

Pleasant Hill R-III District Wellness Program

October 16, 2018

Board Goal 2, CSIP Focus Area 1, 3

Wellness Committee Members:

Program Coordinator – Lora Watson, RN BSN, District Nursing Coordinator
Mr. David Taylor, Director of Facilities
Parent/Community Member – Tana Betts, PTO President
Member of the Public – Devin Nevels
Student – Intermediate School Student Council President
Nurse – Lora Watson
Food Service – Chelsea Leonard, Food Service Director
Board Member – David Adamczyk
School Administrator – Chandra Arbuckle
Nutrition Professional – Megan Fraley (Nutritionist)
Custodial Representative – Margaret Kosfeld
Physical Education Teacher – Josh Adamczyk

Implementation:

All stakeholders including but not limited to teachers, students, administrators, community members will play an integral part in the implementation of the following Local Wellness Policy. On the building level, administrators and school nurses will be responsible for monitoring the implementation of this policy.

Program Goals:

Physical Education and Activity Goal

The district will provide students opportunities to engage in activity that builds their physical, mental, social, and emotional health.

Health Services Goal

The district will provide services to students that will apprise, protect, and promote their health; are supported by the community, parents, and other stakeholders; and are accessible to all students.

Healthy School Learning Environment Goal

The district will create and maintain a school environment conducive to optimal student learning.

Food and Nutrition Services Goal

The school foodservice department will promote good health practices and provide a foundation for sound lifestyle habits through foodservice operations and nutrition education.

Health Promotion Goal

The district will foster the maintenance of a healthy lifestyle for all staff.

Nutrition Guidelines:

Criteria

The Pleasant Hill R-III School District Wellness Program will follow the Missouri Eat Smart Guidelines.

Procedures

National School Lunch Program and School Breakfast Program

The school food service program shall operate in accordance with the National School Lunch Act, the Child Nutrition Act of 1996 and Section 204 of the Public Law 108-265 enacted in 2004 establishing a local wellness policy by school boards.

A la carte offerings (both food and drink items) in the food service program

Items sold will meet the Dietary Guidelines for Americans and other nutrition standard guidelines as set forth by the Missouri Department of Education Child Nutrition Programs.

Vending machines and school stores

Vending machines and school stores located in dining areas will not be allowed to sell food items during meal service times.

Student sales are not permitted during serving times in the dining facilities.

Classroom parties, celebrations, fundraisers, rewards, and school events

Parents and sponsors of activities are asked to make healthy choices in providing snacks and or refreshments for these events.

Snacks served in afterschool programs and intramural activities

Parents and sponsors of activities are asked to make healthy choices in providing snacks and or refreshments for these events.

Nutrition Education:

The district will provide nutrition education aligned with Missouri Standards and Missouri's Frameworks for Curriculum Development in Health/Physical Education in all grades.

Procedures

Primary School - The physical education classes play Food Group games which include a component of shopping for healthy meals. Nutrition information is integrated with nonfiction text and magazines in the library and within classroom instruction.

Elementary School - During the second part of the year PE classes focus on Nutrition. The unit focuses on what the food plate is and what belongs on our plate as well as the nutrients and health benefits of each group. The students learn how to read labels and understand portion size.

Intermediate School - Classes discuss food choices and learn how to make healthy food choices. The curriculum follows along with Missouri state standards.

Middle School – Nutrition is taught in physical education classes as well as the Family and Consumer Science classes offered at the Middle School.

High School – Nutrition and Foods course offerings provide students opportunity to study advanced cooking techniques and international cooking. In-depth study of the various food groups and application of cooking skills are part of this class. Career explorations in the foods industry are researched. Foreign countries and customs are researched and presented in class.

Physical Education

The district will provide physical education aligned with Missouri Standards and Missouri's Frameworks for Curriculum Development in Health/Physical Education in all grades.

Procedures

Primary School – Students receive physical education instruction for 50 minutes every four days, and 30-40 minutes of recess per day. Instruction focuses on age-appropriate skills: locomotor and non-locomotor, manipulative, and ball-handling. Students also participate in lifetime fitness activities as part of learning about physical fitness and healthy lifestyles.

The physical education classes play Food Group games which include a component of shopping for healthy meals.

BEAT Time – BEAT Time is a walking group that meets two times a year for 3 weeks. The group walks Monday thru Thursday for 30 minutes in the Primary School Cafeteria. The students listen to story books on their MP3 players as they walk.

Second graders annually participate in Jump Rope for Heart, with instruction in jump-roping skills prior to the week-long event.

Elementary School – The Elementary School does a number of activities and lessons to promote good nutrition and lifelong activities. Students receive physical education twice a week for 30 minutes. They also receive an additional 45 minutes of physical education once a month. The classes focus on activities and sports that the students can do outside of the classroom with little or no equipment. Lesson plans focus on improving the student's health within the school day and lessons they can take outside the classroom and into the future. For example, handball requires a wall and a ball and promotes strength, speed, agility, power, balance, flexibility, cardiovascular endurance and symmetrical body coordination.

During the winter months, a Fitness Club is available to promote physical activity. Students, family and staff members are invited to join our club to help promote cardiovascular endurance, strength, flexibility, build self-esteem and learn the value of working with others. In October the school participates in the Jump Rope for Heart program.

Students have one 30 minute recess each day and additional exercise breaks as needed.

Intermediate School - We focus on developing and mastering sports related skills. Students focus on skill related fitness such as agility, balance, coordination, and speed. There is participation in health related fitness such as the Pacer run and fitness Fridays. Fifth

grade fitness scores are turned into the state of Missouri for their sit-ups, push-ups, sit and reach, and mile at the end of each year. Students learn about what an emergency is and how to handle emergency situations. We discuss injuries and how to care for injuries when they occur. The curriculum also includes learning the major body systems: circulatory, respiratory, muscular and motor systems of the body. Students learn the major bones and muscles of the body, both grades test over each subject. In addition, students practice stress relieving techniques and focus on how to manage our stress.

Intramurals are offered to students as an optional before school activity.

Students have one 20 minute recess each day.

Middle School – Students are introduced to resources at MyPlate.gov. This resource covers the importance of a healthy lifestyle and the resources that are available for them to make proper choices in regards to nutrition.

High School – The Health teacher covers nutrition and physical activity as part of their curriculum. The course Nutrition & Food I prepares students to understand the principles of nutrition, the relationship of nutrition to health and wellness, understanding and using nutritional knowledge for personal food choices, the selection, limited preparation and care of food, meal management to meet individual and family food needs and patterns of living, food economics, and optimal use of the food dollar.

School-Based Activities

D.A.R.E

Students are introduced to the D.A.R.E Program at the Intermediate School during their 5th grade year. D.A.R.E is sponsored and conducted by the Cass County Sheriff's Department. The program focuses on topics such as bullying, drugs and alcohol as well as their effects. The classes meet once a week for 10 weeks. Graduation requires writing an essay centered on staying away from these activities. An evening graduation is held with parents invited for the celebration.

Flu Shots

The Pleasant Hill School District hosts an annual Flu Shot Clinic for Employees and their families, usually in October. In past years over 100 individuals received shots.

Health & Wellness Fair

Based on faculty interest, we offer an Employee Health and Wellness Fair. This is an opportunity for employees to fill out a health assessment, get blood pressure and blood sugar checks, and get feedback about their overall health.

3D Mammography

In the 2017-18 school year, the District partnered with Price Chopper to have a mobile 3D Mammography Coach come to Pleasant Hill. This was open to the community and we hope this can become an annual event.

Vascular Ultrasound Testing

In years past and based on faculty interest, Integra Wellness offered Vascular Ultrasound Testing for employees and their families that included stroke/carotid artery ultrasound, abdominal aortic aneurysm ultrasound, peripheral arterial disease test, and osteoporosis test for a small fee.

Healthy Choices

MPR provides opportunities to staff to engage in activities through various programs throughout the year in an attempt to move staff to healthier lifestyle choices.

Weight Watchers

Weight Watchers program is available from year to year based on faculty interest.

Diet Free

Through MPR resources we are able to offer the Diet Free program for interested employees at a discounted rate of \$25, by utilizing wellness funds.

5 K Race for Change

The Middle School sponsors a 5K in the spring every other year in which the community is encouraged to participate.

Screenings

The Pleasant Hill R-III School District administers the following recommended screenings:

Heights, Weights, and BMI (Body Mass Index)

Students in grades kindergarten through eighth grade have these screening results recorded on an annual basis.

Vision

Vision screenings done through health fairs on First and Third Graders. Pre-Kindergarteners are screened by Parents as Teachers.

Hearing

Hearing screenings are done by the speech department on Pre Kindergarten, Kindergarten, 1st, 2nd, 3rd grades yearly. When time permits 7th grade is screened for educational purposes regarding noise exposure and 11th grade are screened for vocational counseling.

Scoliosis

Seventh and Eighth grade students are screened by semester as they rotate through PE class.

Dental referral procedure

When an issue is detected by teacher, administrator or nurse, a referral is made. Dental screenings are done by area dental professionals when available. Big Smiles visited the Primary and Elementary schools servicing approximately 40 students.

Cass County Dental screens 5th and 6th grade students and applies fluoride free of charge two separate times to those families that give permission. Any student's family with issues found from the screening is notified and referred to follow-up with a dentist.

Health, Fitness, Range

The intermediate school collects data on students health, fitness and range and reports the information to the appropriate entity.

Hygiene Education**Human Growth and Development Film**

The Human Growth and Development Film is shown to 5th grade. There is an emphasis on proper hygiene as a child gets older and takes on this responsibility.

Dental

Delta Dental comes to the Primary School every other year to talk about Oral Hygiene

Proper Hand washing

Signs are posted throughout the building instructing students and staff on the proper technique of hand washing. If the situation should arise that more formal instruction is necessary, each building nurse will give instruction in the classroom.

Proper Cough Technique

Signs are posted throughout the building instructing students and staff on the proper technique of coughing. If the situation should arise that more formal instruction is necessary, each building nurse will give instruction in the classroom.

Recess at grades K-6.

K – two 20 minute each day or one 30 minute recess each day

Grades 1 – 4 one 30 minute each day.

Grades 5 – 6 one 20 minute each day.

Physical Education K-6

Grades K – 2 – 50 min. every four days.

Grades 3 – 4 – Twice a week for 30 minutes and two 30 minute sessions twice a month for an additional 60 minutes.

Grades 5 – 6 – Follow state guidelines for average minutes in a week.

Middle School and High School

Physical education classes at the Middle and High School are schedule driven and follow state requirements.

FOOD SERVICE SUPPORT**Roving Chef Program:**

This program is an exciting hands-on opportunity that allows the food service company to help teach a group of students a little bit about food by walking them through one of our working kitchens pointing out food facts and safety. Students also learn how to make fresh, delicious, and

nutritious entrées. Due to transition in our food service program, this has not taken place the last couple of years but will make its way back into our program in 2017-18.

Nutrislice Online Menus

This is an interactive, online way to view each school's menus. With Nutrislice, you can view images and descriptions, view nutritional information for each food, filter the menu for specific food allergies, rate foods, and see carb counts. There is also a Nutrislice App for easy access on the go!

Community Culinary Classes

Classes for the community will be held periodically. In these classes, members of the community can gain knowledge on how to cook healthier meals at home with their families through demonstrations and recipes to take home. Families will be able to bring in and prepare the ingredients. They will then take the food home to cook the meal. Attempts to start this program this year met with less than desirable results. In the year 2015-16 the classes will be advertised in the paper prior to classes in addition to putting the class information in the Adult Education Classes pamphlet.

Food Service Communication

SFE sends out monthly letter that tells about a specific food or food group and the nutritional values of the item in grades K – 6.

SFE – Colormyplate.com Guidelines are followed.

The food service company follows the Colormyplate.com Guidelines and strives to be in the Exemplary field with all that apply.

Nutrition Promotion

Pleasant Hill R-III School District in collaboration with health professionals, community service providers and parents, will develop and implement various forms for nutrition promotion, including but not limited to:

- 1) Dissemination of nutrition and physical activity information via teacher and parent newsletters, campus posters and displays in or near food service or vending areas;
- 2) Student nutrition promotions provided in K-12 classrooms by local agencies and food service providers
- 3) Working with contracted Food Service Management Company to disseminate nutrition promotion materials
- 4) Organizing or participating in a local Health & Wellness Fair.

Initiatives

The Wellness Committee underwent a philosophical change a couple of years ago transitioning from one shot programs aimed at weight loss such as “The Biggest Loser Contest” to an ongoing approach to promote healthy lifestyle choices. Under the direction of Lora Watson, (Nursing Supervisor), staff members had an opportunity to participate in four healthy habit activities generally ranging from 6 weeks to two months. Ms. Watson worked in conjunction with a representative with Blue/KC to run the programs and distribute materials for the programs. Mrs. Watson kept track of participants from each building and a friendly competition was held to see which building completed the programs in the highest numbers based on participants divided by total staff in the building. Overall, more than 200 people signed up for the various programs. Ninety-five different staff members participated throughout the year or approximately 39%. Twenty staff members signed up for all four challenges

this year. The numbers would indicate there were a fair amount of repeat participants which is the goal of the change in philosophy of the committee. The hope is this number will continue to expand over the years. Last year's building winner was the Intermediate School and they shared the title this year tying with Central Office for highest percentage participants completing the programs. As the District changed health insurance providers this year, Mrs. Watson has worked closely with MPR representatives to promote available programming to District staff members. MPR has regular challenges for members to participate in which promote exercise and/or healthy eating habits. The current challenge is "Play Ball" in which participants keep track of their daily steps for an 8-week period. More coordination with MPR is planned in the future months. Diet Free, mentioned earlier is another program staff members participated in last year. If there is enough faculty interest, we will repeat this program in the 2018-2019 year.

Wellness Policy Evaluation and Revision

The Wellness Committee will continue to develop and revise methods to periodically measure and make available to the public an assessment of the policy that includes:

- The extent to which each school is compliant.
- The extent to which the district's policy compares to model policies.
- A description of the progress made in meeting the goals.

Pleasant Hill R-III School District's goal will be to regularly evaluate the effectiveness of this policy in promoting healthy eating and changing the program as appropriate to increase its effectiveness. Ongoing implementation, evaluation and revision of this Wellness Policy will be ensured by the following:

- 1) The District Nursing Coordinator and Assistant Superintendent will ensure compliance with established District-wide student wellness goals.
- 2) The District, will, as necessary, revise the policy and develop action plans to facilitate its implementation.
- 3) Bi-Annual reports shall be made to the Board on the District's compliance with law and policies related to student wellness. The report may include but not be limited to:
 - i. Evaluation of the food services program.
 - ii. Recommendations for policy and/or program revisions.
 - iii. Review of all foods and beverages sold in schools for compliance with established nutrition guidelines.
 - iv. Assessment of district environment regarding student wellness issues.
 - v. Listing activities and programs conducted to promote nutrition and physical activity.
 - vi. Providing feedback received from staff, students, parents/ guardians, and community members.
- 4) These bi-annual board reports shall be made available to the public to inform and update the public about the content and implementation of this local wellness policy.