

6600 WELLNESS

On June 30, 2004 President Bush signed into public law 108-265, the Child Nutrition and WIC Reauthorization Act of 2004 which requires each local educational agency participating in a school lunch program, to establish a local school wellness policy. Missouri Schools for Severely Disabled (MSSD) strives to have an impact on students' activity and eating behaviors.

Improving the school nutrition environment provides a road map for assessing and improving school policies, in order to provide students with a healthy school nutrition environment. This wellness policy combines education with practice to create healthful school environments and encourages healthy behavior. The goals for nutrition education, physical activity and other school-based activities will be adult driven and based upon the cognitive capabilities of the students.

MSSD recognizes and accepts the following wellness facts:

1. Students need access to healthful foods and opportunities to be physically active in order to grow, learn and thrive.
2. Obesity rates have doubled in children and tripled in adolescents over the last two decades, and physical inactivity and excessive calorie intake are the predominant causes of obesity.
3. Major risk factors of many diseases (heart disease, cancer, stroke and diabetes) are poor eating habits, low amounts of physical activity and obesity. Since many times these health patterns are established during childhood, children must be educated about good health choices.
4. A small percentage of students eat a healthy diet consistent with the five main recommendations from the USDA "My Plate" that is split into four sections: red for fruits, green for vegetables, orange for grains, and purple for proteins, with a separate blue section for dairy on the side.

SCHOOL WELLNESS COMMITTEE

The MSSD School Wellness Committee involves the following members:

1. Parent/guardian/surrogate
2. School food services
3. Physical education instructor
4. Classroom teacher
5. School nurse

6. Assistant director for school health services
7. Building administrator
8. Assistant Superintendent
9. Director for business management

Students enrolled in MSSD have the ability to make concrete decisions about their immediate needs. The inclusion of a student on the Wellness Committee was not deemed appropriate by the membership in that the nature of the student's disabilities makes it difficult for him or her to make more abstract program-wide policy decisions about meal planning and health related decisions.

SCHOOL WELLNESS POLICY

MSSD is committed to providing a school environment that promotes and protects children's health, well-being, and ability to learn by supporting healthy eating and physical activity. The School Wellness Policy encourages a comprehensive approach to student wellness that is sensitive to individuals and community needs.

The following procedures will guide the implementation of the MSSD School Wellness policy.

Nutrition Guidelines

1. All foods and beverages made available on campus during the school day are consistent with the USDA Smart Snacks in School nutrition standards and the Administration and Instruction Guidebook section *1310 Snacks*.
2. Guidelines for reimbursable school meals will not be less restrictive than regulations and guidance issued by the Secretary of Agriculture pursuant to law.

National School Lunch Program

1. All school lunches will comply with USDA and State regulations.
2. Regulations under the USDA lunch program will be adhered to closely.
3. Meals will be served in a clean and pleasant setting.
4. Milk served will be 1% unflavored or fat free flavored or unflavored.
5. A variety of fruits and vegetables will be served at lunch.

A la carte

The food service program will not include a la carte offerings to students.

Free and Reduced Price Lunch

MSSD will make every effort to eliminate any social stigma attached to and prevent the overt identification of students who are eligible for free and reduced price school lunches.

Lunch Time and Scheduling

1. Student lunches shall be scheduled between 11:00 a.m. and 1:00 p.m.
2. Students will have adequate time in which to eat and enjoy their meal. Consideration will be given to the needs of different groups, such as younger children or those with specific developmental needs related to meals.
3. School personnel will assist all students in developing the healthy practice of washing hands before eating.

Vending Machines and School Stores

All vended food and beverages found in the school or school store are sold in compliance with USDA Smart Snacks in School nutrition standards.

Beverages sold in vending machines and school stores will include at least two healthier choice items (water, 100% fruit juice, 100% vegetable juice, diet soda, etc.)

This does not prohibit life skills training to access a vending machine in the school or in the community.

Fundraisers

Student approved fundraisers will be limited to Smart Snacks in School nutrition standard compliant choices or nonfood items. Food items sold for consumption at home are exempt.

Schools will encourage student approved fundraising activities that promote physical activity (walk-a-thon, jump-a-thon, rock-a-thon, etc.)

1. PTO sponsored fundraisers are subject to the same conditions as student fundraisers.

Student Rewards

Educators will explore and identify nonfood rewards for academic achievement and behavior. More intrinsic motivators for student learning (sensory, attention, control over the environment and student choices) will always be used before food reinforcement.

As a last resort when food reinforcement is necessary, careful attention must be given to the time and frequency of issuing food and the impact this will have so the student will want to eat the nutritional lunch. Food reinforcement should be avoided one hour prior to lunch, if at all possible.

Food reinforcements should be of nutritional value, emphasizing whole grains, fruit and vegetables and lean or reduced fat proteins.

Food of minimal nutritional value may be offered as a reward when the student does not respond to nutritious food options. However, the teacher must actively pursue the substitution of healthier food options over a period of time.

Snacks

Generally, snacks are not offered in school during the regular or extended school year. This includes snacks purchased by the school, school staff, parents or the PTO. A student may eat snacks provided by the parent for the child's own consumption.

Schools are permitted to offer nutritious food to those students identified as being hungry and unable to focus on instruction in the morning or presenting behaviors on the journey home due to hunger. In these circumstances, the building administrator identifies the students who function more effectively with increased nutrition. The school may provide nutritious food each morning and/or before the journey home to the identified students who will eat this food in a location other than the classroom, whenever possible. Appropriate food include non-sweetened cereal, wholegrain bread, crackers, tortillas, pancakes, low fat or fat free milk, low fat yogurt, peanut butter, scrambled egg, reduced fat cheese, vegetables (raw or 100% juice), and fruit (raw, canned in fruit juice or extra light syrup, frozen without sugar or 100% juice).

During home living instruction teachers should focus attention on nutritious food options when providing students with authentic learning experiences.

Classroom Parties, Celebrations, and School Events

It is acceptable if a parent/guardian/surrogate parent chooses to acknowledge a student's birthday by bringing store bought treats to school. No items made at home will be permitted.

When educators are responsible for planning classroom parties, school celebrations or events, at least fifteen minutes of activities other than eating will be included.

When food is involved, at least one healthy food choice will be available. A copy of healthy food choices will be given to the schools as a reference.

Nutrition Education

Nutrition education and information will be integrated into other subject lessons where appropriate to the cognitive functioning of the student and subject matter.

As indicated, students will be instructed on the difference between healthy foods and those with minimal nutritional value.

One hundred percent of food prepared in home living class will match IEP goals for learning meal preparation and will focus on food the student will have access to in the home environment.

Integrating Physical Activity into the Classroom Setting

Students will be provided with nutritional guidance and physical education through the MSSD curriculum.

Students will have support and encouragement to be physically (both actively and passively) active with learning activities incorporating high energy movement opportunities.

Educators will provide opportunities for developmentally appropriate physical activities to be incorporated into other subject lessons for all students.

Physical activity for students who are not mobile shall include positioning in adaptive equipment twice daily.

Educators will not use physical activity or withhold opportunities for physical activities as a means of student discipline.

Physical Education

All students, regardless of disability will receive physical education as addressed in the student's IEP.

The primary focus of physical education will be on life skills, motor development, physical fitness and endurance skill building.

Physical education classes will offer a range of activities that meet the needs, interests and abilities of all students.

Physical education classes will have a student to teacher ratio comparable to those in the classroom.

Physical education will engage students in mild to vigorous activity during at least 25% of class time.

Other School Based Activities Communication with Parents/Guardians/Surrogate Parents

The school will support parents/guardians/surrogate parents to provide a healthy diet and daily physical activity for their child.

Parents/guardians/surrogate parents will be provided with information on healthy snack alternatives at least once a year.

All parents/guardians/surrogate parents will be provided with nutrition education information through newsletters and home-school communications at least twice a year.

The school will support parents'/guardians'/surrogate parents' efforts to provide their child with opportunities to be physically active outside of school by sharing information about physical activities through physical education homework, newsletters and home-school communications at least twice a year.

Tobacco Free Environment

MSSD is a tobacco free environment. This includes all types of tobacco and smoking devices, such as electronic cigarettes. All school campuses and school buses are tobacco free environments to protect students and personnel from its negative health effects.

Monitoring and Policy Review

The building administrator will serve in the leadership role for the implementation of this policy.

The building administrator will provide a copy of the School Wellness Policy and the *School Wellness Policy Needs Assessment and Evaluation Tool* (7-760-797) form to each staff member at the start of each school year.

Review of the School Wellness Policy will be discussed with all newly hired staff, including contracted staff.

In February of each odd numbered year, data will be collected by the building administrator or designee on the *School Wellness Policy Needs Assessment and Evaluation Tool* form.

The completed *School Wellness Policy Needs Assessment and Evaluation Tool* form will be submitted to the assistant director for school health services, who is the School Wellness Program Coordinator, by or before March 1st of each odd numbered year.

The School Wellness Program Coordinator will prepare a summary of this data for the School Wellness Committee.

In April of each odd numbered year, the School Wellness Committee will review the summary of the data from the *School Wellness Policy Needs Assessment and Evaluation Tool* and make recommendations to the assistant superintendent.