

## KC International Academy Local Wellness Policy

The KCIA Board of Directors recognizes the relationship between student well-being and student achievement. Therefore, KCIA will provide nutrition and physical education as well as opportunities for physical activity.

### Wellness Committee

KCIA will establish a Wellness Committee that will consist of at least one parent, student, nurse, physical education teacher, school food service representative and school administrator. Committee meeting dates will be published on the school website and communicated by robocall. Members of the school community will be encouraged to attend committee meetings and provide input on the KCIA Wellness program.

### Wellness Program Coordinators

The KCIA Board designates the following individuals as wellness program coordinators: the Director of Student Services, Nurse, Social Worker. Only employees of the district who are members of the wellness committee may serve as wellness program coordinators. Wellness coordinators, in consultation with the wellness committee, will monitor the implementation and evaluation of 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. For food and beverages provided to students outside the reimbursable school meals program during the school day, the Smart Snacks standards do not apply, but KCIA will provide a list of healthy options. For the purposes of this policy, the school day is the time period one hour before to one hour after the official school day.

### Nutrition Promotion and Education

KCIA will provide nutrition education aligned with the Missouri Learning Standards and Grade-Level Expectations (GLEs) in health and physical education in all grades. In addition, KCIA 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 wellness program coordinators, in consultation with the wellness committee, will develop procedures that support nutrition education and promotion.

### Physical Activity and Education

KCIA will provide physical education and opportunities for physical activity aligned with the Missouri Learning Standards and GLEs in health and physical education in all grades. The wellness program coordinators, in consultation with the wellness committee, will develop procedures that support physical education and promote physical activity.

### Other School-Based Activities

The wellness program coordinators, in consultation with the wellness committee, are charged with developing procedures addressing other school-based activities to promote wellness.

### Assessment

The local wellness program will be assessed at least once every three years. The assessment will measure KCIA's level of compliance with implementing the local wellness program, including the extent to which the KCIA's policy compares to model wellness policies; and a description of the progress made in attaining the goals of the program. Wellness program 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 wellness program 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 wellness program 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.