

SCHOOL WELLNESS POLICY

Howe Public Schools Child Nutrition Programs

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Howe Public Schools School Wellness Policy

The Howe Public School Board of Education recognizes that childhood obesity has reached epidemic levels throughout the county. The health and physical well being of our students directly affects their ability to learn. Childhood obesity increases the incidence of adult diseases occurring in children and adolescents such as heart disease, high blood pressure and diabetes. The increased risk carries forward into their adulthood. Research indicates that a healthy diet and regular physical activity can help prevent obesity and the diseases resulting from it. It is understood that the eating habits and exercise patterns of students can not be magically changed overnight, but at the same time, we believe it is necessary to strive to create a culture in our schools that consistently promotes good nutrition and physical activity.

The problem of obesity and inactivity is a public health issue. Howe Public School is keenly aware that it has taken years for this problem to reach its present level and will similarly take years to correct. The responsibility for addressing the problem lies not only with the schools and the Oklahoma Department of Education, but also with the community and its residents, organizations, and agencies.

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

To meet this goal, the Howe 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.

Per United State Department of Agriculture (USDA) regulations 210.10 and 220.8, school lunches and breakfast will meet menu-planning system guidelines as required by USDA.

Nutritional Guidelines and Standards

School Meals

Per USDA Regulations §210.10 and §220.8, school breakfast and lunches 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 breakfast will provide 1/4 of the RDA for calories, protein, iron, vitamin A, and vitamin C as required by the USDA.

Per USDA Regulations §210.10 and 220.8, the total calories from fat in school meals will be limited to 30 % 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 % when averaged over one week.

Per USDA Regulations §210.10 and §220.8, school meals will be the Dietary Guidelines for Americans.

Offer versus serve will start at 3rd grade.

Other School Based Activities

Per USDA Regulation §210, Appendix B, foods of minimal 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 Oklahoma Senate Bill 265, 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.

Per Oklahoma Senate Bill 265, students in elementary school will not have access to FMNV except on special occasions.

Per Oklahoma Senate Bill 265, students in middle and high school will not have access to FMNV except after school, at events that take place in the evening and on special occasions.

NUTRITION EDUCATION

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 at each school site will study and make recommendations regarding health education, nutrition, and health services.

ALL FOODS AVAILABLE ON COMPAS

School day starts from midnight until 30 minutes after the end of school.

Any food fundraiser/concession stand must meet guidelines from USDA calculator during school hours. Must have nutritional facts and specifications for each item.

A la Carte snacks being sold during student meal services in the food service area will meet the smart snack guidelines with documentation provided.

Snack items sold in vending machines and for fundraisers outside of the food service area will be available during breakfast and lunch but will meet the smart snack guidelines with documentation provided.

A maximum of (30) exempt fundraisers, per site (elementary and high), per semester, lasting no more than (14) days, will be allowed. Exempt fundraisers are prohibited from taking place while meals are being served to students. See Exempt Fundraiser Policy located in each site.

PHYSICAL ACTIVITY

Per Oklahoma Senate Bill 1627, the Healthy and Fit School Advisory Committee at each school will study and make recommendations regarding physical education and physical activity.

Per Oklahoma Senate Bill 312, students in Grades K through 5 will participate in 60 minutes of physical activity each week.

All playgrounds will meet the recommended safety standards for designs, installation and maintenance.

Staff will serve as physical activity role models during playground.

School will provide adequate equipment for every student to be active.

SCHOOL-BASED ACTIVITY

Per Oklahoma Senate Bill 1627, each school site will establish a Healthy and Fit School Advisory Committee that meets and makes recommendations to the school principal. The school principal shall give consideration to recommendations made 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.

Students will be provided with an adequate amount of time to eat breakfast and lunch. A minimum of 15 minutes will be provided at breakfast and 20 minutes at lunch.

This School Wellness Policy adopted by the Board of Howe at the regularly scheduled meeting on this, the 20th day of August in the year 2018.

Signature

SFA Official

Clerk of the Board

Goals

In its efforts to improve the school nutrition environment, promote student health, and reduce childhood obesity, the school will adhere to promoting nutrition, physical activity, and other school-based activities that will improve student wellness, Howe School, has established the following goals:

- Enforce existing physical education requirements and engage students in healthy levels of vigorous physical activity;
- Strive to improve the equality of physical education curricula and increase the training of physical education teachers;
- Not use food or beverages as reward for academic, classroom, or sports performances;
- Ensure that drinking water is available without charge to all students;
- Establish class schedules and bus routes that don't directly or indirectly restrict meal access;
- Abide by the current allowable food and beverage portion standards;
- Meet the standards for reimbursable meals and a la' carte foods served in the cafeteria;
- Restrict access to vended foods, competitive foods, and foods for minimal nutritional value (FMNV) as required by law and rule;
- Provide professional development to all staff on the topics of nutritional and /or physical activity.

Advisory Committee

The overarching goal of the committee shall be to promote student wellness by monitoring and implementing this policy. The annual assessment shall be provided to each school's principal, and reported to the superintendent. Goals and objectives for nutrition and physical activity shall also be included.

Parent, students, and teachers of physical education, school health professionals, the school administrators, members of the community, and the school food authority shall be included in the development, implementation, and annual renewal of the Howe Wellness Policy to the extent interested persons from each group desire to be included.

They shall provide recommendations concerning menus and other foods sold in the school cafeteria. Recommendations shall be based; on the information the committee receives on requirements and standards of the National School Lunch Program and information the menus for the National School Lunch Program and other food sold in the school cafeteria.

The committee will supply a 4-week menu cycle to the school administrators for review and approval. The School Wellness Policy and 4-week menu cycle will be posted on the school website. Nutrition Facts from the Smart Snack Product Calculator will be provided for viewing on all snacks. A copy will be kept in the principal's offices and cafeteria.

Date Adopted:
Last Revised:

The Howe Board of Education policy regarding exempt fundraisers is as follows:

1. Each school site shall designate a Smart Snacks 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. A limit of thirty (30) exempt fundraisers per semester may be held at each school site;
3. Exempt fundraisers are prohibited from taking place while meals are being served to students under the National School Lunch Program or the National School Breakfast Program, and while afterschool snacks are being served to students under the Afterschool Snack Program;
4. The maximum duration of any individual exempt fundraiser shall be fourteen (14) days; and
5. For 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; and
 - B. The date(s) the fundraiser is conducted, with the duration not to exceed fourteen (14) days.

A school site is not authorized to conduct or allow any exempt fundraisers unless the school district has adopted a written policy that meets the requirements of this subsection. All competitive foods sold in a school district that does not have such a written policy must meet the nutritional guidelines listed in subsection.