

Pioneer-Pleasant Vale School District Wellness Policy

Purpose

The Pioneer-Pleasant Vale School District recognizes the important role that schools play in the development of children's lifelong health habits, their ability to learn, and their overall well-being. Schools can improve the health of students not only by educating them about the importance of healthy behaviors, but also by implementing policies that promote those behaviors.

Therefore, the Pioneer-Pleasant Vale School District establishes the following policy to promote the health and wellness of students and staff and to ensure its schools comply with those standards established by federal and state law. Specifically, this policy requires all schools in the district to:

- Allow parents, students, representatives of school food authority, physical education teachers, school health professionals, the school board, school administrators, and the general public to participate in the development, implementation, review, and update of the school wellness policy.
- Establish nutrition guidelines that meet or exceed the United States Department of Agriculture's (USDA) school meal requirements and the nutrition standards for competitive foods and beverages.
- Create goals for nutrition promotion and education, physical activity and physical education, and other activities that promote student as well as staff health.
- Adopt a plan to ensure the policy is properly implemented, regularly assessed, and periodically updated.

Definitions

- **School Campus**
All Areas of the property under the jurisdiction of the school that are accessible to the students during the school day.
- **School Day**
The period of time from the midnight before to 30 after the end of the instructional day.
- **Competitive foods and beverages**
Foods and beverages that are sold on campus outside of the federal reimbursable school meals program during the school day (e.g., in vending machines or school stores).
- **Smart Snacks standards**
Nutrition standards, issued by the USDA, that set limits on the amount of calories, salt, sugar, and fat in competitive foods and beverages.

School Meal Requirements

The Pioneer-Pleasant Vale School District will make nutritious foods available on campus during the school day to promote student and staff health. At a minimum, the district's child nutrition program will serve reimbursable meals that meet the United States Department of Agriculture's (USDA) requirements and follow the Dietary Guidelines for Americans (DGA).

Specifically, Pioneer-Pleasant Vale District will ensure that all the meals are the following:

- Accessible, appealing, and attractive to all children
- Served in a clean, pleasant, and supervised setting
- High in fiber, free of added trans fats, and low in added fats, sugar and sodium
- Respectful of cultural diversity (e.g., students will be encouraged to suggest local, cultural, and favorite ethnic foods) and religious preferences.
- Reviewed by a registered dietitian or other certified nutrition professional

Pioneer-Pleasant Vale District will also ensure that schools do the following:

- Encourage students to start the day with a healthy breakfast.
- Provide breakfast through the USDA School Breakfast Program

Water: Schools will make clean drinking water available and accessible without restriction and at no charge at every district facility before, during, and after school. Schools will also ensure the following:

- Students will be provided drinking cups, glasses or reusable water bottles in places where meals and snacks are served.
- Students will be allowed to bring drinking water from home and take water into the classroom, provided that the water is in a capped container, such as a bottle, to prevent spills.
- All water sources and containers will be maintained on a regular basis to ensure good hygiene standards (including drinking fountains, water jugs, hydration stations, and other methods for delivering drinking water).

Information and Promotion: As required under the National School Lunch Program (7CFR210.12), Pioneer-Pleasant Vale District will promote activities to involve students and parents in the School Lunch Program. In addition, Pioneer-Pleasant Vale District will do the following:

- Inform families about the availability of breakfasts for students.

- Send applications form reimbursable meal programs to families at the beginning of the school year and make applications available on the district website.

Adequate Time to Eat: Pioneer-Pleasant Vale District will provide sufficient breakfast and lunch periods that are long enough to give all students (K-12) adequate time to be served and eat their meals.

Competitive Foods and Beverages

All competitive foods and beverages sold to students during the school day must meet or exceed the USDA's Smart Snacks standards.

Other Foods Provided at School

Other foods and beverages provided (not sold) on campus (e.g., for classroom parties, celebrations, and afterschool-programming) will be recommended to meet the Smart Snacks standards.

Pioneer-Pleasant Vale District will provide parents and teachers with a list of ideas for healthy food as well as non-food alternatives for classroom parties (e.g., the USDA's resources on "Healthy Celebrations").

Fundraising

Fundraising on Campus During the School Day: Only fundraisers that feature non-food items of foods and beverages that meet the Smart Snacks standards will be permitted. Pioneer-Pleasant Vale District, however, may allow exemptions for up to 30 fundraisers during the school year, during which the foods and beverages sold are not required to meet the Smart Snack standards. Importantly, these exempted fundraisers cannot be held during normal meal service times.

The following will also occur:

- Fundraising activities will not promote any particular food brands
- Pioneer-Pleasant Vale District will encourage fundraisers that do not sell food and/or that promote physical activity.

Nutrition Education

Pioneer-Pleasant Vale schools will offer nutrition education to all grades (K-12), providing students the knowledge and skills necessary for lifelong healthy eating behaviors, including the following:

- What it means to eat healthy, consume the proper nutrients, and maintain a wholesome and balanced diet.
- How to read labels and understand the problems associated with unhealthy food marketing to children.

In addition, schools will ensure that nutrition education:

- Complies with state learning objectives and standards.
- Provides opportunities for students to practice and apply the skills and knowledge taught in the classroom (e.g., by using the cafeteria as a learning lab).
- Is made available for staff.
- Is promoted to families and the community.

Rewards and Punishment

Food, beverages, and candy will not be used to reward or punish academic performance.

Nutrition and Healthy Food Promotion

Pioneer-Pleasant Vale District will promote healthy food and beverage choices and appropriate portion sizes by doing the following:

- Exhibiting posters, signs, or other displays on the school campus that promote healthy nutrition choices.
- Offering information to families and encouraging them to teach their children about nutrition and healthy eating behaviors.
- Encouraging school staff to display healthy eating habits and physical activity choices to students (e.g., eating with students during meal times, consuming healthy beverages and food in front of the students and sharing positive experiences with physical activity with students).

Food and Beverage Marketing

Only foods and beverages that meet the USDA's Smart Snacks standards may be marketed in schools. The marketing of any brand, without reference to a specific product, is prohibited unless every food and beverage product manufactured, sold, or distributed under the corporate brand name meets the Smart Snacks standards.

Staff Qualifications and Training

Pioneer-Pleasant Vale District will follow the USDA's Professional Standards for State and Local Nutrition Programs in selecting local school nutrition program directors. Also, Pioneer-Pleasant

Vale District will require all personnel in the school nutrition programs to complete annual continuing education and training.

In addition: Child Nutrition Staff will do the following:

- Receive training in basic nutrition, nutrition education, safe food preparation, and nutrition standards for healthy meals and snacks.
- Organize and participate in educational activities that support healthy eating behaviors and food safety.

PHYSICAL EDUCATION AND PHYSICAL ACTIVITY

General Requirements

Pioneer-Pleasant Vale district will ensure that all elementary school students (K-6) participate in a minimum of 150 minutes of physical activity each week, whether through physical education, fitness breaks, recess, classroom activities, or wellness and nutrition education.

Recess and Physical Activity Breaks

Recess: Pioneer-Pleasant Vale district will require the elementary school to provide students (K-6) at least 15 minutes of recess each day (in addition to the PE requirements). Additionally, Pioneer-Pleasant Vale district will do the following:

- Develop indoor recess guidelines to ensure students can have adequate physical activity on days when recess must be held indoors.
- Encourage schools to hold recess and/or PE before lunch, in order to increase food consumption, reduce waste, and improve classroom attentiveness when students return from lunch.

Physical Activity Breaks: Pioneer-Pleasant Vale district will require schools to provide students (K-12) short breaks (three to five minutes) throughout the day to let them stretch, move around and break up their time spent sitting. These physical activity breaks may take place during and/or between classroom time.

Physical Education (PE)

Pioneer-Pleasant Vale district will require all schools to establish a comprehensive, standards-based PE curriculum for each grade (K-12). Schools will ensure the PE classes and equipment afford all students (K-12) an equal opportunity to participate in PE.

Elementary school students (K-6) will participate in at least 60 minutes of PE per week throughout the entire school year.

Middle and high school students will be offered the opportunity to participate in at least 250 minutes of PE per week throughout the entire school year.

In addition, the following requirements apply to all students (K-12):

- During PE, students will be given the opportunity to participate in many types of physical activity, including both cooperative and competitive games.
- Students will engage in moderate to vigorous physical activity for more than 50 percent of the PE class time.
- PE classes will have a teacher/student ratio comparable to core subject classroom size.

Teacher Qualifications, Training, and Involvement

- Teachers will receive training on how to integrate physical activity into the curriculum. Some portion of this training will be incorporated into annual professional development.
- Schools will allow teachers the opportunity to participate in or lead physical activities before, during, and after school.
- PE classes will be taught by licensed teachers who are certified or endorsed to teach PE.

Punishment and Rewards

- Physical activity will not be used as punishment. (This does not apply to participation on sports teams that have specific academic rewards)
- Pioneer-Pleasant Vale district will provide a list of alternative ways for teachers and staff to discipline students.
- Pioneer-Pleasant Vale district will strongly encourage teachers to use physical activity (e.g., extra recess) as a reward.

Grounds, Facilities, and Equipment

Pioneer-Pleasant Vale district will ensure the availability of proper equipment and facilities that meet safety standards and will conduct necessary inspections and repairs.

After-School Physical Activity and Screen Time

After-school programming will do the following:

- Dedicate at least 20%, or at least 30 minutes (whichever is more), of program time to physical activity, which includes a mixture of moderate to vigorous physical activity.

- Utilize outdoor space for physical activity as much as possible each day (weather permitting and with appropriate protection from the elements).
- Provide equal opportunities for children and youth with disabilities to be physically active.
- Encourage staff to join children and youth in physical activities whenever possible.
- Limit screen time to less than 60 minutes per day to be used only for homework and other educational or physical activity purposes.

OTHER ACTIVITIES THAT PROMOTE SCHOOL WELLNESS

Staff Wellness

Pioneer-Pleasant Vale District recognizes that employee health is essential to student health and to creating healthy school environments. Accordingly, Pioneer-Pleasant Vale district will implement an employee wellness program that promotes healthy eating, physical activity, and overall health.

Pioneer-Pleasant Vale district will do the following to support staff wellness:

Nutrition

- Provide employees with access to a refrigerator, microwave, and sink with water faucet.
- Partner with community organizations to offer nutrition education through activities such as seminars, workshops, classes, meetings, and/or newsletters.

Physical Activity

- Incorporate activity breaks into every hour of sedentary meetings, trainings, and other workplace gatherings.
- Provide access to on-campus athletic facilities, such as gyms, track and weight rooms.
- Promote employee participation in physical activity by creating exercise clubs or groups.
- Provide information about local physical activity resources and facilities, such as walking trails, community parks and recreation facilities.

General Wellness

- Partner with community organizations or agencies to offer voluntary health screenings annually to staff, including free or low-cost health assessments
- Promote tobacco prevention and provide referral information on cessation services through the Oklahoma Tobacco Helpline.

- Ensure access to a private space (other than a restroom) that has electrical outlet, and provide flexible break times to allow mothers to express breast milk.
- Partner with community organizations or agencies to offer immunization clinics (e.g., flu) to staff.
- Provide or partner with community organizations or agencies to offer free or low-cost first aid and CPR training.

Professional Development

Pioneer-Pleasant Vale district will provide staff with educational resources and annual training in health and health-related topics.

Health Education

Where applicable, schools' health education curriculums will follow the *Oklahoma Academic Standards*.

IMPLEMENTATION, MONITORING, AND EVALUATION

Leadership

Pioneer-Pleasant Vale district will designate one or more officials to facilitate the development of the local school wellness policy, oversee appropriate updates to the policy, and ensure each school's compliance with the policy. Pioneer-Pleasant Vale district will ensure that the designated official(s) fully understand the federal and state laws related to wellness policies.

Include the name(s) and position(s) of the designated official(s) here:

Tom Betchan- Pioneer JH/HS Principal

Angi Koontz- Pioneer-Pleasant Vale Child Nutrition Director

Community Involvement

Pioneer-Pleasant Vale district will permit parents, students, representatives of the school food authority, physical education teachers, school health professionals, the school board, school administrators, and the general public to serve on the local school wellness policy committee and participate in the development, implementation, review, and update of the local school wellness policy. To encourage broad public participation in the process, Pioneer-Pleasant Vale district will do the following:

- Actively notify parents and the broader community about the content and implementation of as well as any changes to the wellness policy through electronic communications (e.g., district website, text messages, emails, etc.)
- Ensure that all outreach and communication is culturally appropriate and translated as needed
- Educate community stakeholders on how they can participate in the development, implementation, review, and update of the wellness policy and let them know why their participation is important to the health and wellness of students and the broader community.

Assessments, Revisions, and Policy Updates

At least once every three years, Pioneer-Pleasant Vale district will measure the extent to which schools are in compliance with the local wellness policy, as well as progress made in attaining the policy's goals. Additionally:

- Parents, students physical education teachers, school health professional, the school board, school administrators, and the general public will be allowed to participate in the development, implementation, and periodic review and update of the local wellness policy.
- Pioneer-Pleasant Vale district will assess how its policy compares with the latest national recommendations on health, and will update the policy accordingly.
- Pioneer-Pleasant Vale district will inform and update the public about the content and implementation of the local wellness policy (via Pioneer-Pleasant Vale district web site, email, text messages, etc.).

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