



COLE R-V SCHOOL DISTRICT

**DISTRICT
WELLNESS
POLICY**

Board Approved
JUNE 24, 2026

District Wellness Policy

The primary goals of the Cole County R-5 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. Therefore, it is the policy of the Cole County R-5 School District that:

- The school district will engage students, parents, teachers, food service professionals, health professionals, and other interested community members in developing, implementing, monitoring, and reviewing district-wide nutrition and physical activity policies.
- All students in grades K-12 will have opportunities, support, and encouragement to be physically active on a regular basis.
- Foods served at school will meet the nutrition recommendations of the *U.S. Dietary Guidelines for Americans*.
- Sodas sold at school via vending machines and extra curricular events are not required to meet the nutrition recommendations of the *U.S. Dietary Guidelines for Americans*.
- Qualified child nutrition professionals will provide students with access to a variety of affordable, nutritious, and appealing foods that meet the health and nutrition needs of students; will accommodate the religious, ethnic, and cultural diversity of the student body in meal planning; and will provide clean, safe, and pleasant settings and adequate time for students to eat.
- To the maximum extent practicable, the district will participate in available federal school meal programs.
- The school district will provide nutrition education and physical education to foster lifelong habits of healthy eating and physical activity, and will establish linkages between health education and school meal programs, and with related community services.

TO ACHIEVE THESE POLICY GOALS:

I. School Health Council

The school district health council will develop, implement, monitor, review, and, as necessary, revise school nutrition and physical activity policies. The council also will serve as resources to school sites for implementing those policies. The school health advisory council consist of:

Charley Burch (Superintendent), Sheri Doerhoff (Wellness Coordinator / School Nurse), Melissa Buenrostro (Opaa Food Service Director), Sarah Strobel (Elementary Principal), Mitch Gier (High School Principal), Joni Bond (Middle School Principal), Leanna Binkley (Teacher) Taner Helton (Health/PE teacher)

II. Nutritional Quality of Foods and Beverages Sold and Served on Campus

School Meals

Meals served through the National School Lunch and Breakfast Programs will:

- be appealing and attractive to children;
- be served in clean and pleasant settings;
- meet, at a minimum, nutrition requirements established by local, state, and federal statutes and regulations;

- offer a variety of fruits and vegetables;
- serve only low-fat (1%) and fat-free milk and nutritionally-equivalent non-dairy alternatives (to be defined by USDA); and
- ensure that half of the served grains are whole grain.

Schools should engage students and parents, through taste-tests of new entrees and surveys, in selecting foods sold through the school meal programs in order to identify new, healthful, and appealing food choices. In addition, information about the nutritional content of meals is shared with parents and students. This information is available on menus, school website, and on cafeteria menu boards.

Breakfast. To ensure that all children have breakfast, either at home or at school, in order to meet their nutritional needs and enhance their ability to learn:

- School will operate the School Breakfast Program;
- School will arrange bus schedules and utilize methods to serve school breakfasts that encourage participation
- School will notify parents and students of the availability of the School Breakfast Program;
- School will encourage parents to provide a healthy breakfast for their children through newsletter articles and take-home materials.

Free and Reduced-priced Meals. Cole County R-5 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 meals. School will utilize electronic identification and payment systems; promote the availability of school meals to all students; and/or use nontraditional methods for serving school meals.

Meal Times and Scheduling.

Cole County R-5 School:

- will provide students with at least 10 minutes to eat after sitting down for breakfast and 20 minutes after sitting down for lunch;
- will schedule meal periods at appropriate times; breakfast between the hours of 7:50 am to 9:30 am; lunch between the hours of 10:45 am to 12:30 pm.
- will not schedule tutoring, club, or organizational meetings or activities during mealtimes, unless students may eat during such activities;
- will provide students access to hand washing or hand sanitizing before they eat meals or snacks;
- will take reasonable steps to accommodate the tooth-brushing regimens of students with special oral health needs.

Qualifications of School Food Service Staff. Qualified nutrition professionals will administer the school meal programs. As part of the school district's responsibility to operate a food service program, we will provide continuing professional development for all nutrition professionals in schools. Staff development programs should include appropriate certification and/or training programs for child nutrition directors, school nutrition managers, and cafeteria workers, according to their levels of responsibility.

Sharing of Foods and Beverages. District should discourage students from sharing their foods or beverages with one another during meal or snack times, given concerns about allergies and other restrictions of some children's diets.

Foods and Beverages Sold Individually

Elementary Schools. The school food service program will approve and provide all food and beverage sales to students in elementary school. Given young children's limited nutrition skills, food in elementary school should be sold as balanced meals. If available, foods and beverages sold individually should be limited to plain water, unflavored or flavored low-fat or fat-free milk (up to 8-ounces), 100% fruit juice (up to 8-ounces), fruits, non-fried vegetables and snacks that abide by the USDA Smart Snacks in Schools guidelines.

Middle/Junior High (grades 6-8) and High School. In middle/junior high and high school, all foods and beverages sold individually outside the reimbursable school meal programs (including those sold through a la carte lines or vending machines) during the school day, or through programs for students after the school day, will meet the following nutrition and portion size standards.

- **Beverages:** (portion requirements listed under grade level categories below):

CATEGORY	ELEMENTARY	MIDDLE	HIGH
PLAIN OR CARBONATED WATER	Any size	Any size	Any size
LOW FAT MILK (1%), UNFLAVORED	≤ 8oz	≤ 12oz	≤ 12oz
NON FAT MILK (SKIM), FLAVORED OR UNFLAVORED*	≤ 8oz	≤ 12oz	≤ 12oz
100% FRUIT OR VEGETABLE JUICE (plain or carbonated) with no added sweeteners	≤ 8oz	≤ 12oz	≤ 12oz
100% FRUIT OR VEGETABLE JUICE, DILUTED WITH WATER (plain or carbonated) with no added sweeteners	≤ 8oz	≤ 12oz	≤ 12oz
NO CALORIE BEVERAGES, FLAVORED AND/OR CARBONATED <5 calories per 8oz, or ≤ 10 calories per 20oz	Not permitted	Not permitted	≤ 20oz
LOW CALORIE BEVERAGES, FLAVORED AND/OR CARBONATED ≤ 40 calories per 8oz, or ≤ 60 calories per 12oz	Not permitted	Not permitted	≤ 12oz
*including nutritionally equivalent milk alternatives as permitted by the school meal requirements. Note: Caffeinated beverages are only permitted at the High School level.			

Foods

- A food item sold individually:
 - will have no more than 35% of its calories from fat (excluding nuts, seeds, peanut butter, and other nut butters) and 10% of its calories from saturated and trans fat combined;
 - will have no more than 35% of its *weight* from added sugars;
 - will contain no more than 230 mg of sodium per serving for chips, cereals, crackers, French fries, baked goods, and other snack items; will contain no more than 480 mg of sodium per serving for pastas, meats, and soups; and will contain no more than 600 mg of sodium for pizza, sandwiches, and main dishes.
- A choice of at least two fruits and/or non-fried vegetables will be offered for sale at any location on the school site where foods are sold. Such items could include, but are not limited to, fresh fruits and vegetables; 100% fruit or vegetable juice; fruit-based drinks that are at least 50% fruit juice and that do not contain additional caloric sweeteners; cooked, dried, or canned fruits (canned in fruit juice or light syrup); and cooked, dried, or canned vegetables (that meet the above fat and sodium guidelines).

Portion Sizes

- Limit portion sizes of foods and beverages sold individually to those listed below:
 - One and one-quarter ounces for chips, crackers, popcorn, cereal, trail mix, nuts, seeds, dried fruit, or jerky;
 - One ounce for cookies;
 - Two ounces for cereal bars, granola bars, pastries, muffins, doughnuts, bagels, and other bakery items;
 - Four fluid ounces for frozen desserts, including, but not limited to, low-fat or fat-free ice cream;
 - Eight ounces for non-frozen yogurt;
 - Twelve fluid ounces for beverages, excluding water; and
 - The portion size of a la carte entrees and side dishes, including potatoes, will not be greater than the size of comparable portions offered as part of school meals. Fruits and non-fried vegetables are exempt from portion-size limits.

Fundraising Activities. Fundraisers are exempt from the wellness policy guidelines given they do not exceed the number of allotted exemptions from the state agency guidelines.

Snacks. Snacks served during the school day or in after-school care or enrichment programs will make a positive contribution to children's diets and health, with an emphasis on serving fruits and vegetables as the primary snacks and water as the primary beverage. Schools will assess if and when to offer snacks based on timing of school meals, children's nutritional needs, children's ages, and other considerations.

- If eligible, schools that provide snacks through after-school programs will pursue receiving reimbursements through the National School Lunch Program.

~~**Rewards.** Schools will not use foods or beverages, especially those that do not meet the nutrition standards for foods and beverages sold individually (above), as rewards for academic performance or good behavior, and will not withhold food or beverages (including food served through school meals) as a punishment.~~

Celebrations. Consideration of the following points is given for classroom parties and celebrations: types of foods and beverages available; limiting the frequency of events; scheduling after the lunch period.

Nutrition and Physical Activity Promotion and Food Marketing

Nutrition Education and Promotion. Cole County R-5 School District aims to teach, encourage, and support healthy eating by students. School will provide nutrition education and engage in nutrition promotion that:

- is offered at each grade level to provide students with the knowledge and skills necessary to promote and protect their health;
- includes enjoyable, developmentally-appropriate, culturally-relevant, participatory activities, such as contests, promotions, and taste testing.
- promotes fruits, vegetables, whole grain products, low-fat and fat-free dairy products, healthy food preparation methods, and health-enhancing nutrition practices;
- emphasizes caloric balance between food intake and energy expenditure (physical activity/exercise);
- links with school meal programs, other school foods, and nutrition-related community services;
- teaches media literacy with an emphasis on food marketing; and
- includes training for teachers and other staff.

Integrating Physical Activity into the Classroom Setting. For students to receive the nationally recommended amount of daily physical activity (*i.e.*, at least 60 minutes per day) and for students to fully embrace regular physical activity as a personal behavior, students need opportunities for physical activity beyond physical education class. Toward that end:

- classroom health education will complement physical education by reinforcing the knowledge and self-management skills needed to maintain a physically-active lifestyle and to reduce time spent on sedentary activities, such as watching television;
- opportunities for physical activity will be incorporated into other subject lessons; and
- classroom teachers will provide short physical activity breaks between lessons or classes, as appropriate.

Communication with Parents. The district/school will support parents' efforts to provide a healthy diet and daily physical activity for their children. The district/school will send home nutrition information, post nutrition tips on school websites, and provide nutrient analysis of school menus. Cole County R-5 will encourage parents to pack healthy lunches and snacks and to refrain from including beverages and foods that do not meet the above nutrition standards for individual foods and beverages.

The district/school will provide information about physical education and other school-based physical activity opportunities before, during, and after the school day; and support parents' efforts to provide their children with opportunities to be physically active outside of school. Such support will include sharing information about physical activity and physical education through a website, newsletter, or other take-home materials, special events, or physical education homework.

Food Marketing in Schools. School-based marketing will be consistent with nutrition education and health promotion. As such, Cole County R-5 will limit food and beverage marketing to the promotion of foods and beverages that meet the nutrition standards for meals or for foods and beverages sold individually (above). School-based marketing of brands promoting predominantly low-nutrition foods and beverages is prohibited. The promotion of healthy foods, including fruits, vegetables, whole grains, and low-fat dairy products is encouraged.

Staff Wellness. Cole County R-5 School District highly values the health and well-being of every staff member and will provide educational opportunities that support personal efforts by staff to maintain a healthy lifestyle. These educational opportunities may include, but not limited to, the distribution of educational and informational materials and the arrangement of presentations and workshops that focus on nutritional and healthy lifestyles, health assessments, fitness activities, and other appropriate nutrition and physical activity-related topics. Our district offers a Wellness Program through our insurance company.

Physical Activity Opportunities and Physical Education

Daily Physical Education (P.E.) K-12. All students in grades K-12, including students with disabilities, special health-care needs, and in alternative educational settings, will receive daily physical education (or its equivalent of 150 minutes/week for elementary school students and 225 minutes/week for middle and high school students) for the entire school year. All physical education will be taught by a certified physical education teacher. Student involvement in other activities involving physical activity (e.g., interscholastic or intramural sports) will not be substituted for meeting the physical education requirement. Students will spend at least 50 percent of physical education class time participating in moderate to vigorous physical activity.

Daily Recess. All elementary school students will have at least 20 minutes a day of supervised recess, preferably outdoors, during which schools should encourage moderate to vigorous physical activity verbally and through the provision of space and equipment.

Schools should discourage extended periods (*i.e.*, periods of two or more hours) of inactivity. When activities, such as mandatory school-wide testing, make it necessary for students to remain indoors for long periods of time, schools should give students periodic breaks during which they are encouraged to stand and be moderately active.

Physical Activity Opportunities Before and After School. All elementary, middle, and high schools will offer extracurricular physical activity programs, such as physical activity clubs or intramural programs. High School and Middle School as appropriate, will offer interscholastic sports programs. Schools will offer a range of activities that meet the needs, interests, and abilities of all students, including boys, girls, students with disabilities, and students with special health-care needs.

After-school child care and enrichment programs will provide and encourage – verbally and through the provision of space, equipment, and activities – daily periods of moderate to vigorous physical activity for all participants.

Physical Activity and Punishment. Teachers and other school and community personnel will not use physical activity (e.g., running laps, pushups) or withhold opportunities for physical activity (e.g., recess, physical education) as punishment.

IV. Monitoring and Policy Review

Monitoring. The superintendent or designee will ensure compliance with established district-wide nutrition and physical activity wellness policies. In each school, the principal or designee will ensure compliance with those policies in his/her school and will report on the school's compliance to the school district superintendent or designee.

School food service staff, at the school or district level, will ensure compliance with nutrition policies within school food service areas and will report on this matter to the superintendent (or if done at the school level, to the school principal). In addition, the school district will report on the most recent USDA School Meals Initiative (SMI) review findings and any resulting changes. If the district has not received a SMI review from the state agency within the past five years, the district will request from the state agency that a SMI review be scheduled as soon as possible.

The superintendent or designee will develop a summary report every three years on district-wide compliance with the district's established nutrition and physical activity wellness policies, based on input from schools within the district. That report will be provided to the school board and also distributed to all school health councils, parent/teacher organizations, school principals, and school health services personnel in the district.

Policy Review. The wellness program coordinators will provide policy revision recommendations to the Board of Education based on the analysis of the compliance as part of the annual report. As part of that review, the school district will review our nutrition and physical activity policies; provision of an environment that supports healthy eating and physical activity; and nutrition and physical education policies and program elements. The district, and individual schools within the district, will, as necessary, revise the wellness policies and develop work plans to facilitate their implementation.