

### CHILD NUTRITION AND PHYSICAL FITNESS PROGRAM

The Enid Board of Education recognizes that childhood obesity has reached epidemic levels throughout the country. Overweight children are at a higher risk for developing severe long-term health problems, and overweight children are affected by discrimination, psychological stress, and low self-esteem. However, research indicates that obesity and subsequent diseases are largely preventable through diet and regular physical activity. Research also indicates that becoming physically active and maintaining a regular physical activity program significantly reduces the risk of some obesity and some cancers, diabetes, and other chronic diseases.

Children who eat well-balanced meals and are healthy are more likely to learn in the classroom. The board supports increased emphasis on nutrition as well as physical activity at all grade levels to enhance the well-being of our district's youth. Therefore, it is the policy of the board to:

1. Provide students access to nutritious food;
2. Provide opportunities for physical activity and developmentally appropriate exercise; and
3. Provide accurate information related to these topics.

It is the intent of the board of education that parents, students, child nutrition employees, teachers of physical education, school health professionals, and the general public participate in the development, implementation, and periodic review and updating of this policy. It is expected that the school district's Healthy and Fit Kids Advisory Committee will participate in the process and assist the referenced individuals in preparing written recommendations to the administration and the board to adopt as a part of the school district's local school wellness policy. Specific information regarding these recommendations and the wellness policy are as follows: \_

#### **Nutrition Guidelines/ Standards:**

- A. School Meals:** Per United States Department of Agriculture (USDA) Regulations, (7 C.F.R. §210.10 and §220.8), the following requirements apply:
- School breakfasts and lunches will meet menu-planning system guidelines.
  - The Child Nutrition (CN) Program will serve the following: food high in fiber, free of added trans-fat, low in added fats, sugar, and sodium, respectful of cultural diversity and served in appropriate portion sizes consistent with USDA standards.
  - CN Programs are accessible to all children. Students will be encouraged to start each day with a healthy breakfast.
  - Meals served through the CN Programs will be appealing and attractive to children of various ages and diverse backgrounds while being served in a clean, safe and pleasant setting.
  - Annual training is provided to CN Staff for preparing healthy meals.
  - Safe, unflavored, cool drinking water will be offered at no charge throughout the school day. Only low or nonfat varieties of milk will be allowed. Juice will be 100% juice with no added caloric sweeteners.
- B. Nutrition Guidelines and Standards for Food and Beverages Outside of School Meal Programs:** In accordance with the Institute of Medicine (IOM):
- Only foods and beverages that meet the USDA's Smart Snacks standards may be marketed and sold in schools.
  - Fundraisers:

- Exempt fundraisers are prohibited from taking place while meals under the National School Lunch, School Breakfast, and After School Snack Programs are being served to students.
- 30 exemptions are allowed per semester, per school site for a duration of 14 days.

**Physical Activity:** Students in Grades K through 5 will participate in 60 minutes of physical activity each week. 70 O.S. §11-103.9

**School Based Activities:** Per the District's Child Nutrition Programs Agreement, school meals may not be used as a reward or punishment. Students and parents will be involved in the National School Lunch Program (NSLP). Parent and student involvement will include menu-planning suggestions, cafeteria enhancement, program promotion, and other related student-community support activities. (7 C.F.R. §210.10 and §227).

**Healthy and Fit School Advisory Committee:** In accordance with the Healthy and Fit Kids Act of 2004, the District Hereby establishes a Healthy and Fit School Advisory Committee composed of at least six (6) members. The healthy and Fit School Advisory Committee shall be composed of teachers, administrators, parents of students, healthcare professionals and business community representatives. The Safe School Committee and the Healthy and Fit School Advisory Committee may be combined. The Committee shall student and make recommendations to the school principals regarding 1) health education, 2) physical education and physical activity, and 3) nutrition and health services.

### Curriculum

The Enid Board of Education recognizes that healthy eating patterns are essential for students to achieve their academic potential, full physical and mental growth, and lifelong health and well being. To help ensure students possess the knowledge and skills necessary to make nutritious food choices for a lifetime, the superintendent shall prepare and implement a comprehensive district nutrition program consistent with state and federal requirements for districts sponsoring the National School Lunch Program and/or the School Breakfast Program. To implement the program, the superintendent shall adopt and implement a comprehensive curriculum on health, fitness, and nutrition that will provide opportunities for developmentally appropriate instruction for grades K-12. The input of staff, students, parents, and public health professionals in the development of the curriculum will be encouraged.

Nutrition, health, and fitness topics shall be integrated within the sequential comprehensive health education curriculum taught at every grade level, K-12, and coordinated with the district's nutrition and food services operation.

The district shall take a proactive effort to encourage students to make nutritious food choices. The superintendent shall ensure that:

1. A variety of healthy food choices are available whenever food is sold or served on district property or at district-sponsored events;
2. Schools shall regulate the sale or serving of foods or snacks high in fat, sodium, or added sugars; and
3. Nutritious meals served by the school nutrition and food services operation complies with state and federal law.

Child Nutrition Program

The Enid Public Schools will operate a school lunch program that will include lunch, and may include breakfast, through participation in the Child Nutrition Programs. The superintendent, in conjunction with the food service supervisor and with the approval of the board of education, will establish and post meal prices.

As required for participation in the Child Nutrition Programs, the board prescribes that:

School lunch is to be made available to all students.

Free and reduced price lunches are to be made available for students who meet the federal income guidelines.

In the operation of the Child Nutrition Programs, no child will be discriminated against because of race, sex, color, national origin, age, or disability. Discrimination complaints under these programs should be filed with the State Department of Education Child Nutrition Programs, 2500 North Lincoln Blvd., Oklahoma City, Oklahoma 73105-4599.

The district shall inform parents of the eligibility standards for free or reduced price meals. Reasonable efforts shall be made to protect the identity of students receiving such meals. A parent has the right to appeal to the superintendent any decision with respect to his/her application for free or reduced price food services.

The district's child nutrition program shall reflect the board's commitment to providing adequate time for instruction to promote healthy eating through nutrition education, serving healthy and appealing foods at district schools, developing food-use guidelines for staff, and establishing liaisons with nutrition service providers, as appropriate. Nutrition education topics shall be integrated within the sequential, comprehensive health education program taught at every grade level, pre-kindergarten through grade 12, and coordinated with the district's nutrition and food services operation.

It is the intent of the board of education that district schools take a proactive effort to encourage students to make nutritious food choices. Meals served in school before the end of the last lunch period shall conform to the U. S. Dietary Guidelines for Americans. Food and beverages sold or served on district grounds or at district-sponsored events shall meet requirements for nutritional standards and/or other guidelines as may be recommended by the district and school health and nutrition committees. The superintendent shall ensure that nutritious foods are available as an affordable option whenever food is sold or served on district property or at district-sponsored events.

The superintendent is directed to prepare rules and regulations to implement and support this policy, including such provisions as may be necessary to address all food and beverages sold and/or served to students at school (i.e., competitive foods, snacks, and beverages sold from vending machines, school stores, and fund raising activities and refreshments that are made available at school parties, celebrations, and meetings), including provisions for staff development, family and community involvement, and program evaluation.

REFERENCE: 70 O.S. §1-107  
7 CFR, Parts 210 and 220  
7 CFR, Part 245.5

Practice Codified 1982

*THIS POLICY REQUIRED BY  
PUBLIC LAW 108-265, SECTION 204.  
And  
PUBLIC LAW 111-296, SECTION 204.*