

# **WEST ST. FRANCOIS COUNTY R-IV SCHOOL DISTRICT**

## **WELLNESS PLAN**

### **2016-17**

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 12<sup>th</sup> 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>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>Completed/ 2006-07</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>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>Ongoing</p>
<p>The Committee recommends the District adopt the American Beverage Association’s recommended vending policy regarding student drink options.</p>	<p>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:** WCE Health & Safety Quiz give to 3<sup>rd</sup>-5<sup>th</sup> graders.

Grade Level	2015/16	2016/17	2017/18
3 <sup>rd</sup>	48%		
4 <sup>th</sup>	49%		
5 <sup>th</sup>	57%		

Strategies	Timeline
3 <sup>rd</sup> -5 <sup>th</sup> Graders will be given a health & safety quiz online yearly in the spring, this will provide knowledge on weak points to focus on throughout the following school year in PE class.	Ongoing
All foods available on school grounds during school hours (with the exception of the three annual parties) meet or exceed the District's nutritional standards. Only healthy snacks are permitted for "parties" other than the three annual parties.	Ongoing
Students will be informed of the nutritional benefits of healthy foods and encouraged to eat these over junk food. Education classes, BJC School Outreach/Youth Development and University of Missouri Extension.	Ongoing
Health screenings will be done annually for Kindergarten, 1 <sup>st</sup> , 3 <sup>rd</sup> , and 5 <sup>th</sup> graders. Referrals for vision/hearing will be made as needed.	Ongoing

Data: BMI's on 5<sup>th</sup> Graders

5 <sup>th</sup> Graders	Under Wt.	Normal	Over wt.	Obese
13/14	2%	55%	20%	23%
14/15	3%	59%	20%	18%
15/16	2%	53%	19%	26%

**Goal 2: Educate students on the importance of physical activity leading to a healthy lifestyle.**

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

**Measurement:** 5<sup>th</sup> grade fitness gram scores will reflect 80% of the students performing at or above the national 50<sup>th</sup> percentile

Results (Students Passed)	13/14	14/15	15/16
Aerobic Capacity	78%	82%	86%
Abdominal Strength	91%	92%	92%
Upper body Strength	87%	85%	86%
Flexibility	81%	84%	85%

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. (Program wasn’t ready for	Ongoing

15-16 school year, will continue to try)	
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**Goal 3: 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 internet safety issues.

	2014/2015	2015/2016
k-2 <sup>nd</sup> Grade	Pre-Test 40% Post – Test 60%	Pre-Test 72% Post- Test 87%
3 <sup>rd</sup> – 5 <sup>th</sup> Grade	Pre-Test 80% Post – Test 90%	Pre-Test 91.6% Post- Test 92.1%

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 year. Library uses the month of November to cover internet safety with all students and age appropriate pre/post test are given.	Ongoing
4 <sup>th</sup> -5 <sup>th</sup> grade will participate in safety programs such as DARE and Buddies Program. Dare is provided to 5 <sup>th</sup> graders by the St. Francois County Sherriff’s Dept. Buddies is provided to 4 <sup>th</sup> graders by the Parkland Health Center Foundation.	Ongoing

## WEST COUNTY MIDDLE SCHOOL

**Goal 1:** *Every student at West County Middle School will participate in Fitness Gram, utilizing 5<sup>th</sup> grade year data as a base line, each grade level will show a 2% improvement annually in all categories will an ultimate goal of 100% of students scoring in the healthy fitness zone.*

**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.	Ongoing
Separate physical education classes based on gender are used to promote participation in 7 <sup>th</sup> and 8 <sup>th</sup> grade.	Ongoing

### Fitness Gram Data

**Using 2015-16 individual activity data as the baseline year for all grade levels.**

**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	Ongoing

parent/student accountable.	
The school counselor will become involved in habitual absenteeism cases and will get other agencies help in correcting the situation.	Ongoing

**Current Data**

2013-2014	88.27%
2014-2015	88.97%
2015-2016	88.65%
2016-2017	90.70%

**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**

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.	Ongoing
A survey will be given regarding food choices to make sure offerings are student choice directed.	Yearly

**Current Data**

2012-2013	67%
2013-2014	58%
2014-2015	66%
2015-2016	65%
2016-2017	68%



**Goal 4:** Student involvement in school sponsored extra-curricular activities will increase by 2% yearly with a goal of 60%.

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

<b>Strategies</b>	<b>Timeline</b>
The school will assist outside groups by providing information on upcoming opportunities for students to get involved.	Ongoing

**Current Data**

	<b>2016</b>				<b>2015</b>				
	Girls	Boys	Total	Total %	Girls	Boys	Total	Total %	Difference
6 <sup>th</sup> grade	18	3	21	28%	15	8	23	29.9	-1.9%
7 <sup>th</sup> grade	13	12	25	31.3%	18	8	26	34.2%	-2.9%
8 <sup>th</sup> grade	15	11	26	32.1%	14	19	33	37.5%	-5.4%
Overall	46	26	72	30.4%	47	35	82	34.5%	-4.1%

**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.

<b>Strategies</b>	<b>Timeline</b>
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**  
**Normal BMI %**

<b>Grad YR.</b>	<b>6<sup>th</sup></b>	<b>7<sup>th</sup></b>	<b>8<sup>th</sup></b>
<i>2020</i>	<b>2014</b>	<b>2015</b>	<b>2016</b>
<i>Boys</i>	<b>54</b>	<b>57</b>	<b>61</b>
<i>Girls</i>	<b>36</b>	<b>43</b>	<b>45</b>
<i>Total</i>	<b>46</b>	<b>50</b>	<b>55</b>

<b>Grad YR.</b>	<b>6<sup>th</sup></b>	<b>7<sup>th</sup></b>	<b>8<sup>th</sup></b>
<i>2021</i>	<b>2015</b>	<b>2016</b>	<b>2017</b>
<i>Boys</i>	<b>38</b>	<b>55</b>	<b>61</b>
<i>Girls</i>	<b>18</b>	<b>57</b>	<b>54</b>
<i>Total</i>	<b>28</b>	<b>56</b>	<b>57</b>

<b>Grad YR.</b>	<b>6<sup>th</sup></b>	<b>7<sup>th</sup></b>	<b>8<sup>th</sup></b>
<i>2022</i>	<b>2016</b>	<b>2017</b>	<b>2018</b>
<i>Boys</i>	<b>41</b>	<b>52</b>	
<i>Girls</i>	<b>62</b>	<b>58</b>	
<i>Total</i>	<b>54</b>	<b>55</b>	

<b>Grad YR.</b>	<b>6<sup>th</sup></b>	<b>7<sup>th</sup></b>	<b>8<sup>th</sup></b>
<i>2023</i>	<b>2017</b>	<b>2018</b>	<b>2019</b>
<i>Boys</i>	<b>62</b>		
<i>Girls</i>	<b>52</b>		
<i>Total</i>	<b>57</b>		

## 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
Abstinence education will be offered to 9 <sup>th</sup> grade students. Parkland Pregnancy Resource Center will offer sex education. The program “Healthy Choices” will be offered by BJC	Ongoing

Year	Percentage Passing Healthy Nutrition Assessment
2012-13	92
2013-14	94
2014-15	92
2015-16	100

**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. Survey to be given during the month of February.	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 <sup>th</sup> 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
High school will utilize Fitness Gram to evaluate students in the 9 <sup>th</sup> grade.	Ongoing

<b>Year</b>	<b>Percentage of Students Falling within the Healthy Range</b>
2011-12	68%
2012-13	68%
2013-14	71%
2014-15	70%
2015-16	74%

<b>Year</b>	<b>Student Participation Rates in Athletic Programs</b>
2012-13	23%
2013-14	27%
2014-15	35%
2015-16	33%

**Goal 4:** All 9<sup>th</sup> 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.

<b>Strategies</b>	<b>Timeline</b>
Students will be provided instruction about the dangers of steroids and other performance enhancing substances.	Ongoing
Students will be provided information about different drugs.	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.

<b>Strategies</b>	<b>Timeline</b>
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