

Carl Junction R-1 Wellness Committee Meeting Agenda

October 8, 2019, 9:00 a.m., ISC PD Room 1

Policy ADF: District Wellness Program

Wellness Committee

Parent - Melinda Brown, Director, MSSU Gipson Center for Healthcare Leadership

Student - Audrey Hoggatt, High School Student

School Health Professional - Stacey Whitney, Lead Nurse

Physical Education Teacher - Brendan Gubera, Athletic Training Teacher and Coach

School Food Service Representative - Becky Baird, Food Service Director

School Administrator - DJ Driskill, PK-1 Assistant Principal

District Administrator - Dr. David Pyle, Assistant Superintendent for Operations, District
Wellness Coordinator

Community Member - Lindsey Stevenson, County Engagement Specialist, Nutrition and Health,
University of Missouri Extension

Credentialed Nutrition Professional - Christy Pittman, Staff Wellness Coordinator

1. Welcome and Introductions
2. Discussion of Areas of Compliance
 - Food sold or provided to students during the school day meets the USDA school meal and Smart Snacks in Schools nutrition standards.
 - Food Service Director ensures compliance for school meals: [USDA school meal and Smart Snacks in Schools nutrition standards](#)
 - Building principals and teachers ensure compliance for food and beverages provided to students by school staff outside the reimbursable school meals program.
 - Policies for food and beverage marketing that allow marketing and advertising of only those foods and beverages that meet the Smart Snacks in Schools nutrition standards.
 - Building principals and head cooks ensure that advertising in cafeterias only includes foods and beverages meeting Smart Snacks in Schools nutrition standards.
 - Nutrition education aligned with the Missouri Learning Standards and GLEs in health and PE in all grades. See page 3 of this document.

- Physical education and opportunities for physical activity aligned with the Missouri Learning Standards and GLEs in health and physical education in all grades.
 - Standards related to physical activity are present in the curriculum for grades K-12.
 - Recess
 - K-2nd: 40 minutes per day
 - 3rd: 30 minutes per day
 - 4th-6th: 20 minutes per day
 - Extracurricular activities
 - Dissemination of nutrition messages and other nutrition-related materials received from the USDA to stakeholders through a variety of media and methods.
 - School Lunch Week - October 14-18
 - School Breakfast Week - March 2-6
 - Development of procedures that address nutrition education and promotion.
 - Action steps in support of a nutrition goal.
 - Development of procedures that address physical education and physical activity.
 - Action steps in support of a physical activity goal.
 - Other School-based Activities
 - Tobacco and vaping education
 - Alcohol and drug education
 - Mental health awareness and resources
 - [Staff Wellness Program](#)
3. CSIP Goal 3: The Carl Junction R-1 schools, along with the community, will improve the emotional and physical health of our Carl Junction family.
 4. Discussion of physical activity, nutrition, and other school-based activity goals and action steps for draft wellness plan.
 5. Discussion of next steps and resources.
 6. Adjournment.

Kindergarten - Grade 12 Health and PE Nutrition Education Standards

- Kindergarten: Identify behaviors that keep a person healthy (e.g., physical activity, sleep, good nutrition, clothing, hygiene).
- 1st Grade: Show the cause and effect of healthy behaviors (e.g., physical activity, sleep, good nutrition, clothing, hygiene).
- 2nd Grade: Identify the basic parts of the Nutrition Facts label (e.g., serving size, fat, sugar, ingredients).
- 3rd Grade: Explain the importance of nutrition facts on food labels in making healthy selections (e.g., serving size, calories, nutrients, ingredients).
- 4th Grade: Identify food choice and how it relates to a healthy lifestyle (e.g., fruits, protein, dairy, energy-in, energy-out).
- 5th Grade:
 - Examine food labels to determine calories and nutrients in a product (e.g., compare nutritional value and ingredients of two product labels).
 - Create a personal health plan that includes balanced nutrition, physical activity, hygiene, adequate sleep, no alcohol, healthy snacking.
- 6th Grade: Standards related to nutrition education need to be added to the curriculum.
- 7th and 8th Grade:
 - Analyze and critique food labeling information to determine calories, nutrients, serving size, types of ingredients and nutritional value in a product.
 - Apply nutrition knowledge to compare the nutrient contribution of a food to its energy contribution.
 - Evaluate factors that influence food choices (e.g., culture, family, emotions, peers, media) and their impact on nutrition and health.
- 9th - 12th Grade:
 - Design a nutritional plan and fitness program based on the relationship between food intake and activity level with regard to weight management and healthy living (e.g., caloric intake, calorie expenditure, weight gain, weight maintenance, and safe weight loss).
 - Assess how nutritional needs change throughout the life cycle.
 - Apply concepts using food labels to meet dietary needs of individuals for a healthy lifestyle (e.g., diabetes, lactose intolerance, food allergies).