

Evaluation of the District Wellness Plan

Goals for Nutrition Promotion and Education

The district wellness plan (F-290-p) is a guide for the East Buchanan C-1 school district to meet the wellness needs of the district students.

- The district will collaborate with public and private entities to promote student wellness. The elementary works with the Missouri Outreach program to promote student wellness through weekly nutrition courses.

The District will promote healthy food and beverage choices for all students, as well as encourage participation in school meal programs.

- OPAA food service came out on back to school night and promoted the food service program with healthy snacks and beverages for the students to sample. At this event we passed out information on how to see the menus online.
- Food Service Director and staff engage with students to explain the lunch choices and what the food might taste like if an unfamiliar item.
- While students are going through the lunch lines, students are directed and encouraged to go to the fruit and vegetable bar to get their nutrition needs met.

The health curriculum will include information on good nutrition and healthy living habits.

- The District Health curriculum hits the standards for informing on good nutrition and healthy living habits, with modeling and opportunities to practice these skills in physical education classes.
- At the elementary level the nutrition classes offered by the Missouri Extension hit on information providing good nutrition and healthy living habits.

As appropriate, teachers will incorporate information on nutrition and wellness into classroom curriculum.

- Teachers are encouraged to utilize resources and information that can assist with meeting the Missouri Learning Standards. When nutrition and wellness opportunities arise to assist the curriculum, it is encouraged and promoted.

Water will be made available to students throughout the school day.

- Water is made available in the cafeteria at all times throughout the day. We also have water fountains and water bottle fillers all through the district. Students are encouraged to bring water bottles and have with them in class.

Goals for Physical Activity

The District's curricula will include instruction on physical activity and habits for healthy living.

- Between the elementary physical education, MS physical education, HS physical education, and health courses the district curriculum is tied to the state standards and movement and physical activity is promoted and discussed on how this activity and daily life habits can lead to a healthy life.

Students will be encouraged to engaged in physical activities throughout the school day.

- Student courses at all levels are encouraged to get students up and moving. The district knows that research shows that movement and activity are proven to not only lead to healthier minds and bodies, but leads to more active learning and engagement. The younger elementary students have added additional morning opportunities to go outside and be physically active in addition to the scheduled afternoon recess times.

The district will encourage parents and guardians to support their children's participation in physical activities, to be physically active role models, and to include physical activity in family events.

- The district completed a new all weather running track that we have made a community track. Not only do we utilize the track for district practices and classes, we allow community members to walk and run the track. We have lights that allow for running after dark and an entrance that is always open. This was something that community wanted and as a district we wanted to promote activity within the community.
- Yearly the elementary hosts field day. Parents are encouraged to come and watch students compete and support them in their physical activities.
- The district takes part in several MSHSAA sponsored sports where we encourage parents to come and support their children as they compete in a variety of sporting events.

Goals for other School- Based Activities Designed to Promote Student Wellness.

The District will participate in state and federal child nutrition programs as appropriate. The District will use evidence-based strategies to develop, structure, and support student wellness.

- OPAA the districts Breakfast and Lunch provider ensures that kids have all the components required. The work to create a variety of foods and make sure that the nutrition requirements are meeting the standards to provide student wellness.

The District will provide professional development, support, and resources for staff about student wellness.

- District staff have the opportunity to observe staff members that are a part of the Health/PE department and take back what they have learned into the other areas of the district.
- District staff are encouraged to provide professional development to colleagues on information that could benefit staff at PD meetings. We try to offer a variety of PD opportunities for staff including health and wellness.

Students will be provided sufficient time in which to eat school-provided meals.

- The district provides all students 20-25 minutes of time daily to eat school provided lunch. If students are eating and run out of time we allow students to finish eating as long as they are eating.

The district will strive to provide physical activity breaks for all students, recess for elementary students, and before and after school activities, as well as encourage students to use active transport. (Walking, Biking)

- Teachers are encouraged to get kids up and moving during class. Research shows that students need movement frequently to refocus their brains on the learning. Students in elementary are provided 30 minutes of recess daily and the younger students take an additional recess in the morning.
- The district provides bike racks for students to place their bikes and the district has a crossing guard to help walkers safely arrive at school.
- The district is working with the city to improve sidewalks throughout town which will promote more students walking to school.
- The district offers several afterschool activities that involve physical activity through HS and MS sports. The elementary has also had some afterschool running groups in the past.
- Physical education classes are offered that promote activity during the school day.

District Standards

Standards for all food and beverages sold to students at school and during the school day.

The district will ensure that student access to foods and beverages meet federal, state and local laws and guidelines including, but not limited to, USDA national school lunch and school breakfast nutrition standards and USDA Smart snacks in school nutrition standards.

- OPAA makes sure that all meals are meeting the federal and state guidelines. The Ala Cart items meet guidelines and are adjusted using the smart snack calculator.

The district will offer students a variety of age-appropriate, healthy food and beverage selections with plenty of fruits, vegetables, and whole grains aimed at meeting the nutrition needs of students within their calorie requirements in order to promote student health and reduce childhood obesity.

- The district provides a fruit and vegetable bar that is available to all students. The district makes sure that students are grabbing at least the minimum amount of servings to meet the federal and state requirements.

Standards for all foods and beverages provided, but not sold to students during the school day.

The District may provide a list of healthy party ideas or food and beverage alternatives to parents, teachers, and students for classroom parties, rewards and incentives, or classroom snacks. The District discourages the use of food and beverages as a reward or incentive for performance or behavior.

- In past years a list of healthy alternatives have been provided to District Room Parents to promote healthy alternatives.

Food and Beverage Marketing

- The district understands that any new marketing contracts will be made with the USDA Smart Snacks and nutrition standards in mind.

Public Participation

- District Patrons will be included in the wellness policy adaptation and input will be sought out from patrons as we update the wellness policy.

Competitive Foods and Beverages

- East Buchanan has fundraisers throughout the different building, and sometimes the items being sold involve food products. The sells take place after school hours and bake sales take place after school hours at activities such as sporting events.

Assessment

- The district will assess and update the wellness policy on a three-year rotation and will compare current policy to new expectations as they cycle around.

Public Notice

- The Wellness Plan is posted on the district website and can be printed off for the patron if requested.

Record keeping

- Records will be kept to meet compliance within the District Central Office.