

SCHOOL WELLNESS POLICY**Child Nutrition Programs
Amber-Pocasset Public Schools
May 2006****Purpose:**

The link between nutrition, physical activity, and learning is well documented. Healthy eating and activity patterns are essential for students to achieve their full academic potential, full physical and mental growth, and lifelong health and well-being. Healthy eating and physical activity, essential for a healthy weight, are also linked to reduced risk for many chronic diseases. Schools have a responsibility to help students learn, establish, and maintain lifelong healthy eating and activity patterns. Well-planned and effectively implemented school nutrition and fitness programs have been shown to enhance students' overall health, as well as their behavior and academic achievement in school. Staff wellness also is an integral part of a healthy school environment since school staff can be daily role models for healthy behaviors.

Overall Goal:

All students in Amber-Pocasset School District shall possess the knowledge and skills necessary to make nutritious food choices and enjoyable physical activity choices for a lifetime. All staff in Amber-Pocasset School District are encouraged to model healthful eating and physical activity as a valuable part of daily life.

To meet this goal, the Amber-Pocasset School District adopts this school wellness policy with the following commitments to nutrition, nutrition education, physical activity, and other school-based activities that support student and staff wellness.

NUTRITION EDUCATION***Minimum Policy Statements:***

- ✓ Per USDA Regulations §210.12 and §227, nutrition education is offered in the school cafeteria as well as the classroom.
- ✓ Per Oklahoma Senate Bill 1627, the Healthy and Fit School Advisory Committee at each school site will study and make recommendations regarding health education, nutrition, and health services.

Local Policy Statements:

- The Oklahoma Ag in the Classroom curriculum will be implemented in Grades K-6.
- Nutrition education is integrated into the core curriculum, including math, science, and language arts.
- Advertising and other materials that promote FMNV (Foods of Minimum Nutritional Values) will be eliminated on all school campuses.
- Students, parents, and the school staff will participate in an annual school health fair.

SCHOOL WELLNESS POLICY (Cont.)

- Family/parent nutrition education opportunities will be provided.
- School staff will work with local county extension educators to incorporate nutrition education activities in school.
- Students will receive consistent nutritional messages throughout the school, classroom, cafeteria, and school events.

PHYSICAL ACTIVITY

Minimum Policy Statements:

- ✓ Per Oklahoma Senate Bill 1627, the Healthy and Fit School Advisory Committee at each school site will study and make recommendations regarding physical education and physical activity.
- ✓ Per Oklahoma Senate Bill 312 (effective school year 2006-2007), students in Grades K through 5 will participate in 60 minutes of physical activity each week.

Local Policy Statements:

- Students will participate in an annual health-related fitness test (e.g., Fitness Gram, President's Challenge to Physical Fitness, etc.).
- School sites will establish or enhance physical activity opportunities for students, staff, and parents (fitness challenges, family fitness nights, fun walks and runs, bike events).
- Elementary school sites will provide 20 minutes of daily recess that promotes physical activity beyond what is provided through physical education classes.
- Active transportation to and from school will be encouraged by assessing safest routes for students to walk or bike to school and by installing bike racks or providing a safe place to leave bikes at school buildings.
- Students will not be denied participation in physical education classes as a form of discipline.
- Physical Education class time will not be canceled for instructional make-up time. Staff will serve as physical activity role models for students.
- All playgrounds will meet the recommended safety standards for design, installation, and maintenance.
- All school sites will provide adequate equipment (e.g., balls, rackets, and other manipulative) for every student to be active.

SCHOOL WELLNESS POLICY (Cont.)

SCHOOL-BASED ACTIVITIES

Minimum Policy Statements:

- ✓ Per Oklahoma Senate Bill 1627, each school site will establish a Healthy and Fit School Committee.

Other Food Items Sold on School Campuses

Minimum Policy Statements:

- ✓ Per USDA Regulation §210, Appendix B, foods of minimal nutritional value (FMNV) are prohibited from being sold or served during student meal services in the food service area where USDA reimbursable meals are served or eaten.
- ✓ Per the Child Nutrition and WIC Reauthorization Act of 2004, beverage contracts will not restrict the sale of fluid milk products at any time during the school day or at any place on the school premises.
- ✓ Per Oklahoma Senate Bill 265 (effective school year 2007-2008), students in elementary schools will not have access to FMNV except on special occasions.
- ✓ Per Oklahoma Senate Bill 265 (effective school year 2007-2008), students in middle and junior high schools will not have access to FMNV except after school, at events which take place in the evening, and on special occasions.
- ✓ Per Oklahoma Senate Bill 265 (effective school year 2007-2008), diet soda, and FMNV, will be available for sale at the junior high only in vending areas outside of the cafeteria.
- ✓ Per Oklahoma Senate Bill 265 (effective school year 2007-2008), healthy food options will be provided at the high school and priced lower than FMNV in order to encourage students and staff to make healthier food choices.

Local Policy Statements:

- Fried food items will not be available for sale a’ la carte food items.
- Nutrient-rich food items will be available for sale at all places where food and beverages are sold on school campuses. This includes the cafeteria, vending machines, school stores, and concession stands. The district will follow the recommended food items specified in ***Healthy Snack Choices*** provided by the OSDE whenever possible.
- Snack food items available for sale will contain less than 30 percent or 7 grams of fat per single serving as stated on the Nutrition Facts label (exception: nut and seed mixes).

SCHOOL WELLNESS POLICY (Cont.)

- Snack food items available for sale will contain less than 10 percent or 2 grams of saturated fat per single serving as stated on the Nutrition Facts label.
- Snack food items available for sale will contain no more than 35 percent sugar by weight or 15 grams per single serving as stated on the Nutrition Facts label (exceptions are fresh and dried fruits).
- Snack food items available for sale will contain less than 480 milligrams of sodium per single serving as stated on the Nutrition Facts label.
- High energy drinks with elevated levels of caffeine will not be available for sale anywhere on school campus.
- School Advisory Committee that meets and makes recommendations to the school principal. The school principal shall give consideration to recommendations made by the Healthy and Fit School Advisory Committee.
- Per the school district's Child Nutrition Programs Agreement, school meals may not be used as a reward or punishment.
- Per USDA Regulations §210.12 and §227, students and parents will be involved in the NSLP. Parent and student involvement will include menu-planning suggestions, cafeteria enhancement, program promotion, and other related student-community support activities.

Local Policy Statements:

- Students will be provided with a clean, safe, enjoyable meal environment. Students will be provided with an adequate amount of time to eat breakfast and lunch. A minimum of 15 minutes will be provided at breakfast and 20 minutes at lunch (after students receive their trays).
- Recess before lunch will be implemented at all elementary schools in order to increase food consumption and nutrient intake, decrease plate waste, and improve cafeteria and classroom behavior.
- The sale of candy as a fundraiser will be limited to the two week carnival sales activities.
- All fund-raising efforts and classroom parties will be supportive of healthy eating.
- Students will be involved in planning for a healthy school environment. Students will be asked for input, and feedback through the use of student surveys, student

NONCOMPETITIVE NEGOTIATIONS

The primary method of securing food items will be the Small Purchase Procedures. However, in the event that this method is not feasible, noncompetitive negotiations will be used.

The circumstances under which Noncompetitive Negotiations will be used are:

SCHOOL WELLNESS POLICY (Cont.)

1. Only one vendor is willing to supply bids on the proposed items of purchase. (Documentation, indicating that Amber-Pocasset School made a good faith effort to secure vendors to bid will be kept on file for 3 years.)
2. An emergency exists that will not permit the delay in securing competitive bids. •
3. Small items that are needed may be obtained from the local grocery store will not be bid. Amber-Pocasset School will make a reasonable effort to assure that prices paid through the Noncompetitive Negotiations process will be at a "fair market" price.