committee will adhere to the requirements of the Missouri Sunshine Law.

### 2. Nutrition Guidelines for Foods Served at School

It is the policy of the Pattonville School District to support and promote proper dietary habits contributing to students' health status, behavior and academic performance. All foods and beverages made available on campus during the school day are to be consistent with the *highest tier* of the **Missouri Eat Smart Nutrition Guidelines**. These guidelines outline standards for the School Meal Programs, Ala Carte and snack foods, Vending machines and School Stores, After School Programs, Classroom Rewards, Parties and Fundraisers. Guidelines for reimbursable school meals will not be less restrictive than regulations and guidance issued by the Secretary of Agriculture pursuant to law. The district will create procedures that address all foods available to students throughout the school day in the following areas based on the Eat Smart Guidelines:

- National School Lunch Program and School Breakfast Program meals
- A` la carte offerings in the food service program (*non-reimbursable items*)
- Vending machines and school stores
- Classroom parties, celebrations, fundraisers, rewards and school events- store bought and wrapped
- Snacks served in after-school programs

### 3. Evaluation/ Letter of Assurance

The wellness committee will assess all education curricula and materials pertaining to wellness for accuracy, completeness, balance and consistency with the state and district's educational goals and standards. Wellness program coordinators shall be responsible for developing an annual "wellness letter of assurance" to be sent out for building principals to complete each year. Principals will be required to return this form, each September, to the Assistant Superintendent of Special Services. The plan for implementation and evaluation of the district wellness policy will be updated each year and addressed in this letter of assurance. The coordinators, in cooperation with the building principals are charged with operational responsibility for ensuring that schools meet the goals of the district wellness policy. Wellness program coordinators will report to the Board annually.

#### 4. Nutrition, Health and Physical Education

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

#### 5. Other School-Based Activities

The wellness program coordinators, in consultation with the wellness committee, are charged with developing techniques, utilizing the "letter of assurance", to address other school-based activities to promote wellness. These procedures or techniques will include, but not be limited to, lunchroom climate, parent wellness education, drug and weapon education and employee wellness modeling.



Adopted: February 28, 2006

Cross Refs: Pattonville Policy EF, Food Services Management  
*Section 204 of Public Law 108-265 Local Wellness Policy*  
*Missouri Show Me Standards—Health/ Physical Education*  
*Missouri Frameworks for Curriculum Development*  
*Missouri Eat Smart Guidelines*

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