



# Wellness Policy



## Miller R-II School District

110 W. Sixth Street, Suite 1, Miller, MO 65707

**Wellness is mental and physical soundness: physical wellbeing, especially when maintained or achieved through good diet and regular exercise.**

Our Mission is to be committed to providing a school environment that enhances learning and the development of lifelong wellness practices for our students and school personnel.

### District Nutrition and Health

1. We will comply with national standards set through the National School Lunch Program and Smart Snacks. Smart Snacks guidelines include any foods sold during the school day.
2. We will promote consumption of fruits, vegetables, whole grain rich foods, low-fat and fat-free dairy foods, healthy food preparation methods and good nutritional practices.
3. Educate students and staff on the importance of starting each day with a healthy breakfast and encourage them to do so.
4. Vending machines should offer healthy options for staff and students
5. Encourage students to drink adequate amounts water.
6. Teachers are encouraged to ask for healthy snacks at parties to offer a choice besides just sweet treats.
7. Increase communication and education about healthy food choices and exercise at the High School level. We will support our Health classes with speakers and resources available to encourage students to take an active understanding of their health and nutrition.
8. Participate in the Fresh Fruits and Vegetable program when available.
9. *The district will not allow students to bring Energy drinks into the school and limit the size of soda brought in to 20 ounces and limit the size of other drinks to 20 ounces. Students will not be allowed to carry 2 liter bottles of pop, gallon jugs of Ice Tea or 44 ounce drinks into class.*

Drink	MG of Caffeine	Ounces of Drink	MG of Caffeine Per Ounce
5-Hour Energy	200	2	100
Arizona Iced Tea	37.5	20	1.875
Coke Classic	34	12	2.8333
Dr. Pepper	41	12	3.4166
Brewed Coffee	163	8	20.375
Lipton Tea	55	8	6.875
Monster	160	16	10
Pepsi	38	12	3.1666
10 Hour Energy	422	1.93	218.6528497
Mt. Dew	54	12	4.5

## District Physical Activity

1. Provide opportunities for students and school personnel to develop the knowledge and skills for specific physical activities that will enable those to maintain and improve their physical fitness.
2. Have the Jr. High/High School Health classes come up with ideas to help encourage health and wellness in the Elementary.
3. Have Youth Sports and Mighty Mite information available at the Elementary and on the school web site and encourage students to participate.
4. Give daily times for physical activity through P.E. classes and daily recess periods. If recess time must be used for discipline purposes we encourage teachers to have the students walk laps and not just sit out.
5. We will encourage parents and guardians to support their children's participation in physical activity, to be active role models, and to include physical activity in family events. Our school has a Track and Field day that parents are invited to. We also encourage the students and staff to be involved in the Miller Alumni Association's Mega Man 5K and 10 K race. We are also in the process of having an end-of-the year Color Run for all students K-12. We partner with the Missouri Extension to offer classes and services to our students.
6. Provide wellness programs and wellness challenges to address employee health needs and promote personal fitness. We currently provide a Health Risk Assessment through our insurance for our staff. Free of charge to those who have our insurance and at a minimal fee to those who do not have our insurance.

## Staff Only

1. Staff is encouraged to participate in our insurance sponsored Health & Wellness programs

**The wellness committee supports our coaches in being leaders for our student's health. This includes helping them understand the importance of hydration, understanding injuries and when to stop an activity, eating well and not missing meals and making good choices that DO NOT include alcohol, tobacco or drugs. Our coaching staff follows the guidelines for health and wellness set out by MSHSAA.**

**Our staff is required to follow school policy when dealing with an accident or injury, pertaining to a student or staff member. This includes all sports related injuries that occur during school, practice or at sporting events, home or away. All staff members will be emailed a copy of the accident/injury report form or you can get one from the school nurse or office.**

## Committee Members and Responsibilities

The Wellness committee will be in charge of the implementation and evaluation of this policy and will adhere to the requirements of Missouri Standards. The program will be reviewed annually and the wellness committee is charged with the responsibility that the schools meet the goals of the wellness policy.

This policy will be posted to the Miller Schools web-site and parents will be notified of any changes by the school messenger phone system.

**2017-2018 Members**

Lanette Kleeman, Food Service Director and parent

Kathy Hadlock, School Nurse, grand-parent

John Knight, Elementary Principal

Dennis Kimzey, Jr. High and High School Principal

Ron Weldy, Athletic Director

Lisa Jester, Elementary Title-One Math Teacher, PTO Officer

Josh Kleine, High School and Elementary P.E. Teacher, Coach

Stacey Daniels, High School Cheerleading sponsor, Substitute teacher, parent

Anna Bowles, parent

Macy Mitchell, High School student

Sydnee Adams, Jr. High Student.