

Wellness Plan – Physical Activity

Policy Statement 1:

The Pattonsburg R-II School District will provide a comprehensive learning environment for developing and practicing lifelong wellness behaviors.

Plan:

1. The District provides physical education at the required grade levels with class time allotted for it.
2. Students are regularly observed for attainment of physical education skills.

Policy Statement 2:

The Pattonsburg R-II School District will support and promote proper dietary habits contributing to student's health status and academic performance.

Plan:

1. The District plan for physical education and health is consistent with student needs.
2. Recreational facilities are safe, clean and accessible for all students.

Policy Statement 3:

The Pattonsburg R-II School District will provide more opportunities for students to engage in physical activity.

Plan:

1. Students are provided with physical activity choices that take into account the gender and cultural differences among children.
2. The District encourages physical activity outside of the school day.

Policy Statement 4:

The Pattonsburg R-II School District is committed to improve academic performance.

Plan:

1. Qualified teachers are hired to teach physical education and supervise physical activities in the District.
2. Recess of at least 15 minutes.

Policy Statement 5:

The Pattonsburg R-II School District will maintain a district-wide School Health Advisory Council.

Plan:

1. The advisory council encourages teachers and other adults in the school setting to serve as role models for students.
2. The District has a wellness program in place.

Wellness Plan – Nutrition Education

Policy Statement 1:

The Pattonsburg R-II School District will provide a comprehensive learning environment for developing and practicing lifelong wellness behaviors.

Plan:

1. The District's nutrition education teaches students the skills they need to adopt healthy eating behaviors.
2. The District's health education curriculum standards and guidelines include nutrition education and physical education.

Policy Statement 2:

The Pattonsburg R-II School District will support and promote proper dietary habits contributing to student's health status and academic performance.

Plan:

1. The students are offered a variety of milk including skim chocolate and 1% white.

Policy Statement 3:

The Pattonsburg R-II School District will provide more opportunities for students to engage in physical activity.

Plan:

1. Physical activity is in the school's daily education program.
2. Nutrition education is integrated into the coordinated school health program and physical education.

Policy Statement 4:

The Pattonsburg R-II School District is committed to improve academic performance.

Plan:

1. Nutrition education is offered in the school dining room, as well as, in the classroom.
2. The students receive consistent nutrition messages throughout the school, classroom, and cafeteria.

Policy Statement 5:

The Pattonsburg R-II School District will maintain a district-wide School Health Advisory Council.

Plan:

1. The advisory council will meet 2 times annually to monitor and evaluate the wellness policy/plan.
2. The advisory council designee will present the program evaluation to the Board of Education every February.

Wellness Plan – Other School-Based Activities

Policy Statement 1:

The Pattonsburg R-II School District will provide a comprehensive learning environment for developing and practicing lifelong wellness behaviors.

Plan:

1. School dining areas have sufficient space for students to sit and consume meals.
2. Meal times for lunch are scheduled near the middle of the day.
3. Pre-K through sixth grade participate in a Nutrition Program from the University of Missouri Extension Office.

Policy Statement 2:

The Pattonsburg R-II School District will support and promote proper dietary habits contributing to student's health status and academic performance.

Plan:

1. The District uses the USDA New Food Based menu plan for providing meals to students, faculty and staff.

Policy Statement 3:

The Pattonsburg R-II School District will provide more opportunities for students to engage in physical activity.

Plan:

1. Recess or other physical activity time is not cancelled for instructional make-up time.
2. The Elementary grades participate in a Walking program with our Senior Center throughout the year. Our elementary participates in a walk-a-thon/bike-a-thon for a fundraiser every 3 years.

Policy Statement 4:

The Pattonsburg R-II School District is committed to improve academic performance.

Plan:

1. Fundraising efforts are supportive of healthy eating.
2. Recess for elementary grade students is scheduled before lunch so students can better metabolize their intake.

Policy Statement 5:

The Pattonsburg R-II School District will maintain a district-wide School Health Advisory Council.

Plan:

1. The advisory council checks the school dining area for a clean, safe and pleasant environment that reflects the value of the social aspects of eating.
2. The advisory council helps with in-school advertising and marketing to send positive healthy food and physical activity messages.