

Rock Port R-II Wellness Statement

Wellness Policy Background

The Child Nutrition and Special Supplemental Nutrition Program for Special Supplemental Nutrition Program for Women, Infants, and Children Reauthorization Act of 2004 requires that every school district participating in the National School Lunch and/or Breakfast Program develop and implement a local wellness policy by the school year 2006. 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 each community is unique and has different needs, and required that the policies were developed on a district-by-district basis. In addition, the law requires parents, students, 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 was intended to help ensure that school policies will be realistic, practical and representative of each district's needs and values.

The Healthy, Hunger-Free Kids Act of 2010 implemented new guidelines for local school wellness policies related to implementation, evaluation and reporting to the public on local school wellness policies.

“Overview of Requirements

- As of School Year 2006-2007, all districts were required to establish a local school wellness policy.
- The final rule requires LEAs to begin developing a revised local school wellness policy during School Year 2016-2017. LEAs must fully comply with the requirements of the final rule by June 30, 2017. This includes, but is not limited to:
 - Permitting parents, students, representatives of the school food authority, teachers of physical education, school health professionals, the school board, school administrators, and the public to participate in the development, implementation, review, and update of the local wellness policy.
 - Identifying wellness policy leadership of one or more LEA and/or school official(s) who have the authority and responsibility to ensure each school complies with the policy.
 - Informing and updating the public (including parents, students, and others in the community) about the content and implementation of the local wellness policy.
 - Ensuring the wellness policy includes all of the required components.
- Specific goals for nutrition promotion and education, physical activity, and other school-based activities that promote student wellness. LEAs are required to review and consider evidence-based strategies in determining these goals.

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- Nutrition guidelines for all foods and beverages available or for sale on the school campus during the school day that are consistent with federal regulations for:
 - School meal nutrition standards, and
 - Smart Snacks in School nutrition standards.
- Policies for other foods and beverages available on the school campus during the school day (e.g., in classroom parties, classroom snacks brought by parents, or other foods given as incentives).
- Policies for food and beverage marketing that allow marketing and advertising of only those foods and beverages that meet the Smart Snacks in School nutrition standards.
- Description of public involvement, public updates, policy leadership, and evaluation plan.

Evaluation

All LEAs must assess their wellness policy at least once every three years on the extent to which schools are in compliance with the district policy, the extent to which the local wellness policy compares to model local school wellness policies, and the progress made in attaining the goals of the local wellness policy. LEAs must make this assessment available to the public.”

Overview and Evaluation cited from US Department of Agriculture, Food and Nutrition Service-Local School Wellness Policy 12/19/19

Rock Port R-II Wellness Goals

The primary goals of the Rock Port R-II School District’s wellness program are to:

- ★ **Promote Student Health & Active Lifestyle**
- ★ **Focus on Positive Student Mental Health and Coping Skills**
- ★ **Facilitate Learning Lifelong Healthy Habits**
- ★ **Increase Student Achievement**

To achieve our goals will require a coordinated effort between all stakeholders who have an interest in the health of our students.

The Rock Port R-II School district embraces the Center for Disease Control (CDC), Whole School Whole Community Whole Child Model (WSCC). The WSCC model is a framework for addressing student- centered and emphasizing the importance of the community in supporting the school using evidence based practices and policies.

The WSCC model has 10 components:

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- Physical education and physical activity
- Nutrition environment and services
- Health education
- Social and emotional climate
- Physical environment
- Health services
- Counseling, psychological and social services
- Employee wellness
- Community involvement
- Family engagement

Rock Port R-II Wellness Policy Statement: In August 2005, The Rock Port Board of Education adopted the district wellness policy as a requirement by the Child Reauthorization Act of 2004. In April of 2020, a new district policy was adopted.

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 within the Rock Port School community. In April 2020, a new wellness administrative guideline procedure was adopted.

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 throughout the school year to help support and guide the school wellness efforts in the district.

Members of the District Wellness Committee:

- Rex Bollinger, Superintendent of Rock Port R-II
- Steve Waigand, Director of Pupil Personnel/ Diversity
- Joey Stevens, OPAA! (Food Program Director)
- Wendy Hays, RN School Nurse
- Shawn Shineman, Health and Physical Ed Teacher, MS/HS
- Derek Perry, Health and Physical Ed Teacher, Elem
- Crystal Goins, Family and Consumer Sciences Teacher

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- Josie Graham, MS/ HS Guidance Counselor
- Shauna Farmer, MS/ HS Guidance Counselor
- Tawni Ellis, Elementary Guidance Counselor
- Tyne Chaney, Family Student Liaison/ Elem Music Teacher
- Open to Parents, Students and Other Staff Members