

Central R-III School District Wellness Plan

The Wellness Committee has met to develop a Wellness Plan for the District. Key components of the plan include; nutrition and nutritional education, physical activity, and other school-based activities designed to promote student wellness.

As stated in Board Policy 5510 the District promotes healthy schools, by supporting wellness, good nutrition, and regular physical activity as part of the total learning environment. The District supports a healthy environment where children learn and participate in positive dietary and lifestyle practices. Schools contribute to the basic health status of children by facilitating learning through the support and promotion of good nutrition and physical activity. Improved health optimizes student performance potential. The goals of the District's Wellness policy are as follows.

1. Provide a comprehensive learning environment for developing and practicing lifelong wellness behaviors. The entire school environment, not just the classroom, shall be aligned with healthy school goals to positively influence a student's understanding, beliefs, and habits as they relate to good nutrition and regular physical activity. A healthy school environment should not be sacrificed because of a dependence on revenue from high added fat, high added sugar, and low nutrient foods to support school programs.
2. Support and promote proper dietary habits contributing to student's health status and academic performance. All foods available on school grounds during the instructional day should meet or exceed the District nutritional standards. Emphasis should be placed on foods that are nutrient dense per calorie. To ensure high quality, nutritious meals, foods should be served with consideration toward variety, appeal, taste, safety, and packaging.
3. Provide more opportunities for students to engage in physical activity. A quality physical education program is an essential component for all students to learn about and participate in physical activity. Physical activity should be included in a school's daily education program from Kindergarten through 12th grade. Physical activity should include regular instructional physical education, co-curricular activities, and recess.
4. The District is committed to improve academic performance. Educators, administrators, parents, health practitioners, and communities should consider the critical role student health plays in academic stamina and performance and adapt the school environment to ensure students' basic nourishment and activity needs are met. To ensure widespread understanding of the benefits to school environments where nutritious foods are provided and where students have an opportunity for physical activity, a public awareness campaign that highlights research demonstrating the positive relationship between good nutrition, physical activity, and capacity of students to develop and learn should be conducted.
5. Establish and maintain a District-wide Nutrition & Physical Activity Advisory Council with the purposes of:
 - Developing guidance to this policy
 - Monitoring the implementation of this policy
 - Evaluating policy progress
 - Serving as a resource to school sites
 - Revising policy as necessary