

## **Carl Junction R-1 School District Student Wellness Program**

The Carl Junction R-1 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 school district will provide developmentally appropriate and sequential nutrition and physical education as well as opportunities for physical activity. The wellness program will be implemented in a multidisciplinary fashion and will be evidence based.

### **Wellness Program Committee**

Parent - Melinda Brown, Director, MSSU Gipson Center for Healthcare Leadership

Student - Chloe Miller, High School Student

School Health Professional - Amberlee Miller, Lead Nurse

Physical Education Teacher - Brendan Gubera, Athletic Training Teacher and Coach

School Food Service Representative - Lindsey Stevenson, Nutrition and Wellness Director

School Administrator - DJ Driskill, PK-1 Assistant Principal

District Administrator - Dr. David Pyle, Assistant Superintendent for Operations, District  
Wellness Coordinator

Community Member - Kristen Shelley, Human Resources Director, Mercy, and Parent

Credentialed Nutrition Professional - Christy Pittman, Freeman Wellness Liaison

**Comprehensive School Improvement Plan Goal 3:** The Carl Junction R-1 Schools, along with the community, will improve the emotional and physical health of our Carl Junction family.

### **Nutrition Guidelines**

Food sold or provided to students during the school day will meet the [USDA school meal and Smart Snacks in Schools nutrition standards](#). The Food Service Director ensures compliance for school meals and food and beverages sold from vending machines. Building principals and teachers ensure compliance for food and beverages sold in school stores or district-sponsored fundraisers or provided to students by school staff outside the reimbursable school meals program during the school day. The school day is the time period from the midnight before to thirty minutes after the official school day.

Food and beverage marketing and advertising in school cafeterias will be limited to foods and beverages that meet the Smart Snacks in Schools nutrition standards. Building principals and head cooks ensure that advertising in cafeterias only includes foods and beverages meeting Smart Snacks in Schools nutrition standards.

## Nutrition Promotion and Education

The school district provides nutrition education aligned with the Missouri Learning Standards and GLEs in health and PE in all grades. Health and PE teachers ensure that students receive instruction related to nutrition education learning outcomes.

The school district will disseminate nutrition messages and other nutrition-related materials received from the USDA to stakeholders through a variety of media and methods. Media campaigns will be conducted during National School Lunch Week and National School Breakfast Week.

The wellness committee recommends the following goal and action steps in support of nutrition education and promotion:

- Goal: School meal participation during the 23-24 school year will remain the same or increase in comparison to the 22-23 school year.
- Baseline Data (Average Daily Participation)

<b>Month</b>	<b>Breakfast 22-23</b>	<b>Lunch 22-23</b>	<b>Breakfast 23-24</b>	<b>Lunch 23-24</b>
August	440	1672	391	1623
September	554	1619	512	1759
October	589	1706	540	1788
November	588	1793	552	1820
December	491	1653	542	1908
January	603	1802	490	1783
February	721	2315	506	1758
March	593	1818	525	1780
April	691	2148	613	1964
May	497	1737	520	1677
Year	578	1826	519	1786

- Action Steps:
  - Building administrators and food service staff will evaluate schedules, lunch procedures, and cafeteria logistics to encourage school meal participation.
  - Food service staff will introduce new meal options and use satisfaction surveys to encourage school meal participation in the 2023-2024 school year.
  - Food service staff will provide taste testing opportunities for parents at parent/teacher conferences.

### **Physical Activity and Education**

The school district provides physical education aligned with the Missouri Learning Standards and GLEs in health and PE in all grades. Health and PE teachers ensure that students receive instruction related to physical education learning outcomes. Junior High students are required to complete two semesters of PE/Health by the end of the eighth grade year. High school students must complete one credit of health and one credit of physical education as graduation requirements.

The school district provides opportunities for physical activity. Students in Kindergarten and 1st Grade participate in forty minutes of recess per day. Students 2nd and 3rd Grade participate in thirty minutes of recess per day. Students in Grades 4 through 6 participate in thirty minutes of recess per day. Fourth Grade recess times may be modified due to early dismissal on Fridays. The school district provides extra-curricular activity programs for secondary students. Junior High students may participate in archery, basketball, cheerleading, cross country, football, volleyball, track and field and wrestling. High School students may participate in archery, band, baseball, basketball, cheerleading, cross country, dance, football, golf, soccer, softball, swimming, tennis, track and field, trap shooting, volleyball, and wrestling.

The wellness committee recommends the following goal and action steps in support of physical education and promotion:

- Goal: The percentage of students in the healthy fitness zone, as measured by grade level assessments, will be 50% to 95% (see grade level targets) or higher by May 23, 2024.
- Baseline data:

<b>Grade</b>	<b>Assessment</b>	<b>Target</b>	<b>Baseline - Fall 23</b>	<b>Summative - Spring 24</b>
K	Modified Curl Up	50%	97%	98%

<b>Grade</b>	<b>Assessment</b>	<b>Target</b>	<b>Baseline - Fall 23</b>	<b>Summative - Spring 24</b>
1	Modified Curl Up	60%	97%	98%
2	Curl Up	70%	41%	98%
3	Curl Up	70%	57%	72%
4	Curl Up	75%	65%	73%
5	Curl Up	80%	75%	85%
6	Curl Up	90%	89%	89%
7	Mile	70%	72%	69%
8	Mile	80%	72%	75%
9	Push Up & Mile	80%	65%	84%
10	Push Up & Mile	80%	74%	90%
11	Push Up & Mile	90%	83%	94%
12	Push Up, Curl Up & Mile	95%	90%	97%

- **Action Steps:**
  - Physical Education teachers will share physical fitness data for each student to track the progress for students from year to year.
  - Physical education teachers will cooperate with the wellness liaison to promote student wellness challenges throughout the school year.

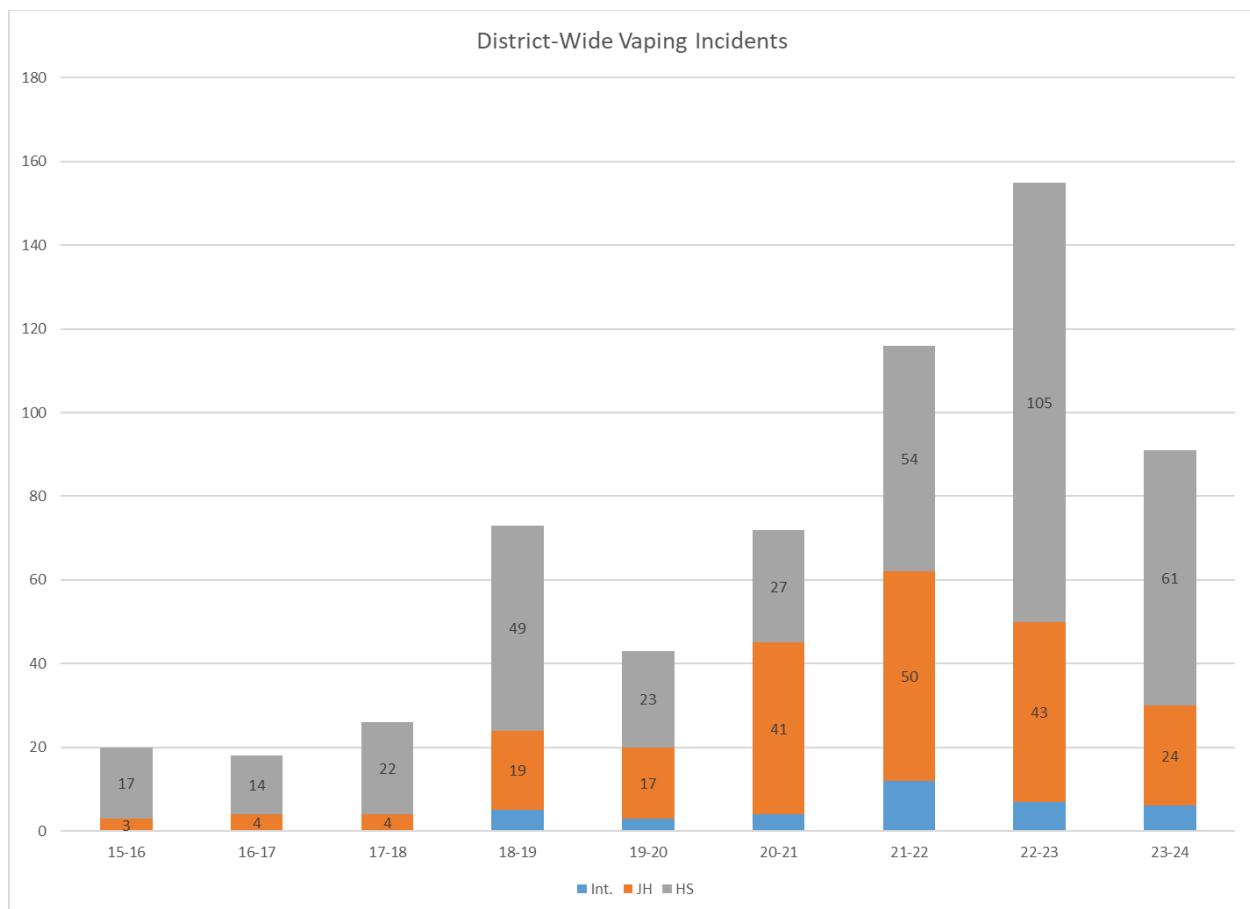
### **Other School-Based Activities**

The wellness committee is charged with developing procedures addressing other school-based activities to promote wellness. The committee has chosen to focus on tobacco and vaping education. Vaping has received national attention as a health risk. Additionally, school administrators have observed an increase in vaping related discipline incidents over the past five years. Vaping poses both a health risk to students and a disruption to the learning environment in schools.

To promote the health and safety of all students and staff and to promote the cleanliness of district property, the district prohibits all employees, students and patrons from smoking or using tobacco products, electronic cigarettes or imitation tobacco or cigarette products in all district facilities, on district transportation, on all district grounds at all times and at any district-sponsored event or activity while off campus. This prohibition extends to all facilities the district owns, contracts for or leases to provide educational services, routine healthcare, daycare or early childhood development services to children.

The wellness committee recommends the following goal and action steps in support of tobacco and vaping education and prevention:

- Goal: E-cigarette and vaping related discipline incidents during the 23-24 school year will decrease in comparison to the 22-23 school year.
- Baseline data:



- Action Steps
  - Junior High, and High School staff members will implement a comprehensive school-wide vaping education campaign including cessation resources.
  - District administrators, school nurses, and Intermediate, Junior High, and High School administrators will continue offering a vaping education program as an alternative to suspension for first-time offenses.  
<https://www.lung.org/stop-smoking/helping-teens-quit/indepth.html>
  - The District will implement a long-term ISS alternative to long-term OSS with emphasis on cessation resources and behavioral supports.

### **Progress Monitoring**

- Goal: School meal participation during the 23-24 school year will remain the same or increase in comparison to the 22-23 school year.

School breakfast participation decreased 10% and lunch participation decreased 2% compared to the 22 - 23 school year.

- Goal: The percentage of students in the healthy fitness zone, as measured by grade level assessments, will be 50% to 95% (see grade level targets) or higher by May 23, 2024.

Students in grades K, 1, 2, 3, 5, 9, 10, 11, and 12 exceeded fitness targets. Students in grades 4, 6, 7, and 8 did not meet fitness targets. The percentage of students exceeding fitness targets in grades K, 1, 2, 5, 10, 11, and 12 increased compared to 22-23.

- Goal: E-cigarette and vaping related discipline incidents during the 23-24 school year will decrease in comparison to the 22-23 school year.

Excluding the shortened 19-20 school year, our district-wide vaping discipline incidents decreased compared to the previous year for the first time since the 16-17 school year.

Percent decreases (23-24 vs. 22-23) and supporting data are below:

Intermediate – 14% decrease

Junior High – 44% decrease

High School – 42% decrease

Total – 41% decrease

07/31/24

<b>Year</b>	<b>Int.</b>	<b>JH</b>	<b>HS</b>	<b>Total</b>
15-16	0	3	17	20
16-17	0	4	14	18
17-18	0	4	22	26
18-19	5	19	49	73
19-20	3	17	23	43
20-21	4	41	27	72
21-22	12	50	54	116
22-23	7	43	105	155
23-24	6	24	61	91