

SCHOOL WELLNESS POLICY
Pleasant Grove School District

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 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 student's 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 behaviors.

Goal:

All students in Pleasant Grove 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 Pleasant Grove School District are encouraged to model healthful eating and physical activity as a valuable part of daily life.

To meet this goal, the Pleasant Grove 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. The superintendent will ensure compliance of the School Wellness Policy to include an annual review & assessment, as well as retain records to document compliance with the requirements. Documentation will include but not be limited to: The written Wellness Policy; Documentation demonstrating that the policy has been made available to the public; Documentation of efforts to review and update the Local Schools Wellness Policy, including an indication of who is involved in the update and methods the district uses to make stakeholders aware of their ability to participate on the DWC; Documentation to demonstrate compliance with the annual public notification requirements; The most recent assessment on the implementation of the local school wellness policy; Documentation demonstrating the most recent assessment on the implementation of the Local Wellness Policy has been made available to the public.

Stakeholders:

Pleasant Grove School Districts' Wellness Committee will include but not be limited to parents and caregivers; school administrators, students; representatives of the school nutrition program (e.g. school nutrition director); physical education teachers; health education teachers; school health professionals, and mental health and social services staff; teachers, school board members; health professionals; and the general public. The Wellness Committee will create, strengthen, monitor, review and as necessary revise school nutrition and physical activity policies. The Wellness Committee will hold a minimum of four (4) meetings a school year, as well as serve as a resource to the school for implementing those policies.

Annual Notification:

Pleasant Grove School will actively inform families and the public each year of basic information about this policy, including its content, any updates to the policy and implementation status. The District will make this information available via the district website and/or district-wide communications. Pleasant Grove School will provide as much information as possible about the school nutrition environment. This will include a summary of the school's events or activities related to the wellness policy implementation. Annually, the district will also publicize the name and contact information of the school officials leading and coordinating the committee, as well as information on how the public can get involved with the school wellness committee.

Triennial Assessment:

At least once every three years, Pleasant Grove Public School will evaluate compliance with the wellness policy to assess the implementation of the policy and include:

- The extent to which schools under the jurisdiction of the District are in compliance with the wellness policy;
- The extent to which the District's wellness policy compares to the Alliance for Healthier Generation's model wellness policy; and
- A description of the progress made in attaining the goals of the District's wellness policy.

The school nurse will be responsible for managing the triennial assessment. The Wellness Committee, in collaboration with the Superintendent/Principal will monitor the school's compliance with this wellness policy.

Revisions:

The Wellness Committee will update or modify the Wellness Policy based on the results of the annual School Health Index and triennial assessments and/or as District priorities change; community needs change; wellness goals are met; new health science, information, and technology emerges; and new Federal or state guidance or standards are issued. The wellness policy will be assessed and updated as indicated at least every three years, following the triennial assessment.

NUTRITIONAL GUIDELINES AND STANDARDS**School Meals:**

- Pleasant Grove School will serve reimbursable meals that comply with all USDA & State requirements as well as follow principles of the Dietary Guidelines for Americans.
- District currently on Community Eligibility Provision. In the event Provision ends, District will send applications for reimbursable meal programs to families at the beginning of the school year and make applications available on the District website.
- The school will make nutritious foods available on campus during the school day to promote student and staff health.
- Child Nutrition Programs are accessible to all children. Students will be encouraged to start each day with a healthy breakfast.
- Breakfast will be provided through the USDA School Breakfast Program.
- Meals served through the Child Nutrition Programs will: Be appealing and attractive, and respectful to children of various ages, religious and cultural backgrounds; be served in a clean, safe, supervised and pleasant setting.
- Healthy food preparation techniques will be implemented. Food items will not be fried.
- Pleasant Grove will ensure that all meals are high in fiber, free of added trans fats, and low in added fats, sugar, and sodium.
- Fruits and/or vegetables will be offered daily at all points of service. Fruits and vegetables should be fresh whenever possible. Frozen and canned fruits should be packed in natural juice, water, or light syrup.
- Sliced or cut fruit is available daily. Whole fruit options are displayed in attractive bowls or baskets. Daily fruit options are displayed in a location in the line of sight and reach of students.
- Daily vegetable options are bundled into all grab-and-go meals available to students.
- Beverages such as tea, lemonade, and fruit drinks containing less than 50 percent fruit juice will not be offered to students.
- Students will be offered a variety of skim and low fat milk, meat and beans, and fruits and vegetables on a daily basis. White milk is placed in front of other beverages in all coolers.
- Alternative entrée options are highlighted on posters or signs within all service and dining areas.
- A reimbursable meal can be created in any service area available to students (e.g. salad bar, etc.)
- Whole grains when offered will be a minimum of 51% whole grain rich.
- Student surveys and taste testing opportunities are used to inform menu development, dining space décor and promotional ideas. Students will also be encouraged to suggest local, cultural, and favorite ethnic foods.
- Daily announcements are used to promote and market menu options.
- District will inform families about the availability of breakfast for students.
- District will distribute materials to inform families of the availability and location of free Summer Food Service Program meals for students when school is not in session.
- Nutritional analysis of school meals offered to students will be made available to parents upon request.
- 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.
- Safe unflavored drinking water is provided throughout the school day at no cost to students.
- Menus will be posted on the district website, and will include nutrient content and ingredients.
- The District will ensure that all meals are reviewed by Nutrikids to ensure all meals are compliant with USDA federal guidelines.

- Training and support will be provided to food service personnel on basic nutrition education, safe food preparation and nutrition standards for preparing healthy meals. All staff members, especially those serving, have been trained to politely prompt students to select and consume the daily vegetable options with their meals.
- Locally grown produce will be purchased for meals through the schools' supplier. Farm to School will be evaluated for use in school annually.
- All school nutrition program directors, managers and staff will meet or exceed hiring and annual continuing education/training requirements in the USDA professional standards for child nutrition professionals, including training in basic nutrition education, safe food education, and nutrition education for healthy meals. These school nutrition personnel will refer to USDA's Professional Standards for School Nutrition Standards website to search for training that meets their learning needs.
- Child Nutrition Staff will organize and participate in educational activities that support healthy eating behaviors and food safety.

Water:

To promote hydration, free, safe, unflavored drinking water will be available to all students and accessible throughout the day, and at all district facilities.

- Students will be allowed to bring and carry (approved) water bottles filled with only water with them throughout the day.
- Water cups will be available in the cafeteria if a drinking fountain is not present.
- All water sources and containers will be maintained on a regular basis to ensure good hygiene and health safety standards. Such sources and containers may include drinking fountains, water jugs, hydration stations, water jets and other methods for delivering drinking water.

Other food items sold on campus:

- 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 the Oklahoma Senate Bill 265 (effective school year 2007-2008), students in elementary schools will not have access to FMNV.
- School will not have vending machines available for student use.
- Per Oklahoma Senate Bill 265 (effective school year 2007-2008), students in mid and junior high will not have access to FMNV
- 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 or dried fruits).
- High energy drinks with elevated levels of caffeine will not be available for sale anywhere on school campus.
- 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 (unless nut and seed mixes).
- The foods and beverages sold and served outside of the school meal programs and outside school hours to include concession (e.g., "competitive" foods and beverages) will meet the USDA Smart Snacks in School nutrition standards, at a minimum.
- Consumption of food and beverages with the exception of water will be prohibited in school hallways and classrooms with the exception of designated school snack times that meet the USDA Smart Snacks in School nutrition standards, and during "Breakfast in Classroom" days.
- The District will serve only those foods and beverages that meet Smart Snack standards at all staff meetings, trainings, special occasions, (e.g. birthdays and retirement parties), and other workplace gatherings.
- The district will provide employees with access to a refrigerator, microwave, and sink with water faucet.

NUTRITIONAL EDUCATION

Nutrition Promotion:

The District will promote healthy food and beverage choices for all students through the school, as well as encourage participation in school meal programs. This promotion will occur through at least:

- Implementing at least ten or more evidence-based healthy food promotion techniques through the school meal programs using Smarter Lunchroom techniques; and
- Ensuring 100% of foods and beverages promoted to students meet or exceed the USDA Smart Snacks in School nutrition standards. Additional promotion techniques that the District and individual schools may use are available <http://www.foodplanner.healthiergeneration.org/>

Nutrition Education:

- 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 Wellness Committee at each school site will study and make recommendations regarding health education, nutrition, and health services.
- MyPlate nutrition education resources will be used in the cafeteria and classroom.
- Family/parent nutrition education opportunities will be provided.
- District will offer information to families as available to encourage them to teach their children about nutrition and healthy eating behaviors.
- Advertising and other materials that promote FMNV will not be allowed on campus. Any foods and beverages marketed or promoted to students on the school campus will meet or exceed the USDA Smart Snack in School nutrition standards.
- District will exhibit posters, signs, or other displays on the school campus that promote healthy eating habits.
- Students will receive consistent nutritional messages throughout the school, classroom, cafeteria, and school events.
- School staff will be encouraged to display healthy eating habits and physical activity choices to promote healthful eating and healthy lifestyles to students and parents.
- Pleasant Grove will provide nutrition education designed to provide students with the knowledge and skills necessary to promote and protect their health. Including enjoyable, developmentally-appropriate, culturally-relevant and participatory activities, such as cooking demonstrations or lessons, promotions, taste-testing, school gardens, and field trips to local farms.
- The District will provide agriculture and nutrition education that is part of not only health education classes, but also integrated into other classroom instruction through subjects such as math, science, language arts, social studies and elective subjects to provide students the knowledge and skills necessary for lifelong healthy eating behaviors.
- Fruits, vegetables, whole-grain products, low-fat and fat-free dairy products and healthy food preparation methods will be promoted.
- Nutritional education will have an emphasis on caloric balance between food intake and energy expenditure.
- School will allow and dedicate resources to the growth and development of school gardens on district property.
- School will ensure that nutrition education complies with state and federal learning objectives and standards, and is made available to staff, as well as promoted to families and the community.
- District 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.
- The District will include in the health education curriculum a minimum of 12 of the following:
 - Relationship between healthy eating and personal health and disease prevention
 - Food guidance from MyPlate
 - Reading and using FDA's nutrition fact 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, 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
 - The Dietary guidelines for Americans
 - Making healthy choices when eating at restaurants
 - Eating disorders
 - Reducing sodium intake
 - Social influences on healthy eating, including media, family, peers and culture
 - How to find valid information on services related to nutrition and dietary behavior
 - How to develop a plan and track progress toward achieving a personal goal to eat healthfully
 - Resisting peer pressure to unhealthy dietary behavior
 - Influencing, supporting, or advocating for others' healthy dietary behavior

PHYSICAL ACTIVITY

- Per Oklahoma Senate Bill 1627, the Wellness Committee at Pleasant Grove School will study and make recommendations regarding physical education and physical activity.
- Per Oklahoma Senate Bill 1876, Pleasant Grove School implements a developmentally appropriate physical education curriculum that requires at least fifty percent (50%) of physical education activities to be performed at a moderate or vigorous level.
- Students will be required to be active for more than 50% of the time they are in Physical Education class.
- All elementary students will participate in at least 60 minutes of physical education weekly, and all secondary students are required to take a minimum of 225 minutes of physical education weekly throughout all secondary school years.
- The District physical education program will promote student physical fitness through individualized fitness and activity assessments (via Presidential Youth Fitness Program or other appropriate assessment tool) and will use criterion-based reporting for each student.
- The District will promote community sponsored physical activity opportunities as available.
- Pleasant Grove School will establish or enhance health-related activity opportunities for students, staff, and parents (fitness challenges, family fitness night, fun walks, etc.)
- Elementary students will be provided a minimum of 20 minutes of daily recess that promotes physical activity beyond what is provided through physical education class.
- Outdoor recess will be offered when weather is feasible for outdoor play. In the event that the district must conduct indoor recess, teachers and staff will ensure physical activity for students, to the extent practicable.
- Only medical waivers/exemptions from participation in physical education will be accepted.
- Pleasant Grove School students will be provided opportunities for participation in a broad range of cooperative and competitive physical activities to help to develop the skills needed to participate in lifetime physical activities.
- District will ensure all students to participate in a minimum of 60 minutes of physical activity each day, whether through physical education, exercise programs, physical activity programs such as intramurals, clubs, and interscholastic athletics, as well as after-school athletics, fitness breaks, recess, classroom activities, or wellness and nutrition classes.
- District will schedule recess before lunch, in order to increase food consumption, reduce waste, and improve classroom attentiveness, as scheduling allows.
- All playgrounds and equipment will meet the recommended safety standards for design, installation, maintenance, inspection and repairs.
- Students will be given opportunities for physical activity during the school day by integrating physical activity into the academic curriculum, to include physical activity breaks between lessons or classes, as appropriate. The district

requires teachers provide short (3-5 minute) physical activity breaks to students during and between classroom time at least three days per week.

- Teachers will incorporate movement and kinesthetic learning approaches into “core” subject instruction when possible (e.g., science, math, language arts, social studies and others) and do their part to limit sedentary behavior during the school day.
- Training for teachers on integrating physical activity into the curriculum will be provided as a part of professional development as available.
- District will promote walking meetings, and incorporate 10-minutes of physical activity breaks into every hour of sedentary meetings, as available.
- District will promote employee participation in physical activity by creating exercise clubs or groups and/or sponsoring employee sports teams as available.
- District will partner with community organizations or agencies to offer voluntary health screenings annually to staff, including free or low-cost health assessments, and immunization clinics, as available.
- District will partner with community organizations or agencies to offer free or low-cost first aid and CPR training.
- District will encourage students, parents, and other community members to participate in physical activity outside of the school day. Students, parents, and other community members will have access to, and be encouraged to use, the schools indoor and outdoor physical activity facilities outside the normal school day.
- District will establish and follow a comprehensive, standard-based PE curriculum for each grade.
- Physical Education classes will have a teacher/student ratio comparable to core subject classroom size as scheduling allows.
- Pleasant Grove School will ensure that inventories of physical activity supplies and equipment are known and, when necessary, will work with community partners to ensure sufficient quantities of equipment are available to encourage physical activity and provide adequate equipment for every student to be active.
- Active transportation to and from school will be encouraged by assessing safest routes for students to walk or bike to school and by providing bike racks for safe storage.
- District will work with local officials to designate safe or preferred routes to school, as available.
- District will encourage parents to supervise groups of children who walk or bike together to and from school.
- District will promote National and International Walk and Bike to School Week/Day.
- District will provide information about local physical activity resources and facilities, such as walking trails, community parks, and/or recreation facilities.
- Staff will serve as physical activity role model to students. Teachers will be allowed the opportunity to participate in or lead physical activities through out the school day.
- Physical activity during the school day (including but not limited to recess, classroom physical activity breaks or physical education) will not be withheld or used as punishment for any reason, with the exception of athletic participation that has academic requirements. The district will provide teachers and other school staff with a list of ideas for alternative ways to discipline students.
- The District will strongly encourage teachers to use physical activity (e.g. extra recess) as a reward.
- All physical education teachers in the district are taught by licensed teachers who are certified or endorsed to teach physical education.
- Health education curriculum will meet NHES and Common Core standards.
- School will use the CDC’s Whole School, Whole Community, Whole Child Model.
- Will refer to District Breastfeeding Policy with reference to ensuring access to private space (other than a restroom) that has an electrical outlet, with provisions of flexible paid or unpaid break times to allow mothers to express breast milk and/or breastfeed.

PHYSICAL EDUCATION

- The District will provide students with physical education, using an age-appropriate, sequential physical education curriculum consistent with national and state standards for physical education. The physical education curriculum will promote the benefits of a physically active lifestyle and will help students develop skills to engage in lifelong

healthy habits, as well as incorporate essential health education concepts. The curriculum will support the essential components of physical education.

- All students will be provided equal opportunity to participate in physical education classes. Pleasant Grove will make appropriate accommodations to allow for equitable participation for all students and will adapt physical education classes and equipment as necessary.

SCHOOL-BASED ACTIVITIES

- Per Oklahoma Senate Bill 1627, Pleasant Grove School will establish a Wellness 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. This committee shall now be known as the school's Wellness Committee.
- Pleasant Grove will communicate health information to parents by various means on health topics monthly.
- District will ensure that all outreach and communication is culturally appropriate and translated as needed.
- Per the school district's Child Nutrition Programs Agreement; school meals, additional food items, beverages and/or candy may not be used as a reward or punishment by classroom teachers, staff, administrators, PTSO, Volunteers or Community Partners.
- 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 enhancements, program promotion, and other related student-community support activities.
- Students will be provided with a clean, safe, enjoyable meal environment.
- 1. All foods offered on the school campus during and after school hours will meet or exceed the USDA Smart Snacks in School nutrition standards, including through.
 - Celebrations and parties. Pleasant Grove will provide a healthy party ideas to parents and teachers, including non-food celebration ideas.
 - Classroom celebrations involving food – such as birthday celebrations, etc. will be limited to once per month.
 - Classroom snacks brought by parents. Pleasant Grove will provide to parents a list of foods and beverages that meet Smart Snacks nutrition standards.
 - Rewards and incentives. Pleasant Grove will provide teachers and other relevant school staff a list of alternative ways to reward children. Foods and beverages will not be used as a reward, or withheld as punishment for any reason, such as for performance or behavior.
 - Concessions provided for during and after school events.
- Fundraisers during and outside the school day will be supportive of healthy eating, and will not endorse any particular food brands. Pleasant Grove will sell only non-food items or foods and beverages that meet or exceed the Smart Snack nutrition standards. The District will encourage fundraisers that do not sell food and/or that promote physical activity. The District will make available to parents and teachers a list of healthy fundraising ideas. Foods of minimal nutritional value will not be allowed to be sold.