

Ryan Public School

Home of the Cowboys

P. O. Box 369

RYAN, OKLAHOMA 73565

Superintendent's Office
(580) 757-2308

Principal's Office
(580) 757-2296

Ryan Public Schools is committed to creating a healthy school environment for our students. The wellness assessment results are available upon request in our central office. If you would be interested in serving on this committee please contact:

Marcus Chapman
Superintendent
Ryan Public Schools
580-757-2308

Ryan Public School District Wellness Policy

Purpose

The Ryan Public 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 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 do the following:

- 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 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 fundraisers)
- 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.

Nutrition

School Meal Requirements

The District will make nutritious foods available on campus during the school day to promote students and staff health. At a minimum, the District Child Nutrition Program will serve reimbursable meals that meet the USDA requirements and follow the Dietary Guidelines for Americans (DGA). This will be done through an outside vendor. The District currently uses Keystone Food Service Management Company.

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 preference
- 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 without restriction and at no charge at every district facility (including cafeteria and eating areas, classrooms, hallways, playgrounds, and faculty workrooms) throughout the entire school day. School will also ensure the following:

- 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 (7 CFR 2010.12), 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 breakfast for students.
- Post information on the nutritional content and ingredients of school meals on menus in the cafeteria, on the District website and /or websites of individual schools and/or the Website of Keystone Food Service Management Company.
- Send applications for reimbursable meal programs to families at the beginning of the school year and make applications available on the District website.

- Provide a "Super Snack" at the end of every day as part of the CACFP Supper Program.

Adequate Time to Eat.

The District will allow students at least 10 minutes to eat breakfast and 20 minutes to eat lunch from the time they are seated. Students are served lunch at a reasonable and appropriate time of the day.

Competitive Foods and Beverages

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

Classroom Parties and Celebrations

Only foods and beverages that meet the USDA's Smart Snacks standards will be allowed to be served during classroom parties and celebrations. The District, however, will allow exemptions for up to five celebrations during the school year, during which the foods and beverages served are not required to meet the Smart Snack standards as long as healthy options are available.

The district will provide parents and teachers with a list of ideas for healthy food as well as non-food alternatives for classroom parties and celebrations.

Fundraising

Fundraising on Campus During the School Day: Only fundraisers that feature non-food items or foods and beverages that meet the Smart Snacks standards will be permitted, unless they have been preapproved and meet the guidelines of the Smart Snack Standards Exception Policy in place in the District. The Exceptions must be recorded with the Superintendent or his designee and kept on file.

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 fundraisers and Concessions (e.g. during after-school programming, events, clubs, and evening concessions): Clubs, Groups and Organizations should support children's health and reinforce nutrition lessons and the district should encourage fundraising activities that include healthy foods and/or physical activity and/or non-food items.

Nutrition Education

Schools will offer – and integrate into the core curriculum – nutrition education to all grades, 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 and federal learning objectives and standards.
- 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 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.
- 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. by consuming only healthy snacks, meals, and beverages in front of their students, sharing positive experiences about physical activity with their students, etc.)

Food and Beverage Marketing

The District will encourage schools to only market food and beverages that meet the USDA's Smart Snacks standards may be marketed in schools.

Staff Qualifications and Training

The District will require all personnel in the school nutrition programs to complete annual continuing education and training. The district will follow the USDA's Professional Standards for State and Local Nutrition Programs in selecting local school nutrition program directors.

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.
- Organize and participate in educational activities that support health eating behaviors and food safety.

Farm-to-School Programs and School Gardens

The District will allow school gardens &/or greenhouses on District property if funds are available.

The following might also occur as funds are available:

- The District will dedicate resources (e.g. tools, material, volunteer hours, etc.) to creating and maintain a school garden on District property and/or participate in community gardens.
- Schools will be allowed to take field trips to local farms.

Physical Education and Physical Activity

General Requirements

The District will provide opportunities for participation in a broad range of competitive and noncompetitive physical activities that help to develop the skills needed to participate in lifetime physical activities.

The District will encourage all students (k-12) to participate in a minimum of 60 minutes of physical activity each day, 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 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.

Physical Activity Breaks: The District will require schools to provide all students (K-12) short breaks 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 150 minutes of PE/Physical Activity per week. Activity may be through recess, daily physical activity integrated into the school day and physical education time.

- Students participating in PE will engage in moderate to vigorous physical activity for more than 50 percent of the PE class time.

Teacher Qualifications, Training and Involvement

- All 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 throughout the school day.
- PE classes will be taught by licensed teachers.

Punishment and Rewards

- Physical activity will not be used or withheld as punishment. (This does not apply to participation on sports teams that have specific academic requirements.)
- The District will provide a list of alternative ways for teacher and staff to discipline students.
- The District will strongly encourage teachers to use physical activity (e.g. extra recess) as a reward.

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. Allowing staff, students, and their families to use school recreational facilities during non-school hours is one way to increase opportunities to engage in physical activity.

Active Transportation

The District will do the following:

- Promote National Walk and Bike to School Week/Day – and due to our location and lack of safe routes for walking/biking to school, the District will come up with other ways to participate. (e.g. walking on the football field or playground)

Other Activities That Promote School Wellness

Safety and Wellness and Healthy and Fit School Advisory Committee

All Oklahoma public schools must establish a Healthy and Fit School Advisory Committee comprising of at least six individuals who represent different segments of the community. This committee is combined with the Safety and Wellness Committee. This combined committee is responsible for making recommendations and providing advice to the District regarding health education, nutrition, health services and school safety matters. The committee will meet at least two times a year.

The District will give consideration to the committee's recommendations.

Staff Wellness

The District will implement an employee wellness program that promotes the physical, mental and emotional needs of its staff.

The program will include, but not limited to, the following:

- Health education
- Voluntary annual health screenings
- Stress management programs
- A breastfeeding policy
- Physical activity opportunities, available before &/or after school
- Nutrition education and weight management programs
- Promotion of the OK Tobacco Helpline (1-800-QUIT-Now)
- Oklahoma State Employee Assistance Programs for substance abuse
- Crisis management and prevention training
- Free or low-cost first aid and CPR training

Professional Development

The District will provide staff with educational resources and annual training in health and health-related topics.

Health Education

The district will implement Health Education curriculum for all grade levels that follow The Oklahoma Academic Standards for Health/Safety Education or National Health Education Standards.

Implementation, Monitoring, and Evaluation

Leadership

The District will designate one or more official(s) 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. The District will ensure that the designated official(s) fully understand(s) the federal and state laws related to wellness policies.

Include the name(s), positions(s), and contact information of the designated official(s) here:

Name	Position	Contact Information
Marcus Chapman	Superintendent	mchapman@ryan.k12.ok.us
Tony Tomberlin	7-12 Principal	ttomberlin@ryan.k12.ok.us
Myra Hamm	Pre-K-6 Principal	mhamm@ryan.k12.ok.us

Assessments, Revisions, and Policy Updates

Every three years, the 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 professionals, 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.
- The District will assess how it's policy compares with the latest national recommendations on school health and will update the policy accordingly.
- The district will inform and update the public about the content and implementation of the local wellness policy (via the District's website and other communication sent directly to families' home, etc.)

School Board Approved 2/6/2018