

DISTRICT WELLNESS POLICY

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. Parts of this policy are specific to each building. However, the purpose, goal and evaluation of this policy are the same for each site.

Goal

To make all students aware of the value of good nutrition and equip them to make healthier nutritional choices at home and at school while choosing to increase their levels of physical activity.

To meet this goal the Blanchard School District adopts the following wellness policies with the following commitments to nutrition, nutrition education, physical activity and other school-based activities that support students at home as well as at school.

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.

Measuring Implementation of the Local Wellness Policy

As per Public Law 108-265, Section 204, one or more persons will be charged with operational responsibility for ensuring that the school meets the wellness policy. This Blanchard School Wellness Policy holds the building principal responsible for this criteria.

DISTRICT WELLNESS POLICY (Cont.)**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 (Regulations 210.10 and 220.8) 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 nutritional professional OR 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 lounges) throughout the entire school day. Schools will also ensure the following:

- Students will be provided drinking cups, glasses, or reusable water bottles in places where meals are served.
- 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 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 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 in school newsletters.
- 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 20 minutes to eat lunch from the time they are seated.

DISTRICT WELLNESS POLICY (Cont.)**Other Food Items Sold on School Campuses (Competitive Foods and Beverages)**

- Foods for 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.
- 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 Snack standards will be allowed to be served during the classroom parties and celebrations. *(There is an exemption of two parties per school year determined by each school site's principal.)*

Fundraising on Campus during the School Day

- Only fundraisers that feature non-good items or foods and beverage that meet the Smart Snacks standards will be permitted.
- 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.

Fundraising Outside of the School Day

- Clubs, groups, and organizations should support children's health and reinforce nutrition lessons and the District will encourage fundraising activities that include healthy foods and/or physical activity and/or non-food items.
- Food and beverages sold at after-school concessions or as part of fundraisers held outside of school hours should comply with the USDA's Smart Snacks standards.

Nutrition Education

The District will ensure that nutrition education accomplishes the following:

- Is offered in the school cafeteria as well as the classroom.
- Complies with state and federal 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 promoted to families and the community.

Rewards and Punishments

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.
- Providing age-appropriate activities, such as contests, food demonstrations, and taste-testing that promote healthy eating habits.

DISTRICT WELLNESS POLICY (Cont.)**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.
- Organize and participate in educational activities that support healthy eating behaviors and food safety.

Farm-to-School Programs and School Gardens

- The District will allow school gardens on District property.
- The District will dedicate resources (e.g. tools, materials, volunteer hours, etc.) to build a school garden on District property and/or actively participate in community gardens by dedicating the same resources as would be required for garden on District property.
- The District will incorporate local and/or regional products into the school meal program.
- Schools will take field trips to local farms.
- As part of their education, students will learn about agriculture and nutrition.

Physical Education and Physical Activity

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 physical education requirements).

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 150 minutes of PE per week throughout the entire school year.

In addition, the following requirements apply to all students (K-12):

- During PE, students will be given the opportunity to participate in many types of physical activity, including both cooperative and competitive games.
- Students will engage in moderate to vigorous physical activity for more than 50 percent of the PE class time.
- PE classes will have a teacher/student ratio comparable to core subject classroom size.
- Only medical waivers/exemptions from participation in physical education will be allowed.

DISTRICT WELLNESS POLICY (Cont.)**Teacher Qualifications, Training, and Involvement**

- 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.
- PE classes will be taught by licensed teachers who are certified and endorsed to teach PE.

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 strongly encourage teachers to use physical activity (e.g. extra recess) as a reward.

Grounds, 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. Consistent with state law and District policies and procedures regarding use of school facilities during non-school hours, the District will work with the local government and community-based organizations to coordinate and enhance opportunities for staff, students, and their families to engage in physical activity using school facilities before and after the school day, during weekends, and during school vacations.

Active Transportation

The District will encourage children and their families to walk and bike to and from school and promote National and International Walk and Bike to School Week/Day.

Healthy and Fit School Advisory Committee (HFSAC)

All Oklahoma public schools must establish a HFSAC comprising at least six individuals who represent different segments of the community, including teachers, parents, school counselors, health care professionals, and business community representatives. The HFSAC is responsible for making recommendations and providing advice to the school principal regarding health education, nutrition, and health services, and will meet at least four times a year. The school principal will give consideration to the HFSAC's recommendations.

Professional Development

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

Health Education

Where applicable, schools' health education curriculums will follow the National Health Education Standards or the state-approved Oklahoma Academic Standards for Health Education.

DISTRICT WELLNESS POLICY (Cont.)**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.

Assessments, Revisions, and Policy Updates

- Every two years. The District will measure the extent to which schools are in compliance with the 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 its 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, handout's, newsletters sent directly to the families' homes, etc.)

Blanchard High School**School Meals**

The Blanchard High School policy is as follows:

- Per USDA Regulations §210.10 and §220.8, school lunches and breakfasts will meet menu-planning system guidelines as required by USDA.
- Per USDA Regulation §210.10, school lunches will provide one-third of the recommended dietary allowances (RDA) for calories, protein, calcium, iron, vitamin A, and vitamin C as required by USDA
- Per USDA Regulation §220.8, school breakfasts will provide one-fourth of the RDA for calories, protein, calcium, iron, vitamin A and vitamin C as required by USDA
- Per USDA Regulations §210.10 and §220.8, the total calories from fat in school meals will be limited to 30 percent when averaged over one week.
- Per USDA Regulations §210.10 and §220.8, the total calories from saturated fat in school meals will be limited to 10 percent when averaged over one week.
- Per USDA Regulations §210.10 and §220.8, school meals will meet the Dietary Guidelines for Americans.

DISTRICT WELLNESS POLICY (Cont.)**Other Food Items Sold on School Campuses**

The Blanchard High School policy is as follows:

- Per USDA Regulation §210, Appendix B, foods for 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 State 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.

Nutrition Education

The Blanchard High School Policy is as follows:

- 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.
- MyPyramid nutrition education resources are used in the cafeteria and classroom.

Physical Activity

The Blanchard High School policy is as follows:

- 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.

School-Based Activities

The Blanchard High School policy is as follows:

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

DISTRICT WELLNESS POLICY (Cont.)**Blanchard Middle School****School Meals**

The Blanchard Middle School policy is as follows:

- Per USDA Regulations §210.10 and §220.8, school lunches and breakfasts will meet menu-planning system guidelines as required by USDA.
- Per USDA Regulation §210.10, school lunches will provide one-third of the recommended dietary allowances (RDA) for calories, protein, calcium, iron, vitamin A, and vitamin C as required by USDA
- Per USDA Regulation §220.8, school breakfasts will provide one-fourth of the RDA for calories, protein, calcium, iron, vitamin A and vitamin C as required by USDA
- Per USDA Regulations §210.10 and §220.8, the total calories from fat in school meals will be limited to 30 percent when averaged over one week.
- Per USDA Regulations §210.10 and §220.8, the total calories from saturated fat in school meals will be limited to 10 percent when averaged over one week.
- Per USDA Regulations §210.10 and §220.8, school meals will meet the Dietary Guidelines for Americans.

Other Food Items Sold on School Campuses

The Blanchard Middle School policy is as follows:

- Per USDA Regulation §210, Appendix B, foods for 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 State Bill 265 (effective school year 2007-2008), students in the middle and junior high schools do not have access to FMNV except after school, at events which take place in the evening, and on special occasions. The only exception to the minimal nutritional value standard will be diet soda with less than ten calories per bottle or can.

Nutrition Education

The Blanchard Middle School Policy is as follows:

- 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.
- MyPyramid nutrition education resources are used in the cafeteria and classroom.

DISTRICT WELLNESS POLICY (Cont.)**Physical Activity**

The Blanchard Middle School policy is as follows:

- 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.

School-Based Activities

The Blanchard Middle School policy is as follows:

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

Blanchard Elementary School**Nutrition**

The Blanchard Elementary policy is as follows:

- School lunches and breakfasts meet menu-planning system guidelines as required by USDA.
- School lunches provide 1/3 of the recommended dietary allowances.
- School breakfasts provide ¼ of the recommended dietary allowances.
- The total calories of the school meals are limited to 30 percent when averaged over one week.
- The total calories from saturated fat of the school meals are limited to 10 percent when averaged over one week.
- School meals meet the Dietary Guidelines for Americans.
- Fruits or vegetables are offered daily to elementary students

Other Food Items Sold on School Campuses

The Blanchard Elementary policy is as follows:

- Foods of minimal nutritional value are not sold or served during student meal services
- Beverage contracts will not restrict the sale of fluid milk products.
- Elementary students do not have access to foods of minimal nutritional value except on special occasions.
- Only snacks from the Healthy Snack List are sold in the media center.

DISTRICT WELLNESS POLICY (Cont.)**Nutrition Education**

The Blanchard Elementary policy is as follows:

- Nutrition education is offered in the school cafeteria as well as the classroom.
- The Healthy and Fit School Advisory Committee will make recommendations regarding health education, nutrition, and health services.
- MyPyramid nutrition education resources are used in the cafeteria and classroom.

Physical Activity

The Blanchard Elementary policy is as follows:

- The Healthy and Fit School Advisory Committee at the elementary school will study and make recommendations regarding physical education and physical activity.
- Students in grades Kindergarten through third participate in 60 minutes of physical activity each week.
- Students participate in an annual health-related fitness test.
- Students participate in at least 80 minutes of weekly recess.
- Playgrounds meet the recommended safety standards.
- The elementary provides adequate equipment for students to be active.

School-Based Activities

The Blanchard Elementary policy is as follows:

- The Healthy and Fit School Advisory Committee meets and makes recommendations to the school principal. The school principal gives consideration to recommendations made by the committee.
- School meals are not to be used as reward or punishment.
- Students and parents are involved in the Nutritional School Lunch Program.
- Students have an adequate amount of time to eat breakfast and lunch.
- All pre-kindergarten through third grade students participate in recess before lunch.