

Carl Junction R-1 School District Student Wellness Program

The Carl Junction R-1 Board of Education recognizes the relationship between student well-being and student achievement as well as the importance of a comprehensive district wellness program. Therefore, the school district will provide developmentally appropriate and sequential nutrition and physical education as well as opportunities for physical activity. The wellness program will be implemented in a multidisciplinary fashion and will be evidence based.

Wellness Program Committee

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

Student - Skyler Sundy, High School Student

School Health Professional - Amberlee Miller, Lead Nurse

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

School Food Service Representative - Lindsey Stevenson, Nutrition and Wellness Director

School Administrator - DJ Driskill, PK-1 Assistant Principal

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

Community Member - Kristen Shelley, Human Resources Director, Mercy, and Parent

Credentialed Nutrition Professional - Christy Pittman, Freeman Wellness Liaison

Comprehensive School Improvement Plan Goal 3: The Carl Junction R-1 Schools, along with the community, will improve the emotional and physical health of our Carl Junction family.

Nutrition Guidelines

Food sold or provided to students during the school day will meet the [USDA school meal and Smart Snacks in Schools nutrition standards](#). The Food Service Director ensures compliance for school meals and food and beverages sold from vending machines. Building principals and teachers ensure compliance for food and beverages sold in school stores or district-sponsored fundraisers or provided to students by school staff outside the reimbursable school meals program during the school day. The school day is the time period from the midnight before to thirty minutes after the official school day.

Food and beverage marketing and advertising in school cafeterias will be limited to 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 Promotion and Education

The school district provides nutrition education aligned with the Missouri Learning Standards and GLEs in health and PE in all grades. Health and PE teachers ensure that students receive instruction related to nutrition education learning outcomes.

The school district will disseminate nutrition messages and other nutrition-related materials received from the USDA to stakeholders through a variety of media and methods. Media campaigns will be conducted during National School Lunch Week and National School Breakfast Week.

The wellness committee recommends the following goal and action steps in support of nutrition education and promotion:

- Goal: School breakfast participation will increase 6% and lunch participation will increase 3% as compared to the 19 - 20 school year by May 25, 2023.
- Note: All students had access to free meals in the 20 - 21 and 21 - 22 school years.
- Baseline Data (Average Daily Participation)

Month	Breakfast 19-20	Lunch 19-20	Breakfast 22-23	Lunch 22-23
August	339	1434	440	1672
September	321	1274	554	1619
October	330	1266		
November	444	1581		
December	442	1545		
January	455	1594		
February	448	1586		
March	498	1620		
April	NA	NA		
May	NA	NA		
Year	410	1488	497	1646

- Action Steps:
 - Building administrators and food service staff will evaluate schedules, lunch procedures, and cafeteria logistics to encourage school meal participation.
 - Secondary administrators and kitchen managers will consider grab-and-go options in the cafeteria to encourage school breakfast participation.
 - Food service staff will introduce new meal options and use satisfaction surveys to encourage school meal participation in the 2022-2023 school year.
 - The Nutrition and Wellness Director will organize information about foods that meet [USDA Smart Snacks in Schools guidelines](#) to share with other staff members. <https://foodplanner.healthiergeneration.org/products/?start=1>

Physical Activity and Education

The school district provides physical education aligned with the Missouri Learning Standards and GLEs in health and PE in all grades. Health and PE teachers ensure that students receive instruction related to physical education learning outcomes. Junior High students are required to complete two semesters of PE/Health by the end of the eighth grade year. High school students must complete one credit of health and one credit of physical education as graduation requirements.

The school district provides opportunities for physical activity. Students in Kindergarten and 1st Grade participate in forty minutes of recess per day. Students 2nd and 3rd Grade participate in thirty minutes of recess per day. Students in Grades 4 through 6 participate in thirty minutes of recess per day. Fourth Grade recess times may be modified due to early dismissal on Fridays. The school district provides extra-curricular activity programs for secondary students. Junior High students may participate in archery, basketball, cheerleading, cross country, football, volleyball, track and field and wrestling. High School students may participate in archery, band, baseball, basketball, cheerleading, cross country, dance, football, golf, soccer, softball, swimming, tennis, track and field, trap shooting, volleyball, and wrestling.

The wellness committee recommends the following goal and action steps in support of physical education and promotion:

- Goal: The percentage of students in the healthy fitness zone, as measured by grade level assessments, will be 50% to 85% (see grade level targets) or higher by May 26, 2022.

- Baseline data:

Grade	Assessment	Target	Baseline - Fall 22	Summative - Spring 23
K	ModifiedCurl Up	50%		
1	Curl Up	60%		
2	Curl Up	70%		
3	Curl Up	70%		
4	Curl Up	75%		
5	Curl Up	80%		
6	Curl Up	75%		
7	Mile	70%		
8	Mile	70%		
9	Push Up & Mile	70%		
10	Push Up & Mile	80%		
11	Push Up & Mile	85%		
12	Push Up, Curl Mile	85%		

- Action Steps:

- Physical Education teachers will use age appropriate fitness testing based on fitness-gram standards to assess the physical fitness of students at all grade levels.
- Physical Education teachers will share physical fitness data for each student to track the progress for students from year to year.
- Physical education teachers will cooperate with the wellness liaison to implement student wellness challenges throughout the school year.
- Kindergarten through Fifth Grade teachers will continue to incorporate physical activity breaks (GoNoodle, brain breaks, brain boosters, energizers, etc.) into learning activities to stimulate brain function, increase heart rate, enhance concentration, and combat stress.

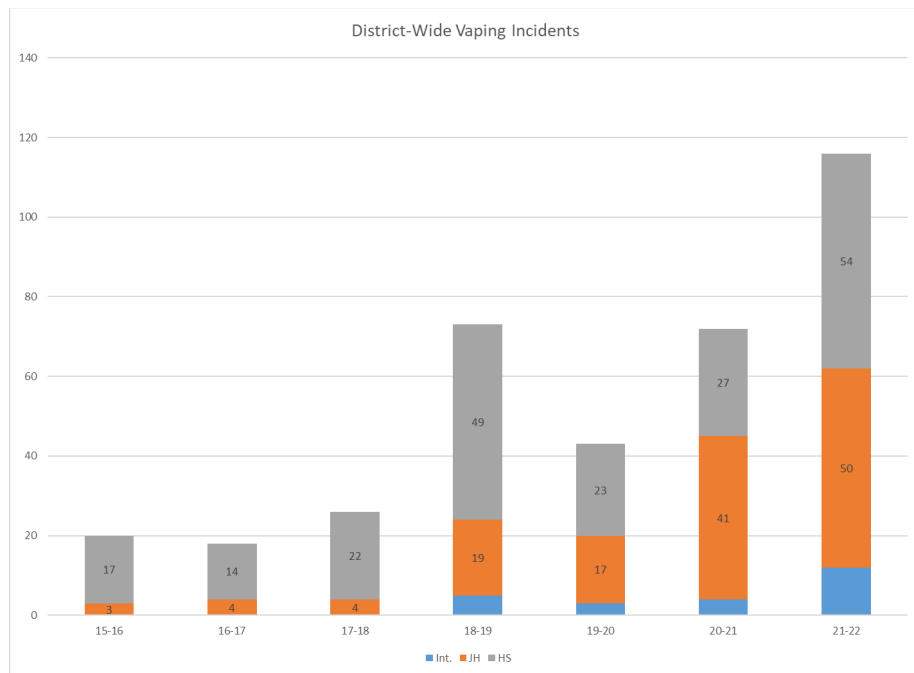
Other School-Based Activities

The wellness committee is charged with developing procedures addressing other school-based activities to promote wellness. The committee has chosen to focus on tobacco and vaping education. Vaping has received national attention as a health risk. Additionally, school administrators have observed an increase in vaping related discipline incidents over the past five years. Vaping poses both a health risk to students and a disruption to the learning environment in schools.

To promote the health and safety of all students and staff and to promote the cleanliness of district property, the district prohibits all employees, students and patrons from smoking or using tobacco products, electronic cigarettes or imitation tobacco or cigarette products in all district facilities, on district transportation, on all district grounds at all times and at any district-sponsored event or activity while off campus. This prohibition extends to all facilities the district owns, contracts for or leases to provide educational services, routine healthcare, daycare or early childhood development services to children.

The wellness committee recommends the following goal and action steps in support of tobacco and vaping education and prevention:

- Goal: E-cigarette and vaping related discipline incidents will decrease 10% by May 25, 2023. (21-22 School Year compared to 22-23 School Year)
- Baseline data:



- Action Steps
 - Elementary health and PE teachers and counselors will continue to emphasize healthy decision-making as part of the curriculum.
 - Junior High, and High School staff members will implement a comprehensive school-wide vaping education campaign including cessation resources.
 - District administrators, school nurses, and Intermediate, Junior High, and High School administrators will implement a vaping education program as an alternative to suspension for first-time offenses.
<https://www.lung.org/stop-smoking/helping-teens-quit/indepth.html>
 - Health and PE teachers will emphasize the negative effects of vaping as part of the Health and PE curriculum.

Progress Monitoring

- School breakfast participation will increase 6% and lunch participation will increase 3% by May 26, 2022.

School breakfast participation increased 27.8% and lunch participation increased 18.7% compared to the '20-'21 school year. It will be interesting to see what happens with participation when meal pricing is based on meal status (free, reduced, full pay) again this year.

● 2019 - 2022 Data

Month	Breakfast 19-20	Lunch 19-20	Breakfast 20-21	Lunch 20-21	Breakfast 21-22	Lunch 21-22
August	339	1434	326	1180	680	1815
September	321	1274	475	1298	921	1910
October	330	1266	736	1732	1002	2017
November	444	1581	755	1720	1003	2106
December	442	1545	779	1801	995	2172
January	455	1594	838	1892	912	1982
February	448	1586	869	1949	993	2136
March	498	1620	941	1939	1059	2168
April	NA	NA	973	1962	1096	2191

May	NA	NA	951	1920	1095	2139
Year	410	1488	764	1739	976	2064

- The percentage of students in the healthy fitness zone, as measured by grade level assessments, will be 50% to 85% (see grade level targets) or higher by May 26, 2022.

Students in all grade levels, with the exception of 12th grade, exceeded fitness targets. Body fat% and BMI for 12th grade students improved from 61% to 64% but did not meet the 85% target. PE teachers will re-evaluate this target in the fall as there are some limitations with the BMI calculation.

- 2021 - 2022 Data

Grade	Assessment	Target	Baseline - Fall '21	Summative - Spring '22
K	Curl Up	50%	39%	59%
1	Curl Up	50%	41%	74%
2	Curl Up	55%	30%	64%
3	Curl Up	55%	59%	70%
4	Curl Up	60%	70%	82%
5	Curl Up	60%	79%	89%
6	Curl Up	60%	84%	90%
7	Push Up	70%	66%	71%
8	Push Up	70%	65%	75%
9	Push Up & Mile	75%	70%	71.3%
10	Push Up & Mile	80%	63%	80.3%
11	Push Up & Mile	85%	80%	90.3%
12	Body Fat % & BMI	85%	61%	64%

10/31/22

- E-cigarette and vaping related discipline incidents will decrease 10% by May 26, 2022. (20-21 School Year compared to 21-22 School Year)

We are trending in the wrong direction with vaping. The number of incidents increased in all buildings (Intermediate, Junior High, High School). The district-wide increase was 61% (72 incidents in '20 – '21 compared to 116 in '21-'22). The wellness committee will focus on a comprehensive vaping education campaign. .