Orearville R-IV School District

School District Wellness Policy

Purpose:
Orearville School District is committed to fostering a school environment that promotes students' health, well-being, and ability to learn by supporting healthy eating and physical activity. This policy complies with all federal and state guidelines.

I. Wellness Committee

The district will establish a Wellness Committee to oversee the implementation, evaluation, and improvement of the wellness policy.
Members:

- School Administrator(s) Whitney Thompson
- School Health Aide- Cassandra McWhirter
- Food Service Director- Devon Keller
- PE/Health Teacher(s) - Mr. Hager and Mrs. Angelhow
- Parents/Guardians- Amanda McMellen, Lesley Boss

The Wellness Committee will meet **annually** to review and update wellness initiatives and policies.

II. Nutrition Standards

A. School Meals Program
The district participates in the National School Lunch Program (NSLP) and will ensure that all reimbursable meals meet or exceed USDA nutrition standards.

- Meals will include a variety of fruits, vegetables, whole grains, lean proteins, and low-fat or fat-free dairy products.
- Water will be made available during meals.

B. Competitive Foods
Foods and beverages sold outside the NSLP, including vending machines, school stores, and fundraisers, will meet USDA Smart Snacks standards.

C. Celebrations and Rewards
The district encourages healthy options for classroom parties and rewards. Non-food rewards will be promoted.

III. Nutrition Education

The district will integrate nutrition education into the curriculum to help students develop lifelong healthy eating habits.

- Nutrition education will align with Missouri Learning Standards.
- Activities may include taste tests, school gardens, and farm-to-school programs.

IV. Physical Activity

A. Physical Education (PE)

- All K-8 students will participate in age-appropriate physical education classes aligned with Missouri state standards.
- Classes will focus on developing motor skills, fitness, and lifelong physical activity habits.

B. Daily Physical Activity

- Students will receive at least 20 minutes of supervised recess daily.
- Teachers are encouraged to incorporate physical activity into classroom lessons.

V. School Wellness Environment

A. Staff Wellness

- The district will offer professional development and resources to support staff in maintaining their own wellness.

B. Safe and Supportive Environment

- The district will provide a clean, safe, and pleasant meal environment for students.
- Bullying or stigmatization related to body size, food choices, or fitness abilities is strictly prohibited.

VI. Monitoring and Evaluation

The Superintendent or designee will ensure compliance with the wellness policy and monitor its implementation annually.
Evaluation Includes:

- Review of meal programs by the Food Service Director.
- Student participation rates in school meals and physical activities.
- Feedback from staff, parents, and students.

The Wellness Committee will present an annual report to the Board of Education summarizing progress and recommending updates.

VII. Public Involvement

This policy and any updates will be made publicly available through the district website and annual handbooks. Community members are encouraged to participate in wellness initiatives and provide feedback.

Adopted by the Orearville School Board of Education on November 20, 2024.