Section: Foundations and Basic Commitments

Title: District Wellness Program

Number: ADF

Legal Refs: Sections 167.720, 610.010 - .030, RSMo.
The Richard B. Russell National School Lunch Act, 42 U.S.C. Sections 1751 - 1760
National School Lunch Program, 7 C.F.R. Part 210

Adopted: November 21, 2013

Revised: May 14, 2026

The Park Hill Board of Education recognizes the relationship between student well-being and student achievement as well as the importance of a comprehensive district wellness program. Therefore, the district will provide developmentally appropriate and sequential nutrition and physical education as well as opportunities for physical activity. The wellness program will be implemented using a coordinated multidisciplinary, evidence-based framework.

Wellness Committee

The district will establish a wellness committee, the School Health and Well-Being Advisory Council ("SHWAC" or "Council"), to help guide the actions and provide accountability for the wellness program. The Council consists of at least one parent, student, school nurse, physical education teacher, school nutrition services representative, Board member, school administrator, community partner, and the district's medical director. If available, a qualified, credentialed nutrition professional will be a member of the wellness committee.

Committee meeting dates and agendas will be posted on the district's website in advance of each meeting and advertised in a manner designed to reach students, staff and members of the community. Students, staff and members of the community are encouraged to attend committee meetings and provide input on the district's wellness program. Meetings, records and votes of the wellness committee will adhere to the requirements of the Missouri Sunshine Law.

Wellness Program Coordinators

The Board designates the following individuals as SHWAC coordinators: the Director of Health Services, the Director of Nutrition Services, the Health Enhancement Coordinator, and/or their designees. Only employees of the district who are members of the Council may serve as SHWAC coordinators. SHWAC coordinators, in consultation with the Council, will monitor the implementation and evaluation of this policy.

SHWAC coordinators are responsible for ensuring that all schools in the district are in compliance with this policy.

Nutrition Guidelines

The nutrition guidelines outlined in this section do not apply to food or beverages brought from home by students for consumption solely by the student or food or beverages created or used by students as part of the district's instructional program.

It is the policy of the Park Hill School District that all foods and beverages sold to students during the school day on any property under the jurisdiction of the district will meet the U.S. Department of Agriculture (USDA) school meal and Smart Snacks in School (Smart Snacks) nutrition standards. These nutrition standards apply to all food and beverages sold to students, including those sold in vending machines, school stores and through district-sponsored fundraisers, unless an exemption applies. For food and beverages provided, but not sold, to students outside the reimbursable school meals program during the school day, the Smart Snacks standards do not apply, but the district will provide a list of healthier options. For the purposes of this policy, the school day is the time period from the midnight before to 30 minutes after the official school day.

Nutrition Promotion and Education

The district will provide nutrition education aligned with the National Learning Standards, Missouri Learning Standards and Grade-Level Expectations (GLEs) in health and physical education in all grades. In addition, the district will disseminate nutrition messages and other nutrition-related materials received from the USDA to students, staff and the community through a variety of media and methods. The SHWAC coordinators, in consultation with the Council, will develop procedures that support nutrition education and promotion.

Physical Activity and Education

The district will provide physical education and opportunities for physical activity aligned with the National Learning Standards, Missouri Learning Standards and GLEs in health and physical education in all grades. The SHWAC coordinators, in consultation with the Council, will develop procedures that support physical education and physical activity.

Other School-Based Activities

The SHWAC coordinators, in consultation with the Council, are charged with developing procedures addressing other school-based activities to promote health and well-being.

Assessment

The local wellness program will be assessed at least once every three years. The assessment will measure the district's level of compliance with implementing the local wellness program, the extent to which the district's policy compares to model wellness policies; and a description of the progress made in attaining the goals of the program. SHWAC coordinators will report the results of assessments to the Board, and the results of each assessment will be made available to the public on the district's website and by other appropriate means. The SHWAC coordinators will make recommendations for modifications to the wellness policy in accordance with these assessments, and the Board will revise the wellness policy as it deems necessary based on these recommendations. Administrative procedures will be revised accordingly.

Records

The SHWAC coordinators will maintain records necessary to document compliance with law, including a copy of the policy; documentation of community involvement, including sign-in sheets or other documentation of the names of those who provided input to the committee; documentation of triennial assessments; and documentation that assessment findings were shared with the public.

Park Hill School District, Platte County, MO