

HARDEMAN R-10

WELLNESS PLAN



Adopted August 2006

***Updated & Board Approved
March 2026***

2025-2026 Wellness Committee Members

Committee Coordinator: Rayetta Leimkuehler

School Principal: Kristy Forrester

Contracted Nurse: Kathy Monning, RN

Physical Education Teacher: Josh Hubbard

School Food Service Representative: Lisa Sims

Parent Representative: Samantha Adcock

Community Representative: Judy Coble

School Board Member: Hannah Meyer

2025-2026 HARDEMAN R-10 **WELLNESS PLAN SPECIFICS**

The District continues to:

- * follow the USDA guidelines as outlined in the Child and Adult Care Food Program (CACFP) meal patterns and the updated National School Lunch and Breakfast programs for infant and preschool meal patterns.
- * participate in the National School Lunch and Breakfast Programs.
- * implement newly signed law “The Whole Milk for Healthy Kids Act” (as of 1/14/26) that allows schools to offer whole and 2% milk at lunch only if meals are served under the National School Lunch Program. This act also removes saturated fat from the weekly calculation for lunches only and allows parents and legal guardians to provide a written request for milk modifications for students with disabilities.
- * make educated health decisions based on input from the Center for Disease Control, the American Association of Pediatrics (AAP), the Saline County Health Department, Fitzgibbon Hospital Administration, MUSIC (Missouri United School Insurance Council) and DESE (Department of Elementary and Secondary Education) for the health of the district students and staff.
- * make the updated Wellness Plan available for families on the school web page after approval by the School Board.
- * be conscientious of pest control and contract with Orkin to be serviced at least every other month, with the option to call as needed in between visits.
- * keep the lunch room clean with a calm atmosphere at meal times.

The Cook continues to:

- * serve the required amounts of vegetables and fruits according to the USDA/DESE regulations per age group and grade. Note: Offer VS Serve option no longer available for meals.
- * serve milk chilled at the proper temperature and milk alternatives (if needed) according to all current USDA/DESE regulations.
- * Only serve seconds to those students who have nearly cleaned their plates.
- * allow Students to bring their own cups to lunch, in addition to milk.
- * keep the kitchen clean and ready for the Saline County Health inspections.

The Staff continues to:

- * be sure that each student washes his/her hands several times periodically during the day. Especially after restroom breaks, recess and before meals, in order to reduce the spread of colds and germs.
- * encourage students to take frequent bathroom breaks and refill water bottles often
- * be sure recess is held outside, weather permitting. Inside recess is held in the gym and the classroom. Recess play equipment is accessible to all students. Staff will be given web sites and activity videos to use for breaks or recesses inside the classroom.
- * The PE teacher continues to devote at least 75% of the PE class to physical activities. The remaining time is for instructions and directions.

The Nurse and/or Health Office Aide:

- * review the immunization records and ensures that all student’s records and shots are kept current and reports this information annually and on time.
- * provide dental and puberty information, when the proper staff is available
- * continue with monthly zoom visits with Therapy Log Nurse available for important information and updates.

Hardeman R-10 School District Wellness Plan

The primary goals of the Hardeman R-10's Wellness Plan are to promote student health, reduce student overweight/obesity, facilitate student learning of lifelong health habits and increase student achievement.

The Hardeman R-10 School Board continues to recognize the relationship between student well-being and student achievement, as well as the importance of a comprehensive district wellness plan. Therefore, the district will provide developmentally appropriate and sequential nutrition and physical education, as well as opportunities for physical activity. The Wellness Plan will be implemented in a multi-disciplinary fashion and will be evidence based.

Wellness Committee

The Hardeman R-10 School District will establish a wellness committee that consists of at least one (1) school administrator, school nurse or health office aide, physical education teacher, the head cook, parent, community and school board member. If available, a qualified, credentialed, nutrition professional will also be a member of the wellness committee.

The wellness coordinator must be an employee of the district, a member of the committee and may change as needed. The wellness coordinator will be in charge of making changes to the Wellness Program, creating and keeping meeting agendas and minutes for all meetings of the wellness committee will adhere to the requirements of the Missouri Sunshine Law. The coordinator will also present the completed program to the School Board for approval and adoption. Any student, parent/guardian, staff member or community member are welcome to be a member of the wellness committee and should contact the school office at 660-837-3400 to let the school secretary or wellness coordinator know that they wish to be considered as a committee member.

Nutrition Guidelines

It is the policy of the Hardeman R-10 School District that all foods and beverages available during the school day are consistent with the Missouri Eat Smart Nutrition guidelines. Guidelines for reimbursable school meals will not be less restrictive than regulations and guidance issued by the Secretary of Agriculture pursuant to the law. The school food service representative will be in charge of making sure all foods and beverages follow the nutrition and reimbursable meals guidelines. Procedures that address all foods available to students throughout the school day will also be included in all student handbooks from in the following areas:

- Fees & Meals Information
- Cafeteria/Food Service Policies
- School Parties

Nutrition and Physical Education

The Hardeman R-10 District will provide nutrition and physical education aligned with the Show-Me Standards and Missouri's Frameworks for Curriculum Development in Health/Physical Education in all grades. The PE teacher will develop and amend procedures that address nutrition and physical education, as needed. They will also give needed changes to the Wellness Plan coordinator to keep it current, including but not limited to, the minutes per week of PE classes and recess for all grades.

Other School-Based Activities

The school administrator is charged with developing and amending procedures addressing other school-based activities to promote wellness. Any changes to procedures will be given to the Wellness Plan Coordinator to keep it plan current.

Evaluation

The school nurse/nurse's aide will assess all education curriculum and materials pertaining to wellness for accuracy, completeness, balance and consistency with the State and District's educational goals and standards. The nurse/nurse's aide will also advise the administrator if any new or updated materials need to be obtained. The administrator will devise a plan for implementation and evaluation of the District wellness policies and ensuring that the school meets the goals of the policies. The administrator will also report any changes or deficiencies to the Hardeman Board of Education and be sure the Wellness Plan coordinator makes those changes to keep the Wellness Plan current.

Nutrition Guidelines

The Hardeman R-10 School District designates the following nutrition guidelines, based on the Missouri Eat Smart Nutrition Guidelines, for foods and beverages served during the school day:

School Breakfasts and School Lunches and A La Carte Items and Vending Machine Items and School store Items - use minimum Missouri Eat Smart Guidelines and encourage the use of the intermediate guidelines from USDA Nutritional Guidelines

After School Programs and Rewards and Celebrations and Parties – All parents, teachers and students are encouraged to send or bring items of at least minimum nutritional value.

Fundraisers and Intramural Activities – The District will discourage the sale of non-nutritional food valued items during school hours.

Nutrition Education

The Hardeman R-10 School District's nutrition education goal is to integrate sequential nutrition education with the comprehensive health education program. If possible, the core curriculum taught at every grade level will provide students with the necessary knowledge and skills to make a life-time of healthy nutrition decisions.

Nutrition information should include offering health foods and encouraging students to try these and other new foods. Each class's nutrition books will be displayed, when available. In order to achieve the nutrition education goal, the Hardeman R-10 School District will:

1. Provide students at all grade levels with adequate nutritional knowledge including, but not limited to:
 - a. The benefits of healthy eating
 - b. Essential nutrients
 - c. Nutritional deficiencies
 - d. Principles of healthy weight management
 - e. The use and misuse of dietary supplements
 - f. Safe food preparation, handling and storage
2. Provide students with nutrition-related skills that include the ability to:
 - a. Plan healthy meals
 - b. Understand and use food labels
 - c. Apply the principles of the Dietary Guidelines for Americans (DGA) and Making My Plate "Great."
 - d. Critically evaluate nutrition information, misinformation and commercial food advertising
 - e. Assess personal eating habits, nutrition goal setting and achievement
3. Provide instructional activities that stress the appealing aspects of healthy eating that are hands-on, behavior based, culturally relevant, developmentally appropriate and enjoyable. Examples of activities include, but are not limited to: food preparation, contests, promotions, taste testing, farm visits and school gardens
4. Encourage District staff to cooperate with local agencies and community groups to provide students with opportunities for volunteer work related to nutrition, such as food banks, soup kitchens, food drives or after school programs.
5. Ensure that the school nurse/nurse's aide or County Nutrition staff consistently promotes healthy eating to students and other staff. Also that these professionals are prepared to recognize

conditions such as unhealthy weight, eating disorders and other nutrition-related health problems among students and staff, as well as provide assistance in obtaining access to healthcare.

6. **Coordinate the food service safety program with nutrition information. Food service staff should also work closely with those responsible for the Wellness Plan to achieve common goals.**

Physical Activity

The Hardeman R-10 School District's physical activity goal is to assist students in learning to value and enjoy physical activity. This is an ongoing part of a healthy lifestyle and will ensure that every student has the opportunity to develop the knowledge and skills necessary to perform a variety of physical activities, maintain physical fitness and regularly participate in physical activity. In order to achieve the physical activity goal, the Hardeman R-10 School District will:

1. **Develop a program of appropriate physical education for every student and this plan will:**
 - a. **As outlined in Senate Bill 291, ensure that students in elementary schools participate in moderate physical activity, for the entire school year for an average of 150 minutes per week, or 30 minutes per day. Students with disabilities must participate to the extent appropriate.**
 - b. **Emphasize knowledge and skills for a lifetime of regular physical activity.**
 - c. **Devote at least 75 percent of physical education class time to actual physical activities in each week, with as much time as possible spent in moderate to vigorous physical activity.**
 - d. **Meet the needs of all students, especially those who are not athletically gifted or who have special needs.**
 - e. **Provide a variety of activity choices including cooperative and competitive activities and consider gender, cultural differences and student's interests.**
 - f. **Prohibit exemptions from physical education courses on the basis of participation in an athletic team, community recreation program or other school or community activity.**
 - g. **Be closely coordinated with the other components of the overall school Wellness Plan.**
2. **Provide time during the school day for supervised recess. It will be encouraged for recess to be held outdoors when the weather permits, as discussed in the Student Handbooks. As outlined in Senate Bill 291, this should include a minimum of one recess period of 20 minutes per day, which may be incorporated into the lunch period.**
3. **Provide opportunities and encouragement for students to voluntarily participate in before and after school activities, such as intramural activities, interscholastic athletics and clubs and etc. by:**
 - a. **Providing a diverse selection of competitive and non-competitive activities (structured and unstructured) to the extent that staffing and district/community facilities permit.**
 - b. **Offering intramural physical activity programs that feature a broad range of competitive and cooperative activities for all students.**
 - c. **Encouraging partnerships between other schools and businesses. Promotion of such partnerships must be appropriate and in accordance with Board policy and applicable procedures. Including, but not limited to: track meets, volleyball, basketball and soccer games.**
4. **Strive to provide joint school and community recreational activities by:**
 - a. **Actively engage families as partners in their children's education and collaborating with community agencies and organizations to provide ample opportunities for students to participate in physical activity beyond the school day.**
 - b. **Encourage schools to work with recreation agencies and other community organizations to coordinate and enhance opportunities available to students for physical activities during their out-of-school time.**
 - c. **Encourage schools to negotiate mutually acceptable, fiscally responsible arrangements with community agencies and organizations to keep district-owned facilities open for use by students, staff and community members during non-school hours and vacations.**

- d. Encourage District officials to work together with local public works, public safety, police departments and/or other appropriate state and federal authorities in efforts to make it safe and easier for students to arrive and depart from school.
5. Discourage the use of physical activity as a form of discipline or punishment.
6. Discourage periods of inactivity that exceed two (2) hours or more. When activities, such as mandated testing indoors for long periods of time, staff should give students periodic breaks during which they are encouraged to stand and be moderately active.
7. Provide and encourage-verbally and through the provision of space, equipment and activities-daily periods of moderate to vigorous physical activity for all participants in onsite after school childcare and other enrichment programs sponsored by the District.
8. Provide opportunities and encouragement for staff to be physically active by:
 - a. Planning, establishing and implementing activities to promote physical activity among staff and providing opportunities for staff to conveniently engage in regular physical activity.
 - b. Encourage staff to occasionally play sports with students, as able.
 - c. Work with recreation agencies and other community organizations to coordinate and enhance opportunities available to staff for physical activity during their out-of-school time. Examples: after hours Zumba, Basketball, etc.

Other School-Based Activities

The Hardeman R-10 School District's goal for other school-based activities is to engage an integrated whole-school approach to the Wellness Plan. The District will achieve this goal by addressing the areas itemized below. Examples might include Hoops or Jump for Heart units to support heart health and the American Heart Association.

Community Involvement

School instructional staff will collaborate with agencies and groups conducting nutrition education in the community to send consistent messages to students and their families. Guest speakers, invited to address students, will receive appropriate orientation to the relevant policies of the District.

The Wellness Plan shall make effective use of the District, community resources and equitably serve the needs and interests of all students and staff. It should also take into consideration differences of gender, cultural norms, physical and cognitive abilities and fitness levels. A Community Blood Drive might be an example.

Family Involvement

The Hardeman R-10 School District will strive to engage families as partners in their children's education by supporting parental efforts to motivate and help their children with maintaining and improving their health, preventing disease and avoiding health-related risk behaviors. Strategies the School District may implement to achieve family involvement may include, but not be limited to:

1. Offering healthy eating seminars for parents/guardians.
2. Providing nutrition information to families in the forms of newsletters, handouts, presentations or other appropriate means.
3. Posting nutrition tips on the Hardeman R-10 School District website.
4. Providing the nutrient analysis of District menus, when requested.
5. Providing parents/guardians with ideas for healthy treats and snacks for daily snacks, special celebrations, parties, rewards and fundraising activities.
6. Encouraging parents/guardians to pack healthy lunches and snacks. Also refrain from including beverages and foods that do not meet the District's nutrition standards for individual foods and beverages.
7. Providing opportunities for parents/guardians to share their healthy food practices with others in the school community.
8. Designing curricular nutrition activities and programs that involve parents/guardians and the community, such as open gym dates or Zumba classes or etc.

9. Supporting efforts of parents/guardians to provide their children with opportunities to be physically active outside of school.
10. Providing information about physical education and other school-based physical activity opportunities available to students before, during and after the school day.
11. Sharing information about physical activity and physical educations via the Hardeman R-10 School District's web page, newsletter, other take-home materials, special events or physical education homework.
12. Working with families to provide consistent sun safety information that includes an overview of the District's sun safety program, an explanation of how parents/guardians can reinforce the program at home and how they can become involved with and support the Hardeman R-10 School District's program.
13. Encouraged parents/guardians to volunteer time in the classroom, cafeteria or at special events that promote student health.
14. Disseminating information about community programs that offer nutrition assistance to families.
15. If necessary, the Hardeman R-10 School District will provide this information in a language understandable to all parents/guardian.

Marketing and Advertising

Marketing in-district facilities will be consistent with the goals of the District's Wellness Plan and comply with Board policy. The District will strive to promote the Wellness Plan and educate parents regarding the quality of District foods.

Tobacco advertising and use is not permitted on District property, at sponsored events or on sponsored publications. Food and beverage marketing will be limited to the promotion of foods and beverages that meet the nutrition standards adopted by the Board. Other examples of marketing and advertising the District will scrutinize include, but are not limited to: pricing strategies that promote healthy food choices, audio-visual programming, educational incentive programs, scoreboards, book covers and vending machine displays.

Meals and Meal Times

Menus created by the Cook will show a reduction of desserts and menu items high in sugar, fat or sodium. The Cook will also include more fresh vegetables and fruits into the menus, use more whole wheat flour and use wheat buns, when available. The Cook will be sure the District provides the DESE Food Services Division with a whole grain-rich exemption waiver. The Cook will only serve seconds to those students who have nearly cleaned their plates. Meal times will comply with the following guidelines:

1. Meal times will provide students with at least 15-20 minutes to eat after sitting down for breakfast and 20 to 30 minutes after sitting down for lunch.
2. Activities, such as tutoring or meetings, will not be held during mealtimes, unless students may eat during these activities.
3. It will be encouraged for recess to follow lunch periods.
4. Drinking water will be available to students during meals.
5. Students will have access to hand-washing facilities before and after they eat meals or snacks.
6. The District will take reasonable steps to accommodate the tooth-brushing regimen, if needed.
7. Students will be allowed to quietly converse during meals.
8. The cafeteria will be clean, orderly and inviting.
9. Adequate seating and supervision will be provided during meal times.

Outdoor Air Quality

The administrator will be responsible for monitoring the Air Quality Index (AQI) information provided by local authorities based on the following guidelines:

1. When the AQI is "code orange" (unhealthy for sensitive groups of people). Students with a history of reactions to ozone exposure will be permitted to reduce their outdoor exertion level or time spent outdoors, and the staff will arrange alternative indoor physical activities. Appropriately trained staff responsible for student supervision will monitor such students for symptoms of respiratory distress.
2. When the AQI is "code red" (unhealthy), students with a history of reactions to ozone exposure will remain indoors and participate in indoor physical activities. Appropriately trained staff responsible for student supervision will monitor such students for symptoms of respiratory distress.

All other students will be allowed to engage in no more than one (1) hour of heavy exertions (ex, activities that involve high-intensity exercise such as basketball, soccer and running) while outdoors.

3. When the AQI is “code purple” (very unhealthy) or “code maroon” (hazardous), all students will be kept indoors and participate in indoor physical activities. Appropriately trained staff responsible for student supervision will monitor all students for symptoms of respiratory distress.

Indoor Air Quality

The District will utilize the air purifiers that were provided by a Grant in the 2022/2023 school year. Staff will insure each unit is on and in working order in each classroom and areas where students occupy during a school day. The filters for the purifiers will be cleaned at a minimum of once quarterly.

Staff Development and Training

All staff will continue with training and professional development related to all areas of student wellness. This ongoing in-service training will include teaching strategies for behavior change and will focus on giving teachers the skills they need to use non-lecture, active learning methods. Staff responsible for nutrition education will be adequately prepared and regularly participate in professional development activities to effectively deliver the nutrition education program as planned. Staffs responsible for implementing the PE program will be properly certified and regularly participate in area-specific professional development activities. All staff will be supportive of the Nurse/Nurse’s aide regarding the health and safety of both the students and the staff.

The District will provide continuing training and professional development for all District nutrition professionals annually. Staff development programs will include appropriate certification and/or training programs for child nutrition directors, school nutrition managers and cafeteria workers, according to their levels of responsibility.

Staff Wellness

The Hardeman R-10 School District highly values the health and well-being of every staff member. A staff member will serve as the Wellness Coordinator, if the insurance includes a wellness plan. They will coordinate and forward the wellness information and benefits as outlined by the staff insurance to the staff as needed. The wellness program should provide incentives for staff that make personal efforts to maintain a healthy lifestyle. Any district rewards that are received will be used for healthy snacks and drinks for staff professional development work days.

Sun Safety

“Sun Safety” is described as a range of behaviors that includes wearing appropriate clothing, applying sunscreen and limiting sun exposure. Sun safety will focus on outdoor behavior and will be developmentally appropriate, active, engaging and taught in lessons that emphasize the positive benefits of sun safety. Sun safety education will be designed to assist students with:

1. Knowledge about the harmful effects of the sun and ways to protect skin.
2. Sun-safe skills, including the correct use of protective clothing, hats, sunglasses, sunscreen and lip balm, as well as seeking shade and limiting sun exposure when possible and practical during the hours of peak sun intensity.
3. Knowledge about how to assess personal sun safety habits, set goals for improvement and achieve these goals.

Tobacco/Vaping/etc.

Tobacco/Vaping use prevention education will focus on all grades with particular emphasis on middle school and reinforcement in all later grades. Instructional activities will be participatory and developmentally appropriate. Tobacco/Vaping use prevention education programs will be implemented in accordance with Board policy, relevant administrative procedures and the law.

Oversight and Evaluation

The school administrator is responsible for monitoring implementation of the Hardeman R-10 School District Wellness Plan by:

1. Assuming responsibility for the assessment of existing policies and procedures.

2. Prioritizing wellness goals and writing work plans for each goal.
3. Measuring implementation of the District wellness policy and procedure.
4. Ensuring that the District meets the goals of the wellness policy and procedure.

Monitoring

The food service representative will monitor the food service areas for compliance with the District's nutrition guidelines. Any areas of concern will be discussed with the Wellness Plan coordinator and administration and will be corrected as quickly as possible.

Compliance Indicators

During initial development of the District's well-related policies and procedures, a baseline assessment of the schools existing nutrition and physical activity programs and practices will be conducted. The wellness committee will compile these results. In addition to the baseline information, the committee will use no fewer than three (3) of the following indicators to measure the impact of the District's Wellness Program:

1. School Health Index
2. Physical Fitness Reports
3. Yearly weight check of all students
4. Number of student discipline problems
5. Student achievement levels
6. Student absenteeism

Program Review

The Wellness Plan coordinator and school administrator will provide Wellness Plan revisions to the Hardeman Board of Education, as needed, but at least every other year. The Board will review, approve and adopt any revisions, as necessary.

Current non-discrimination statement:

In accordance with federal civil rights law and USDA civil rights regulations and policies, the USDA, its agencies, offices, employees, and institutions participating in or administering USDA programs are prohibited from discriminating based on race, color, national origin, religion, sex, disability, age, marital status, family/parental status, income derived from a public assistance program, political beliefs, or reprisal or retaliation for prior civil rights activity, in any program or activity conducted or funded by USDA (not all bases apply to all programs). Remedies and complaint filing deadlines vary by program or incident.

Persons with disabilities who require alternative means of communication for program information (e.g., Braille, large print, audiotape, American Sign Language, etc.) should contact the state or local agency that administers the program or contact USDA through the Telecommunications Relay Service at 711 (voice and TTY). Additionally, program information may be made available in languages other than English.

To file a program discrimination complaint, complete the USDA Program Discrimination Complaint Form, AD3027, found online at [How to File a Program Discrimination Complaint](#) and at any USDA office or write a letter addressed to USDA and provide in the letter all of the information requested in the form.

To request a copy of the complaint form, call (866) 632-9992. Submit your completed form or letter to USDA by:

1. Mail: U.S. Department of Agriculture, Office of the Assistant Secretary for Civil Rights, 1400 Independence Avenue, SW, Mail Stop 9410, Washington, D.C. 20250-9410;
2. Fax: (202) 690-7442; or
3. Email: program.intake@usda.gov.

This institution is an equal opportunity provider.

This institution is an equal opportunity provider.