

**CHILD NUTRITION AND PHYSICAL FITNESS PROGRAM****CHILD NUTRITION AND PHYSICAL FITNESS PROGRAM**

The Clayton 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 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:

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**SCHOOL WELLNESS POLICY****Purpose**

Clayton Public School District (the 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 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 the 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 students during the school day.

School day

- The period of time from the midnight before to 30 minutes 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.

*The Clayton 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.

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

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

## NUTRITION

**School Meal Requirements:** The District will make nutritious foods available on campus during the school day to promote student and staff health. At a minimum, the District 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, the District will ensure that all 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 / Based on a meal plan provided by a professional resource (such as the State Department of Education, the USDA, the Alliance for a Healthier Generation, or The Lunch Box)

The 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 and at no charge at every district facility (including cafeterias and eating areas, classrooms, hallways, playgrounds, and faculty lounges) 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, at the discretion of the principal, 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 (7 CFR 210.12), the District will promote activities to involve students and parents in the School Lunch Program. In addition, the District will do the following:

- Inform families about the availability of breakfasts for students.
- Distribute materials to inform families of the availability and location of free Summer Food Service Program meals for students when school is not in session.

- Provide information on the nutritional content and ingredients of school meals upon request by contacting the Child Nutrition Director.
- Send applications for reimbursable meal programs to families at the beginning of the school year and make applications available on the District website. Adequate Time to Eat: The District will allow students at least 10 minutes to eat breakfast and 15 minutes to eat lunch from the time they are seated. 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) must meet the USDA's Smart Snacks standards. The District, however, may allow exemptions for up to two celebrations during the school year, during which the foods and beverages served are not required to meet the Smart Snack standards. The 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") and afterschool programming (including celebrations).

#### **Fundraising**

Foods and beverages that meet the Smart Snacks standards will be permitted. The following will also occur:

- Fundraising activities will not promote any particular food brands (e.g., fundraisers by fast food chains).
- The District will encourage fundraisers that do not sell food and/or that promote physical activity.

**After-School Concessions and Fundraisers** At least 10 percent of foods and beverages offered during at after-school concessions or as part of fundraisers held outside of school hours must comply with the USDA's Smart Snack standards.

#### **Nutrition Education**

Schools will offer—and integrate into the core curriculum—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 healthfully, 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, visiting local farms, etc.).
- Is made available for staff.
- Is promoted to families and the community. Rewards and Punishment Food, beverages, and candy will only be used under special circumstances to reward academic performance or student behavior.

**Nutrition and Healthy Food Promotion** The 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.

- Providing age-appropriate activities, such as contests, food demonstrations, and taste-testing that promote healthy eating habits.
  - Offering information to families (via communications with parents, educational workshops, screening services, and health-related exhibitions and fairs) 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., by eating with students during meal times, consuming only healthy snacks, meals, and beverages in front of students, sharing positive experiences with physical activity with students, etc.).
- 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. Marketing includes the following:
- Advertising on any property or facility owned or leased by the school district or school and used at any time for school-related activities (including school buildings, athletic fields, parking lots, school buses, vending machines, scoreboards, uniforms, educational materials, and supplies).
  - Corporate-sponsored programs that provide funds to schools in exchange for consumer purchases of certain items. Programs involving purchase of foods and beverages that do not meet the USDA's Smart Snacks standards are not permitted. If the non-compliant advertising is a permanent feature of a permanent fixture (e.g., a scoreboard), such advertising can remain until the permanent fixture is removed or replaced.
- Staff Qualifications and Training:** The District will follow the USDA's Professional Standards for State and Local Nutrition Programs in selecting local school nutrition program directors. Also, the 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.
  - The District will incorporate local and/or regional products into the school meal program.
  - As part of their education, students will learn about agriculture and nutrition.

### **PHYSICAL EDUCATION AND PHYSICAL ACTIVITY**

**General Requirements** The District will ensure that all elementary school students (K-5) participate in a minimum of 60 minutes of physical activity each week, whether through physical education, exercise programs, after school athletics, fitness breaks, recess, classroom activities, or wellness and nutrition education.

**Recess and Physical Activity Breaks** Recess: The District will require schools to provide elementary school students (K-5) at least 20 minutes of recess each day (in addition to the PE requirements). Additionally, the 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 before lunch, in order to increase food consumption, reduce waste, and improve classroom attentiveness when students return from lunch.

**Physical Activity Breaks:** The District will require schools to provide all 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) The District will require all schools to establish a comprehensive, standards-based PE curriculum for each grade (K-12). Schools will ensure that PE classes and equipment afford all students (K-12) an equal opportunity to participate in PE. Elementary school students (K-5) will participate in at least 60 minutes of PE per week.

**GROUND, FACILITIES, AND EQUIPMENT**

The District will ensure the availability of proper equipment and facilities that meet safety standards and will conduct necessary inspections and repairs.

**COMMUNITY USE OF RECREATIONAL FACILITIES**

The District will encourage school staff, students and their families to participate in physical activity outside of the school day. Consistent with state law and District policies and procedures regarding use of school facilities during non-school hours, the District will work with local government and community-based organizations to encourage physical fitness.

**AFTER-SCHOOL PHYSICAL ACTIVITY AND SCREEN TIME**

After school programming will do the following:

- Dedicate at least 20% or at least 20 minutes to physical activity, utilize outdoor space as much as possible, weather permitting, provide equal opportunities for children and youth with disabilities to be physically active, encourage staff to join children in physical activity when possible, limit screen times to less than 60 minutes for after school activities.

**OTHER ACTIVITIES THAT PROMOTE SCHOOL WELLNESS**

Staff Wellness: The District recognizes that employee health is essential to student health and to creating healthy environments. The District will do the following to support staff wellness:

- Serve only those food and beverages that meet Smart Snacks as much as possible at staff meeting and other workplace gatherings
- Provide employees with access to a refrigerator, microwave, and sink with a water faucet
- Provide wellness education
- Provide partnerships for annual flu shots and other health education initiative
- Provide first aid and CPR training
- Provide staff with educational resources in health and health-related topics

**Community Involvement**

The District will permit parents, students, 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.

The Clayton 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 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, aligned with the *Oklahoma Academic Standards*.

**Safe and Healthy Schools Committee (Wellness)**

Keith Toney, Chair  
Ramonia Davis, Counselor and FACS teacher  
Amy Payne, teacher and parent  
Marci Jones, RN, community member and parent  
Lauren Wulz, teacher (MS in Nutrition)  
Jennie Skimbo, PE teacher (MS in Health and Wellness)

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 content of this policy and any updates are to be provided to the public on an annual basis.  
The district may do this electronically or through the media.

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. The board of education designates the Superintendent as the school official who shall be responsible for oversight of this policy to ensure compliance for the school district.

The content of this policy and any updates are to be provided to the public on an annual basis. The district may do this electronically or through the media.

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

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