

STUDENTS

Wellness Policy

The Claremore Public Schools District (hereto referred to as the District) is committed to the optimal development of every student. The District believes that for students to have the opportunity to achieve personal, academic, developmental, and social success, we need to create positive, safe, and health-promoting learning environment at every level, in every setting, throughout the school year. Research shows that two components, good nutrition and physical activity before, during and after the school day, are strongly correlated with positive student outcomes. This policy outlines the District's approach to ensuring environments and opportunities for all students to practice healthy eating and physical activity behaviors throughout the school day while minimizing commercial distractions. Specifically, this policy, which applies to all students, staff and sites in the District, establishes goals and procedures to ensure:

- Students in the District have access to healthy foods available throughout the school campus – in accordance with Federal and state nutrition standards.
- Students receive quality nutrition education that helps them develop lifelong healthy eating behaviors.
- Students have opportunities to be physically active before, during and after school.
- Students engage in nutrition and physical activity promotion and other activities that promote student wellness.
- School staff are encouraged and supported to practice healthy nutrition and physical activity behaviors in and out of school.
- The community is engaged in supporting the work of the District in creating continuity between school and other settings for students and staff to practice lifelong healthy habits.
- The District establishes and maintains an infrastructure for management, oversight, implementation, communication, and monitoring of the policy and its established goals and objectives.

School Wellness Committee:

The District will utilize the existing Safe and Healthy School Committee that meets at least four times per year to establish goals to oversee school health and safety policies and programs, including development, implementation and periodic review and update of the wellness policy. The committee membership will represent all school levels and include but not be limited to parents, teachers (including PE/health), nurses, counselors, administrators, school board members, health professionals and the general public. The membership is a reflection of the diversity of the community.

The Superintendent of designee will convene the Committee and facilitate development of, updates to the wellness policy, and will ensure site compliance with the policy. The facilitator of the Safe and Healthy School Committee will be the Superintendent or designee. The Committee will be comprised of a site level coordinator who will ensure compliance with the policy at the site level.

Implementation:

The sites may use tools, such as Healthy Schools Program online tools to assist with the implementation of the policy and to provide additional resources that support the wellness policy.

Recordkeeping:

The district will retain records to document compliance with the requirements of the wellness policy in the office of Assistant Superintendent and/or on the District's computer network. Documentation maintained in this location will include but will not be limited to:

- written wellness policy;
- documentation demonstrating compliance with community involvement requirements, including efforts to actively solicit committee membership from the required stakeholder groups and participation in the development, implementation and periodic review and update of the policy;
- documentation of the triennial assessment of the policy for the sites and District; and
- documentation demonstrating compliance with public notification requirements including the manner in which the policy and triennial assessments are made available to the public and efforts to actively notify families about the availability of the policy.

Triennial Progress Assessments:

At least once every three years, the District will evaluate compliance with the wellness policy to assess the implementation of the policy and include:

- The extent to which the District's sites are in compliance with the wellness policy.
- A description of the progress made in attaining the goals of the District's wellness policy.

The position/person responsible for managing the triennial assessment and contact information will be the Superintendent or the designee. The Committee, in collaboration with individual sites, will monitor compliance with this policy. The District will actively notify households/families of the availability of the triennial progress report.

Revisions and updating Policy:

The Committee will update or modify the policy based on the results of the triennial assessments, and/or as District priorities change; community needs change; wellness goals are met; new health science information, and technology emerges; and new Federal or state guidance or standards are issues. The wellness policy will be assessed and updated as indicated at least every three years, following the triennial assessment.

Community Involvement, Outreach and Communication:

The District is committed to being responsive to community input, which begins with awareness of the policy. The District will actively communicate ways in which representatives of the Committee and others can participate in the development, implementation and periodic review and update of the wellness policy utilizing communication tools, such as electronic messaging, school newsletter, parent handbook, and posting on the district website. The District will also inform parents of the improvements that have been made to school meals and compliance with school meal standards,

availability of child nutrition programs and how to apply, and a description of and compliance with Smart Snacks in School nutrition standards. The District will ensure that communications are culturally and linguistically appropriate to the community, and accomplished through means similar to other ways that the district and sites are communicating other important school information with parents. The district will actively notify the public about the content of or any updates to the wellness policy annually, at a minimum. The District will also use these mechanisms to inform the community about availability of the annual and triennial reports.

School Meals:

The District is committed to serving healthy meals to children, with plenty of fruits, vegetables, whole grains, and fat-free and low-fat milk, moderate in sodium, low in saturated fat, and zero grams *trans*-fat per serving; and to meet the nutrition needs of school children within their calorie requirements. The school meal program's aim to improve the diet and health of school children, help mitigate childhood obesity, model healthy eating to support the development of lifelong healthy eating patterns, and support healthy choices while accommodating cultural food preferences and special dietary needs. All sites participate in USDA child nutrition programs, including the National School Lunch Program (NSLP), the School Breakfast Program (SBP), and the Fresh Fruit & Vegetable Program (FFVP). The District also operates additional nutrition-related programs and activities including Grab 'n' Go Breakfast.

All sites are committed to offering school meals through the NSLP and SBP programs, and other applicable Federal child nutrition programs, that:

- are accessible to all students;
- are appealing and attractive to children;
- are served in clean and pleasant settings;
- meet or exceed child nutrition requirements established by local, state, and Federal statutes and regulations (District offers reimbursable school meals that meet USDA nutrition standards.); and
- promote healthy food and beverage choices using at least ten of the following Smarter Lunchroom Techniques:
 - ✓ whole fruit options displayed in attractive bowls or baskets
 - ✓ sliced or cut fruit is available daily
 - ✓ daily fruit options are displayed in a location in the line of sight and reach of Students
 - ✓ all available vegetable options are bundled into all grab & go meals available to Students
 - ✓ all staff members, especially those serving, have been trained to politely prompt students to select and consume the daily vegetable options with their meal
 - ✓ white milk is placed in front of other beverages in all coolers
 - ✓ alternative entrée options are highlighted on posters or signs within all service and dining areas
 - ✓ a reimbursable meal can be created in any service area available to students
 - ✓ student surveys and taste testing opportunities are used to inform menu development, dining space décor, and promotional ideas

- ✓ student artwork is displayed in the service and/or dining areas
- ✓ daily announcements are used to promote and market menu options

Staff Qualifications and Professional Development:

All school nutrition program directors, managers and staff will meet or exceed hiring and annual continuing education/training requirements according to USDA professional standards and may refer to the USDA website for training that meets the learning needs identified.

Water:

To promote hydration, free, safe, unflavored water will be available to all student throughout the school day and throughout each school site. The District will make drinking water available where school meals are served during mealtimes. In addition, students will be allowed to bring and carry with them approved water bottles filled with only water throughout the day.

Competitive Goods and Beverages:

The District is committed to ensuring that all foods and beverages available to students on the school campus throughout the school day support healthy eating. The foods and beverages sold and served outside of the school meal program will meet the USDA Smart Snacks in School nutrition standards, at a minimum. Smart Snacks aim to improve student health and well-being, increase consumption of healthful foods during the school day, and create an environment that reinforced the development of healthy eating habits. To support healthy food choices and improve student health and well-being, all foods and beverages outside the reimbursable school meal programs that are sold to students on the school campus during the school day will meet or exceed the USDA Smart Snacks nutrition standards. These may include, but are not limited to, a la carte options in cafeterias, vending machines, school stores, and snack or food carts.

Celebrations and Rewards:

Foods offered on the school campus will meet or exceed USDA Smart Snacks in School nutrition standards including through:

1. Celebrations and parties, the District will provide a list of healthy party ideas to parents and teachers, including non-food celebration ideas.
2. Parents will be encouraged to bring snacks that meet Smart Snacks nutrition standards.
3. Rewards and incentives
4. The District will provide teachers and other relevant school staff a list of alternative ways to reward children. Foods and beverages will not be used as a reward, or withheld as punishment for any reason, such as for performance or behavior.

Fundraising:

Foods and beverages that meet or exceed the USDA Smart Snacks in School nutrition standards may be sold through fundraisers on the school campus during the school day. The District will make available to parents and teachers a list of healthy fundraising ideas.

Smart Snack Exemptions to Fundraisers:

On October 17, 2014, the State Board of Education made the following decisions concerning the number of exemptions allowed for fundraisers under the United States Department of Agriculture Smart Snack Rule:

1. Each school site shall designate a Smart Shacks in School Exempt Fundraiser contact person who shall be responsible for maintaining up-to-date documentation regarding each exempt fundraiser held at the school site.
2. Each individual exempt fundraiser, documentation must be kept on file at the school site showing:
 - (a) The school organization, activity, class or other group that benefits from the fundraiser.
 - (b) The date(s) the fundraiser is conducted, with the duration not to exceed 14 days.
3. Number of Fundraiser Exemptions Allowed: **30**
4. By School Organization/School Site/School District: **School Site**
5. Per Semester/Year: **Per Semester**
6. Maximum Length of Time for Each Fundraiser: **14 days**

NOTE: Exempt fundraisers are prohibited from taking place anywhere on school campus while meals under the National School Lunch, School Breakfast, and After School Snack Programs are being served to students—**THIS INCLUDES VENDING MACHINES.** These recommendations were approved on June 8, 2015, to go into effect August 27, 2015.

Nutrition Promotion:

The District will promote healthy food and beverage choices for all students throughout the school campus, as well as encourage participation in school meal programs. This promotion will occur through at least:

- Implementing evidence-based healthy food promotion techniques through the school meal programs using Smarter Lunchroom techniques, and
- Promoting foods and beverages that meet the USDA Smart Snacks in School nutrition standards.

Nutrition Education:

The District aims to teach, model, encourage and support healthy eating by students. Sites will provide nutrition education and engage in nutrition promotion that:

- is designed to provide students with the knowledge and skills necessary to promote and protect their health;
- is part of not only health education classes, but also integrated into other classroom instruction through subjects, such as math, science, language arts, social sciences, and elective subjects;

- include enjoyable, developmentally-appropriate, culturally-relevant, and participatory activities, such as cooking demonstrations or lessons, promotions, taste-testing, farm visits and school gardens;
- promote fruits, vegetables, whole-grain products, low-fat and fat-free dairy products and healthy food preparation methods;
- emphasize caloric balance between food intake and energy expenditure;
- link with school meal programs, cafeteria nutrition promotion activities, school gardens, Farm to School programs, other school foods, and nutrition-related community services
- teach medical literacy with an emphasis on food and beverage marketing; and
- include nutrition education training for teachers and staff.

Essential Healthy Eating Topics in health Education:

The District will include in the health education curriculum the following essential topics on healthy eating:

- the relationship between healthy eating and personal health and disease prevention
- food guidance from MyPlate
- reading and using USDA food labels
- eating a variety of foods every day
- balancing food intake and physical activity
- eating more fruits, vegetables and whole grain products
- choosing foods that are low in fat, saturated fat, and cholesterol and do not contain *trans* fat
- choosing foods and beverages with little added sugars
- eating more calcium-rich foods
- preparing healthy meals and snacks
- risks of unhealthy weight control practices
- accepting body size differences
- food safety
- importance of water consumption
- importance of eating breakfast
- making healthy choices when eating at restaurants
- eating disorders
- The Dietary Guidelines for Americans
- reducing sodium intake
- social influences on healthy eating, including media, family, peers and culture
- how to find valid information or services related to nutrition and dietary behavior
- how to develop and plan and track progress toward achieving a personal goal to eat healthfully
- resisting peer pressure related to unhealthy dietary behavior
- influencing, supporting, or advocating for other's healthy dietary behavior

Food and Beverage Marketing in Schools:

The District is committed to providing a school environment that ensures opportunities for all students to practice healthy eating and physical activity behaviors throughout the school day while minimizing commercial distractions. The District strives to teach students how to make informed choices about nutrition, health, and physical activity. It is the intent of the District to protect and promote student's health by permitting advertising and marketing for only those foods and beverages that are permitted to be sold on the school campus, consistent with the District's wellness policy. Any foods and beverages marketed or promoted to students on the school campus during the school day will meet or exceed USDA Smart Snacks in School nutrition standards, such that only those foods that comply with or exceed those nutrition standards are permitted to be marketed or promoted to students.

Food advertising and marketing is defined as oral, written or graphic statements made for the purpose of promoting the sale of a food or beverage product made by the producer, manufacturer, seller or any other entity with a commercial interest in the product. This includes, but is not limited to the following:

- brand names, trademarks, logos or tags except when placed on a physically present food or beverage product or its container
- displays, such as on vending machine exteriors
- corporate brand , logo, name or trademark on school equipment, such as marquees, message boards, scoreboards, or backboards; or on cups used for beverage dispensing, menu boards, coolers, trash cans, and other food service equipment; as well as on posters, book covers, pupil assignment books, or school supplies displayed, distributed, offered or sold by the District
- advertisements in school publications or school mailings
- free product samples, taste tests, or coupons of a product, or free samples displaying advertising of a product.

Physical Activity:

Children and adolescents should participate in 60 minutes of physical activity every day. Physical activity during the school day (include but not limited to recess, physical activity breaks or physical education). Physical activity will not be withheld as punishment unless alternative ways to discipline have been exhausted. This does not include participation on sports teams that have specific academic or health-related requirements. The District will provide teachers and other school staff with alternative ways to discipline students.

Physical Education:

The District will provide students with physical education, using an age-appropriate, sequential physical education curriculum consistent with national and state standards for physical education. The curriculum will promote the benefits of a physically active lifestyle and will help students develop skills to engage in lifelong healthy habits, as well as incorporate essential health education

concepts. All students will be provided equal opportunity to participate in physical education classes. The District will make appropriate accommodations to allow for equitable participation for all students and will adapt physical education classes and equipment as necessary. All elementary students in each grade should receive physical education for at least 60-89 minutes per week throughout the school year. All secondary students are encouraged to take the equivalent of one academic year of physical education. The District physical education program promotes student physical fitness through individualized fitness and activity assessments and uses criterion-based reporting for students.

Essential Physical Activity Topics in Health Education:

The District includes in the healthy education curriculum the following essential topics on physical activity when student is enrolled in health or physical education:

- the physical, psychological or social benefits of physical activity
- how physical activity can contribute to a healthy weight
- how physical activity can contribute to the academic learning process
- how an inactive lifestyle contributes to chronic disease
- health-related fitness, that is, cardiovascular endurance, muscular endurance and strength, flexibility and body composition
- differences between physical activity, exercise, and fitness
- phases of an exercise session, that is, warmup, workout and cool down
- overcoming barriers to physical activity
- decreasing sedentary activities, such as, TV watching
- preventing injury during physical activity
- weather-related safety, for example, avoiding heatstroke, hypothermia, and sunburn while being physically active
- how much physical activity is enough, that is, determining frequency, intensity, time and type of physical activity
- developing an individualized physical activity and fitness plan
- monitoring progress toward reaching goals in an individualized physical activity plan
- dangers of using performance-enhancing drugs, such as steroids
- social influences on physical activity, including media, family, peers and culture
- how to find valid information or services related to physical activity and fitness
- how to influence, support or advocate to others to engage in physical activity
- how to resist peer pressure that discourages physical activity

Recess (Elementary):

All elementary schools offer at least 20 minutes of recess on all or most days during the school year. This policy may be waived on early release or late start days. If recess is offered before lunch, sites will have appropriate hand-washing facilities and/or hand sanitizing mechanisms located just inside/outside the cafeteria to ensure proper hygiene prior to eating and students are required to use these mechanisms before eating. Outdoor recess will be offered when weather is feasible for outdoor play. In the event that the site must conduct indoor recess, teacher and staff will follow the

indoor recess guidelines that promote physical activity for students. Recess will complement physical education class.

Physical Activity Breaks (Elementary and Secondary):

The District recognizes that students are more attentive and ready to learn if provided with periodic breaks when they can be physically active or stretch. The District recommends teachers provide short (3-5 minute) physical activity break to students during and between classroom time. These physical activity breaks will complement physical education class, recess and class transition periods.

Active Academics:

The District supports classroom teachers incorporating physical activity and employing kinesthetic learning approaches into core subjects by providing annual professional development opportunities and resources, including information on leading activities, activity options, as well as making available background material on the connections between learning and movement. Teachers serve as role models by being physically active alongside the students whenever feasible.

Before and After School Activities:

The District offers opportunities for students to participate in physical activity either before and/or after the school day through a variety of methods. The District encourages students to be physically active before and after school through: clubs/organizations, physical activity in extended day program, and varsity sports.

Active Transport:

The District supports active transport to and from school, such as walking and biking. The District encourages this behavior by engaging in the following:

- Designation of safe or preferred routes to school
- Promotional activities, such as participation in National Walk and Bike to School Week
- Secure storage facilities for bicycles and helmets and skateboards
- Instruction on walking/bicycling/skateboarding safety provided to students
- Promotion of safe routes for students, staff and parents via newsletter and website
- Crossing guards are used
- Crosswalks exist in streets leading to schools

Other Activities that Promote Student Wellness:

The District integrates wellness activities districtwide, not just in the cafeteria, other food or beverage venues, and physical activity facilities. The District coordinates and integrates initiatives related to physical activity, physical education, nutrition and other wellness components so that all efforts are complementary, not duplicative, and work toward the same set of goals and objectives promoting student well-being, optimal developmental and strong education outcomes.

Sites in the District are encouraged to coordinate content across curricular areas that promote student health. All efforts related to obtaining federal, state or association recognition for efforts, or grants/funding opportunities for healthy school environments will be coordinated with and

complementary of the wellness events will adhere to the wellness policy and encourage physical activity opportunities.

Community Partnerships:

The District will develop and/or enhance relationships with community partners in support of the implementation of this wellness policy. Existing and new community partnerships and sponsorships will be evaluated to ensure that they are consistent with the wellness policy and its goals.

Community Health Promotion and Engagement:

The District will promote to the entire community the benefits of and approaches for healthy eating and physical activity throughout the school year. Families will be informed, invited to participate in school-sponsored activities, and will receive information about health promotion efforts, using both electronic and non-electronic methods.

Staff Wellness and Healthy Promotion:

The Safe and Healthy School Committee will focus on staff wellness issues, identifying and disseminating wellness resources, and performing other functions that support staff wellness in coordination with human resources staff. Schools in the District will implement strategies to support staff in actively promoting and modeling healthy eating and physical activity behaviors. Examples of strategies sites will use, as well as specific actions staff members can take, include, posting of events that promote physical activity, forming a walking/running club for staff members, encouraging staff members to walk the track before or after school or during lunch, and participating in district wellness fairs. The District promotes staff member participation in healthy promotion programs and will support programs for staff members on healthy eating/weight management that are accessible and free or low-cost.

Professional Learning:

When feasible, the District will offer annual professional learning opportunities and resources for staff to increase knowledge and skills about promoting healthy behaviors in the classroom and site. Professional learning will help staff understand the connections between academics and healthy and the ways in which health and wellness are integrated into ongoing district reform or academic improvement plans/efforts.

District Contacts:

District	Child Nutrition	committee member
District	Superintendent or designee	committee member
ES	Assist. Principal	committee member
MS	Assist. Principal	committee member
HS	Athletic Director	committee member

School Organization Fundraiser Form

****All Fundraisers must be approved by the Smart Snack Contact Person before it begins****

The Organization's Sponsor/Teacher must fill out form.

School Site _____

Number of exempt fundraisers per semester at this school site _____

A limit of 30 exempt fundraisers per semester may be held at each school site.

Name of Organization _____

Proposed Fundraiser _____

Purpose for the Fundraiser _____

Dates requesting Fundraiser _____

Has the Fundraiser been approved by the sponsoring organization? Yes No

Does this fundraiser have food items? *Yes No

*If yes, please verify below

1. I certify that my fundraiser will not operate on the school campus during breakfast, lunch, dinner, or when after school snack are being served.
2. I certify my fundraiser will not operate more than fourteen (14) school days.
3. I certify that my organization will provide documentation to the school of the food products sold to the students from midnight to thirty minutes after school ends.

Signature of the Organization's Sponsor: _____

Date _____

Principal Signature of Approval: _____

Date _____

Approval Signature of Smart Snack School Contact Person (if different than Principal): _____

Date _____

