

WELLNESS POLICY BACKGROUND

The Child Reauthorization Act of 2004 requires that every U.S. school district participating in the National School Lunch and/or Breakfast Program develop and implement a local “wellness policy” by beginning of the school year 2006-2007. The intent of this mandate is to help protect and improve child health through adequate levels of physical activity and good nutrition during the school day. Congress recognized that each community is unique and has different needs, and so required that the policies be developed on a district-by-district basis. In addition, the law requires parents, students, and representatives of the school food authority, the school’s Board of Education, school administrators, and the public to be involved in the policy development process. This process is intended to help ensure that school policies will be realistic, practical, and representative of each district’s needs and values.

ROCK PORT R-II WELLNESS GOALS

The primary goals of the Rock Port R-II School District’s wellness program are to increase student achievement, promote student, staff, and community health; address the growing concern of overweight and obese children; and facilitate learning of lifelong healthy habits. To achieve our goals requires a coordinated effort between all stakeholders who have a vested interest in the health of our students.

The Rock Port R-II School district embraces the Center for Disease Control Coordinated School Health model. The coordinated School Health model consists of eight integrative components (Food Service, Health Education, Physical Education Health Services, Counseling Services, Environmental Services, Families, Community, and Schools) which work together to maintain the well-being of young people.

Guidelines were developed to address the following components of the Local Wellness Program:

1. Nutrition Education
2. Physical Education and Activity
3. Nutrition Guidelines
4. School-based Wellness

Rock Port R-II Wellness Policy Statement – In August 2005, the Rock Port R-II Board of Education adopted the district wellness policy as required by the child Reauthorization Act or 2004. In July of 2015 the board review the districts Wellness Policy.

Rock Port R-II Wellness Committee – In September 2005, a district wellness committee was formed to develop a policy statement and guidelines for implementation. The committee continues to meet regularly throughout the school year to help support the guide school wellness efforts in the district. Members of the District Steering Committee are:

1. Shawn Shineman – Health and Physical Education Teacher
2. Lunchtime Solutions – Debbie Farr
3. Wendy Hays – School Nurse
4. Craig Walker – Superintendent of Schools
5. Steve Waigand – Director of Pupil Personnel/Diversity

Rock Port R-II Wellness Administrative Guidelines – The Rock Port R-II Wellness Administrative Guidelines were approved in February 2009. The guidelines identify key strategies to policy implementation and the roles of the school wellness teams and district committees in helping promote good health with the Rock Port students and staff.

The guidelines also call for schools to form school health teams and develop goals and action plans for promoting wellness within their school. Schools will be encouraged to develop plans for their students and staff.