

SARCOXIE R-II WELLNESS POLICY

The primary goals of the Sarcoxie R-II School District's wellness program are to promote student health, reduce student obesity, facilitate student learning of healthy habits and increase student achievement. To help accomplish these goals a wellness council, with its membership consisting of teachers, students, community members, a school board member, the school nurse and an administrator, will meet annually to review the implementation of this policy. The council will be assisted by a wellness coordinator, who will also be responsible for presenting an annual evaluation of the program to the board of education.

The following will be used to guide the implementation of the district wellness program:

Nutrition Guidelines

1. All meals, analyzed by school week averages, will meet state and federal nutritional guidelines with the total fat content not to exceed K-5 550-650 Calories 6-8 600-700 and 9-12 750-850 per meal 30% of calories and the total saturated fat content to be 10% or less. To help accomplish this, foods will be baked, rather than fried, ground beef will be 80/20 and well drained, and fat-free and 2% milk will be offered.
2. Breakfast, as well as lunch, will be offered daily at both the elementary and secondary campuses.
3. In order to cut down on sugar consumption there will be no soda pop, or sweetened tea, vended during school hours and all canned fruits served will be from those packed in either light syrup or natural juices.
4. Develop and expand instruction on nutrition and healthy eating habits throughout the K-12 curriculum.

Physical Activity

1. A study group, consisting of a cross-section of K-12 teachers, will explore the possible implementation of instructional strategies that employ the concepts of kinesthetic learning for the regular classroom.

2. Facilitate walking clubs that will be open to students and staff members at the elementary and secondary campuses.
3. Facilitate intramural tournaments for the students and staff, using school facilities and a combination of staff and community volunteer supervision. Such events could include, but are not limited to: 3-on-3 basketball, dodge ball, and volleyball.
4. Schedule staff time and training for the use of school athletic facilities.

Other School Based Activities

1. Use healthy items, rather than soda pop, candy, ice cream, cake, etc., for rewards and/or snacks during classroom parties, celebrations and recognition events.
2. Allow only water, juice, milk, or other healthy drinks for students participating in field days and/or field trips.
3. Add a healthy foods menu at school concession stands.
4. Fund raising events that sell food items should promote healthy food choices.
5. Offer healthy eating and wellness program information to parents/guardians via seminars, newsletters and/or presentations.