**SARCOXIE R-II WELLNESS POLICY**

1. **Wellness Committee Members**

* Phil Lewis - Superintendent
* Josh Dodson – School Board Member
* April Jones, RN– School Nurse
* Randy Straw- Nutritional Services
* Dusty Feather – Principal
* Brenna Staples – PTO Tres.
* Kathy Bittick – Community Leader
* Korey Gordon – Physical Education Teacher
* Stephanie Heckmaster – Parent
* Oliver Staples- Elementary Student
* Garrett Endicott – Middle School Student
* Blake Heckmaster– High School Student

1. **Nutrition Guidelines**

* Meals continue to meet state and federal guidelines
* Breakfast, lunch and supper are 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.

1. **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 students
* Flouride treatments for all grades K-6th
* Sealants provided for all grades K-6th

1. **Physical Activity**

* Recess is held at elementary level 25 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.

1. **Family Involvement**

* Wellness Policy and Assessments are on website
* Healthy snack ideas given to parents for snacks and celebrations
* Cardiac Kids

1. **Meal Times**

* A minimum of 10 minutes after sitting down for breakfast and supper, and 25 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

1. **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

1. **Policy Review**

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