

MINCO SCHOOL WELLNESS POLICY

Purpose:

The link between nutrition, physical activity, and learning is well documented. Healthy eating and activity patterns are essential for students to achieve their full academic potential, full physical, and mental growth, and lifelong health and well being. Healthy eating and physical activity, essential for a healthy weight, are also linked to reduced risk for many chronic diseases. Schools have a responsibility to help students learn, establish, and maintain lifelong healthy eating and activity patterns. Well-planned and effectively implanted school nutrition and fitness programs have been shown to enhance students' overall health, as well as their behavior and academic achievement in school. Staff wellness also is an integral part of a healthy school environment since school staff can be daily role models for healthy behaviors.

Goal:

All students in the Minco School District shall possess the knowledge and skills necessary to make nutritious food choices and enjoyable physical activity choices for a lifetime. All staff in the Minco School District is encouraged to model healthful eating and physical activity as a valuable part of daily life.

To meet this goal, the Minco School District adopts this school wellness policy with the following commitments to nutrition, nutrition education, physical activity, and other school based activities that support student and staff wellness.

NUTRITION GUIDELINES/STANDARDS

School Meals

Policy Statements:

- Per USDA Regulations 210.10 and 220.8, school lunches and breakfasts will meet menu-planning system guidelines as required by USDA.
- Per USDA Regulation 210.10, school lunches will provide 1/3 of the recommended dietary allowances (RDA) for calories, protein, calcium, iron, vitamin A, and vitamin C as required by USDA.
- Per USDA Regulation 220.8, school breakfasts will provide ¼ of the RDA for calories, protein, calcium, iron, vitamin A, and Vitamin C as required by USDA.
- Per USDA Regulations 210.10 and 220.8, the total calories from fat in school meals shall not exceed 30 percent when averaged over one week.
- Per USDA Regulations 210.10 and 220.8, the total calories from saturated fat in school meals will be less than 10 percent when averaged over one week.
- Per USDA Regulations 210.10 and 220.8, school meals will meet Dietary Guidelines for Americans.

OTHER FOOD ITEMS SOLD ON SCHOOL CAMPUSES

Policy Statements:

- Per USDA Regulation 210, Appendix B, foods minimal nutritional value (FMNV) are prohibited from being sold or served during student meal services in the food service area where USDA reimbursable meals are served or eaten.
- Per the Child Nutrition and WIC Reauthorization Act of 2004, beverage contracts will not restrict the sale of fluid milk products at any time during the school day or at any place on the school premises.
- Per Oklahoma Senate Bill 265 (effective school year 2007-2008), students in elementary schools will not have access to FMNV except on special occasions.
- Per Oklahoma Senate Bill 265 (effective school year 2007-2008), diet soda, and FMNV, will be available for sale at the high school vending areas outside of the cafeteria.
- Per Oklahoma Senate Bill 265 (effective school year 2007-2008), healthy food options will be provided at the high school and priced lower than FMNV in order to encourage students and staff to make healthier food choices.

NUTRITION EDUCATION

Policy Statements:

- Per USDA Regulations 210.12 and 227, nutrition education is offered in the school cafeteria as well as the classroom.
- Per Oklahoma Senate Bill 1627, the Healthy and Fit School Advisory Committee will study and make recommendations regarding health education, nutrition, and health services.

PHYSICAL ACTIVITY

Policy Statements:

- Per Oklahoma Senate Bill 1627, the Healthy and Fit School Advisory Committee will study and make recommendations regarding physical education, and physical activity.
- Per Oklahoma Senate Bill 312 (effective school year 2006-2007), students in Grades K through 5 will participate in 60 minutes of physical activity each week.

SCHOOL-BASED ACTIVITIES

Policy Statements:

- Per Oklahoma Senate Bill 1627, the school district will establish a Healthy and Fit School Advisory Committee that meets and makes recommendations to the principals. The school principals shall give consideration to recommendations made by the Healthy and Fit School Advisory Committee.
- Per the school district's Child Nutrition Programs Agreement, school meals may not be used as a reward or punishment.
- Per USDA Regulations 210.12 and 227, students and parents will be involved in the NSLP. Parent and student involvement will include menu-planning suggestions, cafeteria enhancement, program promotions, and other related student-community support activities as presented through the Healthy and Fit School Advisory Committee