

LINDSAY PUBLIC SCHOOLS

WELLNESS POLICY

2019 – 2020

The Lindsay Board of Education hereby declares its concern for the safety and health of District employees and students. Lindsay Public Schools recognizes the relationship between academic achievement and student health and wellness, and it is the intent of this policy that staff, students, and parents/guardians must work together to provide a safe, secure, and healthy learning environment.

Healthy Living

Health and Nutritional Education

The aim of the Lindsay Public Schools pre-kindergarten through twelfth grade health and wellness curriculum is to empower students to develop healthy, positive behaviors, skills, and attitudes by providing a variety of fitness and health awareness opportunities while establishing school-community partnerships that encourage healthy lifelong choices. All students will have education to foster lifelong habits for healthy living including the development of nutritionally sound habits.

School Practices

Nutrition education occurs in the classroom as well as in the larger school community. The District utilizes multiple channels (e.g. classroom, cafeteria, and communications with parents) to promote healthy nutritional and physical behaviors. In support of the aim of the Lindsay Public Schools wellness curriculum:

- Students will be allowed adequate time to consume meals, at least 10 minutes for breakfast and 20 minutes for lunch from the time they are seated;
- Recess before lunch will be encouraged to the greatest extent possible;
- Food, beverages, and candy will not be used to reward or punish academic performance or student behavior;
- The District provides training and support to food service and other relevant staff to meet nutrition standards for preparing healthy meals;
- During the school day, the district only permits school-sponsored fundraisers which are health-promoting. Such fundraisers include non-food items, physical activity-

- related options, community service options, or healthy foods and beverage options which follow USDA Nutrition Standards);
- The District allows school gardens on district property and dedicates related resources (e.g. land, water) for their implementation;
 - The District encourages parents to provide healthy lunches and snacks when sending food from home.

Nutritional Guidelines

To promote student health, students will not be provided with foods outside the USDA Nutrition Standards with the exception of two (2) events per school year in which healthy options are also available.

School Meals Service through the National Lunch-Breakfast Program

Meals served through the National School Lunch and Breakfast Programs will meet the United States Department of Agriculture's (USDA's) requirements. In addition, all meals will:

- Be appealing and attractive to children/young adults/staff of various ages and diverse backgrounds;
- Be served in clean and pleasant settings;
- Be accessible to all children and young adults;
- Be designed to feature fresh fruits and vegetables from local sources to the greatest extent possible, including the Farm to School Program.
- Include the provision of safe, unflavored, cool drinking water throughout the school day at no cost to students;
- Include food high in fiber, free of added trans fat, low in added fats, sugar, and sodium, and served in appropriate portion sizes consistent with the USDA standards.

Physical Education

The aim of the Lindsay Public Schools pre-kindergarten through twelfth grade physical education curriculum is to enhance quality of life by fostering physical dexterity and life-long health and well-being in an environment that promotes participation and the development of the whole person. The District supports quality physical activity throughout the school day. Practices which support the accomplishment of this aim include:

- Students in grades pre-Kindergarten through five will participate in physical activity a minimum of 150 minutes per week through daily recess, integrated physical activity within the academic classroom and physical education activities. Time spent in these activities, per state law, will meet the requirements for accreditation by the

Oklahoma State Board of Education. Students in all grades will be offered a range of physical activity choices, which may include competitive and non-competitive options. In addition, teachers and other school personnel at all grade levels may provide opportunities to students for additional physical activity by integrating physical activity into the academic curriculum, including adaptive physical education;

- Students participating in physical education will be moderately to vigorously active for the majority of class time;
- Physical activity, or the withholding thereof, will not be used to punish academic performance or student behavior in the classroom;
- The district provides proper equipment and facilities to support physical education classes and other school-sponsored physical activities;
- The District provides training for teachers for integrating physical activity into the curriculum.

Monitoring and Policy Review

Each school site's Healthy and Fit School Committee will use the School Health Index to develop an action plan unique to that site as part of the Coordinated School Health Framework. Each plan will be evaluated and updated annually. Additionally, with input from the Healthy and Fit School Committee, each site will use the annual Comprehensive Local Education Plan (CLEP) process to set and measure goals related to students wellness. Curricula for the health and physical education programs in the District, using current Oklahoma State Health and Wellness standards, are reviewed according to the textbook adoption schedule for the State of Oklahoma. These processes provide for public input by involving stakeholders from all District school sites as well as the community. Oversight for the district Wellness Policy will be maintained by the_____.

Revised by the Board of Education January 2019