

SARCOXIE R-II WELLNESS POLICY

Assessment

November 6, 2015

1. Wellness Committee Members

- Dr. Kevin Goddard - Superintendent
- Dr. Debra Royce – School Board Pres.
- Cindy Myers LPN – School Nurse
- Robyn Paradeis- Nutritional Services
- Dusty Feather – Principal
- Jeremy Caddick – PTO Pres.
- Kathy Bittick – Community Leader
- Korey Gordon – Physical Education Teacher
- Stephanie Heckmaster – Parent
- Kaydence Lee- Elementary Student
- Kalyna Smith – Middle School Student
- Tanner Rice – High School Student

2. Nutrition Guidelines

- Meals continue to meet state and federal guidelines
- Breakfast and lunch is served daily district wide
- Pop/vending machines accessible to students continue to have diet soda or water
- Snack and party information is in the student handbook
- Snacks provided during MAP testing and after school tutoring will follow the healthy snack guidelines.

3. Nutritional Education

- Health, including nutrition, and P.E. are taught at all grade levels
- Wellness Policy is on website
- .5 Health credit for all high school graduates
- Cardiac Kids program for all 5th grade student

4. Physical Activity

- Recess is held at elementary level 20 minutes per day
- P.E. classes are held once a week for 60 minutes
- Physical activity is not withheld as a form of punishment
- 1 P.E. credit required for all high school graduates

- At elementary level, brain breaks involving physical activity are taken throughout the school day.
- Track and field facilities and weight room are available for students and staff after school hours.

5. Family Involvement

- Wellness Policy and Assessments are on website
- Healthy snack ideas given to parents for snacks and celebrations
- 5k/mile fun run every year in March or April
- Cardiac Kids

6. Meal Times

- A minimum of 10 minutes after sitting down for breakfast, and 20 minutes for lunch is scheduled District wide
- Students wash hands before meals
- Hand sanitizer is available in classrooms and cafeteria
- Students are allowed to talk during meals.
- Meals are adequately supervised

7. Staff Wellness

- Nurses are available in both buildings to assist staff with health concerns and information
- Faculty and Staff health fair held every year
- CPR/First Aid and AED training for staff
- Health and Wellness newsletter from our health insurance provider

8. Policy Review

- Wellness policy is reviewed and revised as needed to include all federal requirements.