

District Wellness Policy

A significant amount of research exists showing the important roles nutrition and physical health play in student learning. To increase the likelihood for students to achieve their full academic potential, the district is committed to promoting health and wellness in all its school sites. This policy outlines the districts goals and procedures to ensure:

Students have access to healthy foods at school in accordance with federal and state nutrition standards.

Students receive quality nutrition education to help them develop lifelong healthy eating behaviors.

Students have opportunities to be physically active before, during and after school.

Individual school sites promote nutrition, physical activity and other behaviors which encourage wellness.

The community is welcome in the district's wellness program.

The board encourages staff to engage in healthy eating and appropriate physical activity since staff members serve as role models for district students.

District Wellness Committee Membership and Leadership

The district's wellness program will be coordinated by the superintendent. The superintendent will annually designate one (1) individual at each school site to be a site level liaison for the districts program and will publicize this information on the district's website. Individual sites will publicize the name and contact information for their site liaison on school website.

Although the districts wellness program is coordinated by the superintendent, the program will be based on the work of the districts wellness committee. The committee will meet once each semester during the school year for the purpose of reviewing existing wellness activities, brainstorming new activities, reviewing and assessing the district's wellness policies and procedures and related actions.

Membership in the committee will be open to interested parents, students, health care providers, social service workers and school representatives. The committee will include minimally, the child nutrition director, a PE teacher, a school administrator and all its liaisons.

Assessment Planning and Reporting

The superintendent is responsible for conducting a district assessment using tools available through the Centers for Disease Control. Once the assessment is completed, the committee will develop and maintain a plan to implement and manage the district's wellness program. The district's plan will be specific for each site. The plan will be regularly assessed, reviewed and updated in light of district needs and to ensure compliance with the latest local, state and federal standards.

A copy of all assessment plans will be available through the superintendent. The superintendent will also maintain documentation demonstrating efforts to involve non-employees in the committee, minutes from the committee meetings, notes regarding wellness activities conducted and information regarding how this information was made available to families and community members.

Open Communication

The superintendent and site liaisons are expected to make an effort to involve all district families and interested community members in the districts wellness initiatives. This also includes providing parents with information regarding health and wellness, the district's policy and plan, activities, involvement opportunities, school meal standards and available child nutrition plans. This information will be communicated through the school website.

School Meals

The district participates in the following USDA child nutrition programs:

National School Lunch Program (NSLP)

School Breakfast Program (SBP)

Participation in these programs is designed to ensure students receive plenty of fruits, vegetables, Whole grains, and fat-free/low fat milk to meet their nutrition needs. School meals are also calorically appropriate, moderate in sodium, low in saturated fat and have zero grams of trans fat.

Goals of the district's meal programs include:

Improving overall health

Mitigating childhood obesity

Modeling healthy eating in support of lifelong eating patterns

Accommodating special dietary needs

School Meals

Are accessible to all students

Are appealing and attractive to children

Are served in clean and pleasant settings

Meet or exceed current nutrition requirements established by local, state and federal statutes

Promote healthy food and beverage choices by:

Displaying whole fruit options

Making sliced or cut fruit available daily

Displaying daily fruit options in students' line of site/reach

Training servers to politely prompt students to select and consume the daily vegetable options

Placing white milk in front of other beverages in all coolers.

Creating a reimbursable meal in all service areas

Qualifications and training

All school nutrition employees will meet or exceed USDA hiring and annual continuing education/training requirements.

Water

To promote hydration, free, safe, unflavored drinking water will be available to all students throughout the school day, including during mealtimes. Students may also bring and carry approved water bottles-filled only with water-throughout the day.

Competitive Food and Beverages

Foods or beverages sold or offered apart from the school meal programs (competitive items) will, at minimum, meet USDA Smart Snacks in School standards. This includes competitive items at celebrations and parties. The superintendent is responsible for annually disseminating healthy and non-food party ideas to teachers, who will provide this information to parents who are bringing classroom snacks.

No food or beverage will be used as a reward or withheld as a punishment, unless specified in a qualified student's IEP.

Fundraising

Any site wishing to conduct fundraisers which are exempt from the smart Snacks in School standards must follow the procedures and standards established by the Oklahoma State Department of Education.

No exempt fundraisers may continue for more than fourteen (14) days or be conducted while school meals or snacks are being served. No more than thirty (30) exempt fundraisers may be held per site per semester. For purposes of this policy, fundraisers include, but are not limited to, activities such as vending machines, snack shops, student stores, etc.

The site coordinator must maintain documentation related to all exempt fundraisers, including, but not limited to, the organization, activity, class, or group benefiting from the fundraiser, as well as the dates of the fundraiser.

Health and Nutrition

Good nutrition will be encouraged throughout the school day using evidenced based techniques, including creative marketing for nutritious food choices. This will create a food environment which encourages healthy eating and participation in school meal programs. Wellness committee employees and child nutrition workers will regularly consult federal and state resources for current tips and resources to implement these requirements.

The district's nutrition education will:

Provide knowledge and skills so students can protect their health

Promote nutritious foods and preparation methods

Emphasize caloric balance (promote exercise)

Coordinate with school meal and other relevant programs

Teach media literacy related to food/beverage marketing

The district's health education curriculum will include:

The relationship between eating, personal health and disease

Reading and using-USDA's food labels

Eating a variety of foods every day

Balancing food intake and physical activity

Eating more fruits, vegetables, and whole grain products

Choosing foods that are low in fat, saturated fat, and cholesterol and do not contain trans fat

Choosing foods and beverages with little added sugars

Eating more calcium-rich foods

Preparing healthy meals and snacks

Risks of unhealthy weight control practices

Accepting body size differences

Food Safety

Importance of water consumption

Importance of eating breakfast

Making healthy choices when eating at restaurants

Eating disorders

The Dietary Guidelines for Americans

Reducing sodium intake

Social influences on eating, including media, family, peers, and culture

How to find valid nutrition and dietary information

How to develop a plan and track progress toward achieving a personal goal to eat healthy

Resisting peer pressure related to unhealthy dietary behavior

Influencing, supporting, or advocating for others' healthy behavior

Advertising

In order to provide a consistent message for students, only those foods and beverages which meet USDE Smart Snacks in School standards may advertise on district property. This includes:

Brand names, trademarks, logos or tags, except when placed on a physically present food or beverage product or its container

Displays, such as on vending machines exteriors

Corporate brand, logo, name or trademark on school equipment, such as marquees, message boards, scoreboards, or backboards (Note: the district will not immediately replace existing items, but will not accept or allow new items which violate the policy).

Corporate brand, logo, name or trademark on cups, menu boards, coolers, trash cans, and other food service equipment; as well as on posters, book covers, assignment books, or school supplies displayed, distributed, offered, or sold by the district

Physical Activity

All schools will make a variety of physical activity available throughout the school day. The district's physical activities include a variety of options such as PE classes, recess, classroom based physical activity. Physical activity, including recess, will not be withheld as a punishment. This does not include participation in extracurricular activities which are privilege based. The district will maintain safe and appropriate grounds and facilities to promote active students.

Physical education Classes

All district students may participate in age appropriate, sequential, PE classes as required by state and federal curriculum standards.

Health Education-Physical Activity

The following topics will be included in the district's health education curriculum:

The physical, psychological, or social benefits of physical activity

How physical activity can contribute to a healthy weight

How physical activity can contribute to the academic learning process

How an inactive lifestyle contributes to chronic disease

Health-related fitness (cardiovascular, endurance, muscular, endurance, muscular strength, flexibility, and body composition)

Differences between physical activity, exercise, and fitness

Phases of an exercise session (warm up, workout, cool down)

Overcoming barriers to physical activity

Decreasing sedentary activities, such as TV watching

Opportunities for physical activity in the community

Preventing injury during physical activity

Weather related safety (avoiding heat stroke, hypothermia and sunburn while being physically active)

How much physical activity is enough

Developing and individualized physical activity and fitness plan

Monitoring progress toward reaching physical activity plan goals

Dangers of using performance-enhancing drugs such as steroids

Social influences on physical activity

Recess (elementary school students)

All elementary sites will offer at least twenty (20) minutes of recess every school day, except when early dismissal or similar scheduling requirements make this impractical. Recess is separate from PE classes.

Time for hand washing, putting away coats, etc., will be built into recess transition periods to ensure students have adequate time for both recess and eating. For classes who participate in recess prior to lunch, adequate hand washing facilities will be readily available to ensure proper hygiene prior to eating.

Recess will be outside unless weather or other emergency conditions make this inadvisable. If recess is conducted inside, efforts will be made to promote physical activity during recess. This includes activities such as shared gymnasium time, walking in the hallways and other activities deemed appropriate.

Active transport

The district supports active transport when it is safe for students to engage in walking or biking to school. The district has crosswalks and crossing guards near school sites and will make secure storage available for bicycles and helmets.

