

## **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 - 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, 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% by May 21, 2020.
- Baseline Data:

<b>Avg. Daily Participation</b>	<b>Breakfast</b>	<b>Lunch</b>
August	339	1434
September	321	1274
October	330	1266
November	444	1581
Total	359	1389

- Action Steps:
  - Building administrators and food service staff will evaluate schedules, lunch procedures, and cafeteria logistics to encourage school meal participation.
  - Elementary administrators will periodically communicate with parents about food service and drop off times to encourage breakfast participation.
  - Secondary food service staff will provide grab-and-go options in the cafeteria to encourage school breakfast participation.
  - Food service staff will conduct taste tests and satisfaction surveys to encourage school meal participation in the 2020-2021 school year.

- Head cooks will organize information about foods that meet [USDA Smart Snacks in Schools guidelines](https://foodplanner.healthiergeneration.org/products/?start=1) to share with other staff members.
- District and building administrators will evaluate the need for additional bottle filling water fountains and making disposable cups available to encourage water consumption with school meals.

## 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. 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 through 2nd Grade participate in forty minutes of recess per day. Students in 3rd Grade participate in thirty minutes of recess per day. Students in Grades 4 through 6 participate in twenty minutes of recess per day. The school district provides extra-curricular activity programs for secondary students. Junior High students may participate in basketball, 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 21, 2020.
- Baseline data:

Grade	Assessment	Target	Baseline	Summative
K	Curl Up	50%	TBD	TBD
1	Curl Up	50%	TBD	TBD
2	Curl Up	55%	TBD	TBD
3	Curl Up	55%	TBD	TBD

<b>Grade</b>	<b>Assessment</b>	<b>Target</b>	<b>Baseline</b>	<b>Summative</b>
4	Curl Up	60%	TBD	TBD
5	Curl Up	60%	TBD	TBD
6	Curl Up	60%	TBD	TBD
7	Push Up	70%	TBD	TBD
8	Push Up	70%	TBD	TBD
9	Push Up & Mile	75%	TBD	TBD
10	Push Up & Mile	80%	TBD	TBD
11	Push Up & Mile	85%	TBD	TBD
12	Body Fat % & BMI	85%	TBD	TBD

- **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.

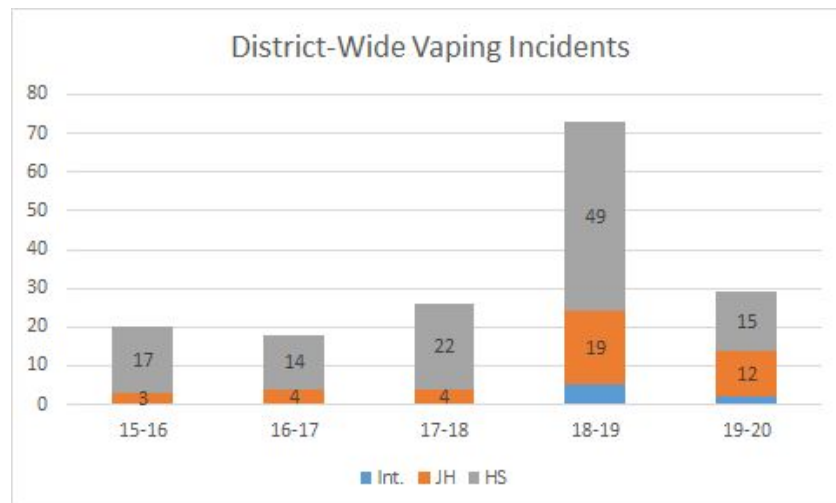
### **Other School-Based Activities**

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 year. 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 21, 2020. (2nd semester compared to 1st Semester)
- 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 school-wide vaping education campaign.
  - 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.
  - District and secondary administrators will pilot vape detectors.