

DISTRICT WELLNESS PROGRAM (PROCEDURES)

The primary goals of the Columbia Public School District's wellness program are to promote student health, reduce student overweight/obesity, facilitate student learning of lifelong healthy habits and increase student achievement. The following procedures will guide the implementation of the district wellness program.

Nutrition Guidelines and Education

The district complies with all USDA regulations for school meals and snacks and provides students at all grade levels with opportunities for nutrition education.

School Breakfast

- Grains are whole grain- rich -50% or greater by weight (unless approved exemption waiver)
- Fruit or 100% fruit juice – required to take one
 - Low fat milk (skim or 1%)
- Meets minimum/maximum calorie requirements, sodium, saturated fat and trans fat requirements for each grade level.

School Lunch and Dinner

- Grains are whole grain-rich - 50% or greater by weight (unless approved exemption waiver)
- Fruit or vegetable required with meal
- Vegetable subgroups provided weekly
- Includes low fat milk (skim or 1%)
- Meets minimum/maximum calorie requirements, sodium, saturated fat and trans fat requirements for each grade level.

All Foods Available on Campus Outside of the Meal Programs:

- Columbia Public Schools follows the Smart Snack requirements district wide from 12:00 AM to 30 minutes after the school day ends.
- A la carte: Foods sold a la carte in school cafeteria follow USDA Smart Snack requirements for schools
- Fundraisers are limited to 5 exemptions per year, per school. The District will make available to parents and teachers a list of healthy fundraising ideas.
- Vending Machines/School Stores/Food Carts: Foods/beverages sold in vending machines, school stores and food carts meet USDA Smart Snacks requirements.
- Market only food and beverage items that are in compliance with Smart Snack Requirements during the school day.

Celebrations and parties:

- The district will provide a list of healthy party ideas to parents and teachers, including non-food celebration ideas. Healthy party ideas will be available on Nutrition Services website.
- Classroom snacks brought by parents: The District will provide parents information on Smart Snack nutrition standards.
- Rewards and incentives: The District will provide teachers and other relevant school staff with a list of alternative ways to reward children.

Nutrition Education:

- Nutrition education is offered and available to all students in the district.
- Grades K-5 are offered hands, and age appropriate lessons that focus on MyPlate and Farm to school concepts that meet Missouri Learning Standards for Health and Physical.

Health and Physical Education

The district's health and physical education goal is to assist students in learning to value and enjoy physical activity as an ongoing part of a healthy lifestyle by ensuring that every student has the opportunity to develop the knowledge and skills necessary to perform a variety of physical activities, maintain physical fitness and regularly participate in physical activity. In order to achieve the physical activity goal, the district will:

Physical Activity:

- Provide for at least 60-90 minutes of physical education for students in the elementary grades during the school week; at least 90 minutes during each school week for students in middle school; and at least one (1) unit of credit for students in high school.
- Emphasize knowledge and skills for a lifetime of regular physical activity.
- Devote at least 50 percent of physical education class time to actual physical activity in each week, with as much time as possible spent in moderate to vigorous physical activity.
- Meet the needs of all students, especially those who are not athletically gifted or who have special needs.
- Provide a variety of activity choices, feature cooperative as well as competitive activities, and account for gender and cultural differences in students' interests.
- Prohibit exemptions from physical education courses on the basis of participation in an athletic team, community recreation program, ROTC, marching band or other school or community activity.
- Be closely coordinated with the other components of the overall school health program.

Other School Based Physical Activity:

- Provide time in elementary schools for supervised recess. All students are provided least 40 minutes per day of supervised recess. Recess will be scheduled before lunch and held outdoors when possible.
- Provide opportunities and encouragement for students to voluntarily participate in before- and after-school physical activity programs, such as intramural activities, interscholastic athletics and clubs.
- Provide a diverse selection of competitive and noncompetitive, as well as structured and unstructured, activities to the extent that staffing and district/community facilities permit.
- Offer intramural physical activity programs that feature a broad range of competitive and cooperative activities for all students.
- Encourage partnerships between schools and businesses. Promotion of such partnerships must be appropriate and in accordance with Board policy and applicable procedures.
- Actively engage families as partners in their children's education and collaborating with community agencies and organizations to provide ample opportunities for students to participate in physical activity beyond the school day.
- Encourage schools to work with recreation agencies and other community organizations to coordinate and enhance opportunities available to students for physical activity during their out-of-school time.
- Encourage schools to negotiate mutually acceptable, fiscally responsible arrangements with community agencies and organizations to keep district-owned facilities open for use by students, staff and community members during non-school hours and vacations.
- Encourage district officials to work together with local public works, public safety, police departments and/or other appropriate state and federal authorities in efforts to make it safer and easier for students to walk and bike to school.
- Prohibit the use of physical activity as a form of discipline or punishment and ensure that physical education and recess will not be withheld as punishment.
- When activities such as mandatory schoolwide testing make it necessary for students to remain indoors for long periods of time, staff should give students periodic breaks during which they are encouraged to stand and be moderately active.

- Provide and encourage--verbally and through the provision of space, equipment and activities--daily periods of moderate to vigorous physical activity for all participants in onsite after-school child care and enrichment programs sponsored by the district.
- Support opportunities for physical activity among staff.