

WEST ST. FRANCOIS COUNTY R-IV SCHOOL DISTRICT WELLNESS PLAN 2014-2015

The Wellness Committee has met several times over the last several years developing a Wellness Plan for the District. Key components of the plan include; nutrition and nutritional education, physical activity, and other school-based activities designed to promote student wellness.

As stated in Board Policy 2750 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. The goals of the District's Wellness policy are as follows:

1. Provide a comprehensive learning environment for developing and practicing lifelong wellness behaviors.

The entire school environment, not just the classroom, shall be aligned with healthy school goals to positively influence a student's understanding, beliefs, and habits as they relate to good nutrition and regular physical activity. A healthy school environment should not be sacrificed because of a dependence on revenue from high added fat, high added sugar, and low nutrient foods to support school programs.

2. Support and promote proper dietary habits contributing to student's health status and academic performance.

All foods available on school grounds and at school-sponsored activities during the instructional day should meet or exceed the District the District nutritional standards. Emphasis should be placed on foods that are nutrient dense per calorie. To ensure high quality, nutritious meals, foods should be served with consideration toward variety, appeal, taste, safety, and packaging.

3. Provide more opportunities for students to engage in physical activity.

A quality physical education program is an essential component for all students to learn about and participate in physical activity. Physical activity should be included in a school's daily education program from Kindergarten through 12th grade. Physical activity should include regular instructional physical education, co-curricular activities, and recess. A goal of 150 minutes per week for elementary students, 225 minutes per week for middle school students, and two (2) units for high school students during high school years.

4. The District is committed to improve academic performance.

Educators, administrators, parents, health practitioners, and communities should consider the critical role student health plays in academic stamina and performance and adapt the school environment to ensure students' basic nourishment and activity needs are met. To ensure widespread understanding of the benefits to school environments where nutritious foods are provided and where students have an opportunity for physical activity, a public awareness campaign that highlights research demonstrating the positive relationship between good nutrition, physical activity, and capacity of students to develop and learn should be conducted.

5. Establish and maintain a District-wide Nutrition & Physical Activity Advisory Council with the purposes of:

- Developing guidance to this policy
- Monitoring the implementation of this policy
- Evaluating policy progress
- Serving as a resource to school sites
- Revising policy as necessary

NUTRITIONAL & PHYSICAL ACTIVITY ADVISORY COMMITTEE

DISTRICT MISSION STATEMENT

“Empowering Students for Successful Lives”

GOAL

To help the District provide an education that includes nutritional awareness, healthy nutritional choices, and opportunities for physical activities. This in turn will provide our students with a healthier, more enjoyable school experience, and will give them an opportunity to carry this into adulthood.

RESPONSIBILITIES

Oversight of the following:

- Implementation of District nutrition and physical activity standards
- Integration of nutrition and physical activity in overall curriculum
- Assurance that staff professional development includes nutrition and physical activity issues
- Assurance that students receive nutrition education and engage in vigorous physical activity

The Nutrition & Physical Activity Advisory Committee will be responsible for preparing a report that includes, but is not limited to, the following information:

- Monthly district menus and meal counts
- Listing of all ala carte, vending, and competitive foods sold by school food service
- 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..
- Listing of all physical activity programs and opportunities for students throughout the school year.
- Outcome of Committee activities

COMMITTEE RECOMMENDATIONS/TIMELINES

Recommendations

Timeline for Implementation

<p>The District will meet minimum USDA standards in regard to nutritional content of food served in breakfast and lunch programs. A La Carte and after-school district meals, served through the cafeteria, are also expected to meet USDA minimum standards.</p>	<p>2006-2007/Ongoing</p>
<p>Close the high school snack bar. This due in response to lack of foods/snacks that will meet nutritional guidelines.</p>	<p>2006-2007</p>
<p>Banning of food fund-raisers, before and during the normal school hours, unless it can be proven the food choice falls within the food guidelines of the District.</p>	<p>2006-2007/Ongoing</p>
<p>In regard to reward programs and classroom parties the recommendation is to approve the minimum recommended standard. It states “all foods and beverages are offered in compliance with USDA regulations prohibiting the sale of “foods of minimal nutritional value” where school meals are served or eaten during the meal period. Asking that teachers, parents, and sponsors be aware of healthy choices for reward and classroom parties.</p>	<p>2006-2007/Ongoing</p>
<p>The Committee recommends the District adopt the American Beverage Association’s recommended vending policy regarding student drink options.</p>	<p>2006-2007/Ongoing</p>
<p></p>	<p></p>

In addition to the District Wellness Policy District goals and recommendations the individual schools have developed goals and strategies to meet these goals. They are as follows:

WEST COUNTY ELEMENTARY

Goal 1: Provide a comprehensive learning environment for developing and practicing lifelong wellness behaviors.

Objective: the elementary will provide a healthy school environment where students are encouraged to lead healthy lifestyles.

Measurement: Annual Parent/Student Climate Survey

Strategies	Timeline
All foods available on school grounds during school hours (with exception of the three annual parties) meet or exceed the District’s nutritional standards.	Ongoing
Information on healthy snack ideas are handed out annually to parents. Only healthy snacks are permitted for “parties” other than the three annual parties.	Ongoing
Parents, students and community members can participate in the annual health fair with approximately 20 health related vendors.	Ongoing

Goal 2: Support and promote proper dietary habits contributing to students’ health status and academic performance.

Objective: Students will increase their knowledge about the benefits of healthy eating and weight management.

Measurement: 5th graders will be assessed by a pre and posttest/survey.

Strategies	Timeline
Students will be informed of the nutritional benefits of healthy foods and encouraged to eat these over junk food. Education will be provided through Health Education	Ongoing

classes. BJC School Outreach/Youth Development and University of Missouri Extension.	
Screen children for weight categories that may lead to health problems. A letter is sent home to all 5 th graders with their BMI percentage	Ongoing

DATA:

<i>5th Graders</i>	<i>Under Wt</i>	<i>Normal</i>	<i>Over Wt.</i>	<i>Obese</i>
11/12	7%	58%	12%	23%
12/13	8%	57%	12%	23
13/14	2%	55%	20%	23%

Goal 3: Provide opportunities for students to engage in physical activity.

Objective: All students in the elementary will participate in weekly physical education classes, and be instructed on the importance of physical activity.

Measurement: 5th grade Fitness Gram scores will reflect 80% of the students performing at or above the National 50th percentile.

Strategies

Timeline

Students will participate in the Fitness Gram Program during physical education class	Ongoing
Students participate in physical education and health class weekly	Ongoing
Students have ample opportunities to participate in extra-curricular activities including, After School Achievement Program, volleyball clinics/teams and basketball clinics/teams.	Ongoing
“Sneakers” will be provided by Parkland Health Center Foundation. This is a body systems class that help students take a step in the right direction by including physical and fun activities to reinforce learning of the body system.	Ongoing

DATA

Year	Aerobic Capacity	Abdominal Strength	Upper Body Strength	Flexibility
2011/12	81%	88%	84%	79%
2012/13	80%	90%	86%	81%
2013/14	78%	91%	87%	81%

Goal 4: Provide a comprehensive learning environment that promotes safety.

Objective: Students are taught environmental health and safety concerns including sun safety, bullying and internet safety.

Measurement: Students will be given a pre-test and post-test to measure age appropriate safety issues.

Strategies

Timeline

Students are instructed in how to prevent sun related injuries including the use of protective clothing, hats, sunglasses and sunscreen.	Ongoing
Students are taught lessons on internet safety in their homeroom before using the computer at the beginning of the school year. Posters with internet rules are posted on the walls in the classroom and in labs.	Ongoing
All grade levels participate in weekly lessons on internet safety during the month of November through the library.	Ongoing
3 rd -5 th grade will participate in safety programs such as DARE and Buddies Program. Dare is provided to 5 th graders by the St. Francois County Sherriff's Dept. Buddies is provided by the Parkland Health Center Foundation.	Ongoing

WEST COUNTY MIDDLE SCHOOL

Goal 1: Every student enrolled at the West County Middle School will participate in the Fitness Gram, with 70 percent of students showing improvement from 6th to 8th grade.

Goal Measurement: Data will be collected by the physical education teachers concerning the overall performance of the middle school students.

Strategies	Timeline
All physical fitness courses will incorporate the Fitness Gram into the curriculum.	2014-2015
Separate physical education classes based on gender are used to promote participation in 7 th and 8 th grade.	Ongoing

Fitness Gram Data

Goal 2: West County Middle School will meet MSIP expectations that 90% of students are in attendance 90% of the time.

Goal Measurement: Attendance will be kept daily, monthly, and yearly.

Strategies	Timeline
The middle school will incorporate incentive programs concerning attendance.	Ongoing
The building will call to verify why a student is absent from school to hold the parent/student accountable.	Ongoing
The school counselor will become involved in habitual absenteeism cases and will get other agencies help in correcting the situation.	Ongoing

Current Data

2014-2015 88.27%

Goal 3: Student participation in the lunch program will increase by .2% annually, with the ultimate goal of 95%.

Goal Measurement: Monthly meal counts

Strategies**Timeline**

<p>The middle school cafeteria staff, along with the food service director, will work with administration to survey students on food items they favor and still meet the USDA nutritional standards. A survey will be given regarding food choices to make sure offerings are student choice directed.</p>	<p>Ongoing</p>
<p>A survey will be given regarding food choices to make sure offerings are student choice directed.</p>	<p>Yearly</p>

Current Data

2012-2013 67%

2013-2014 58%

Goal 4: Student involvement in extra-curricular activities will increase by 2% yearly with a goal of 60%. These activities will include any organized activity regardless of affiliation with the school outside of the normal school schedule.

Goal Measurement: Survey of each student to determine participation percentage.

Strategies**Timeline**

<p>The school will assist outside groups by providing information on upcoming opportunities for students to get involved.</p>	<p>Ongoing</p>
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The school will offer the gymnasium to outside groups involving our students for activities such as AAU, MABA, etc.	Ongoing
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Current Data

2013-2014 64%

2014-2015 51%

Goal 5: Student Body Mass Index for all students will be in the normal range.

Goal Measurement: Evaluation of students near the end of the school year.

Strategies	Timeline
The school will provide the state-recommended number of minutes in regard to physical education for the students.	Ongoing
The school will offer opportunities for the students to take part in school and non-school activities after the normal day.	Ongoing

Current Data

6th Grade

<i>2014-2015</i>	<i>BOYS</i>	<i>GIRLS</i>	<i>TOTAL</i>
Number of Students	46	36	82
Underweight	7%	3%	5%
Normal BMI	54%	36%	46%
Overweight	39%	61%	49%

7th Grade

<i>2014-2015</i>	<i>BOYS</i>	<i>GIRLS</i>	<i>TOTAL</i>
Number of Students	30	36	66
Underweight	3%	0%	2%
Normal BMI	53%	53%	53%
Overweight	23%	31%	27%

8th Grade

<i>2014-2015</i>	<i>BOYS</i>	<i>GIRLS</i>	<i>TOTAL</i>
Number of Students	45	33	678
Underweight	4%	0%	3%

Normal BMI	44%	58%	50%
Overweight	51%	42%	47%

Goal 6: Every student and parent will receive information on the dangers of the use of different technologies, including Internet use, sexting, and social networking.

Goal Measurement: Pre-test and post-test

Strategies	Timeline
Age appropriate information will be given and discussed in all computer courses by the teachers and technology director.	Ongoing
Information will be mailed to parents concerning the topic.	Ongoing

Recommend removing this goal, because it has been incorporated in the curriculum of all students each year.

Goal 6: Students in the 7th and 8th grade will be receive sex education through a partnership with Parkland PRC to inform them on

Goal Measurement: Students will participate in a pretest and post-test to determine knowledge gained and perceptions of the topic.

2013-2014 Baseline Data -

WEST COUNTY HIGH SCHOOL

Goal 1: The High School will increase student health/wellness knowledge and how it affects the body.

Goal Measurement: Student enrollment data in health education classes and student health assessment data.

Strategies	Timeline
100% of all Freshmen will be required to be enrolled in health education classes.	Ongoing
The percentage of students passing an assessment on healthy nutrition will increase annually. The assessment will cover healthy eating, Food Guide Pyramid, and knowledge of food labels and healthy lifestyles.	Ongoing
The Freshman health students will be instructed in a unit entitled “Healthy Habits for Life: Teen Hygiene”. The students will be assessed on their knowledge of personal hygiene issues and how it affects their overall health, wellness, and esteem.	Ongoing

Goal 2: Student participation in the lunch program will increase by 1% annually with the ultimate goal of 90% participation.

Goal Measurement: Monthly meal counts.

Strategies	Timeline
The high school cafeteria staff, along with the food service director, will work with administration to survey students on food items they favor and still meet the USDA nutritional standards.	Ongoing
The high school cafeteria staff, along with the food service director, will work to find additional food choices that students will enjoy.	Ongoing

Goal 3: Students will increase their amount of physical activity.

Goal Measurement: Missouri Physical Fitness Assessment data, Assessment data related to healthy lifestyle, student participation rates.

Strategies	Timeline
All 9 th grade students will participate in the Missouri Physical Fitness Assessment with a minimum of 75% reaching the healthy fitness range.	Ongoing
All students enrolled in a physical education course will demonstrate knowledge of physical activity for a healthy lifestyle.	Ongoing
The participation rates of students involved in the athletic programs will increase each year.	Ongoing

Goal 4: All 9th graders will be instructed on the dangers of performance enhancing drugs and staph infections.

Goal Measurement: Pre and Post tests will assess and evaluate the student's knowledge of sun safety.

Strategies	Timeline
Students will be provided instruction about the dangers of steroids and other performance enhancing substances.	Ongoing
Students will be provided instruction related to staph infections.	Ongoing

Goal 5: Every student and parent will receive information on the dangers of the use of different technologies, including internet use, sexting, and social networking.

Goal Measurement: Pre-test and post-test.

Strategies	Timeline
Age appropriate information will be given and discussed in all computer courses by the teachers and technology director.	Ongoing
Information will be given to parents during Freshman Orientation Family Night.	Ongoing