

VANOSS PUBLIC SCHOOLS WELLNESS POLICY

Purpose and Goal:

The link between nutrition and learning is well documented. Healthy eating patterns are essential for students to achieve their full academic potential, full physical and mental growth, and lifelong health and well-being. Healthy eating is demonstrably linked to reduced risk for mortality and development of many chronic diseases as adults. Schools have a responsibility to help students and staffs establish and maintain lifelong, healthy eating patterns. Well-planned and well-implemented school nutrition programs have been shown to positively influence 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 serve as daily role models for healthy behavior.

Students shall have the opportunity to gain knowledge and skills necessary to make nutritious and enjoyable food choices for a lifetime. In addition, staffs are encouraged to model healthy eating and physical activity as a valuable part of daily life. To further facilitate this, Vanoss School shall prepare, adopt and implement a comprehensive plan to encourage healthy eating and physical activity. This plan shall make effective use of school and community resources to equitably serve the needs and interests of all students and staffs, taking into consideration differences in cultural norms.

The Vanoss Public Schools Local Wellness Policy is designed to promote sound nutrition, student health, reduce childhood obesity, and provide transparency to the public on the school nutrition environment. Vanoss Public Schools will establish a diverse team to serve as the Comprehensive School Health Committee. The development, implementation, and periodic review of the policy will be completed by the committee which includes parents, students, representatives of the school food authority, teachers of physical education, and school administrators

Component 1: A Commitment to Nutrition and Physical Activity

- A. The Vanoss School administration shall appoint a Safe and Healthy Schools
- B. Committee whose mission shall be to address nutrition and physical activity issues and will develop, implement, and evaluate guidelines that support a healthy school nutrition environment. This committee shall review and revise these guidelines annually or more often, if necessary.
- C. Principals will address concerns such as kinds of food available on their campus, sufficient mealtime, nutrition education and physical activity
- D. Physical activity will be encouraged
- E. Vanoss School will offer physical education or exercise programs for students in Grade one through Grade six for a minimum of 60 minutes each week (SB 312). An additional 60 minutes of physical activity each week that may include but not limited to physical education, exercise programs, fitness breaks, recess, classroom activities, and wellness and nutrition education.(SB 1186)
- F. Children should participate each day in a variety of age-appropriate physical activities designed to achieve optimal health, wellness, fitness, and performance benefits.
- G. Extended periods of inactivity are discouraged for children especially during the daytime hours.

Component 2: Nutrition Promotion

Vanoss Public School District will offer breakfast and lunch programs. Students and staff are highly encouraged to promote and participate in these programs. Students will receive positive, motivational messages, both verbal and non-verbal, about healthy eating and physical activity throughout the school setting. All school personnel will help reinforce these positive messages.

Student nutrition programs will be accessible to all students.

Healthy eating and physical activity will be actively promoted to students, parents, teachers, and administrators.

School personnel, along with parents, will encourage students to choose and consume healthy meals. Positive nutrition statements will be provided to students.

Component3: Nutrition Education

- A. Vanoss Schools will follow health education curriculum standards and guidelines as set forth by the Oklahoma State Department of Education Child Nutrition Division.

- B. Students in pre-kindergarten through grade twelve will receive nutrition education that is interactive and teaches skills they need to adopt for healthy eating behaviors. Teachers are encouraged to integrate nutrition education into all areas of curriculum
- C. Nutrition education will be offered in the school cafeteria dining area via health posters, nutrition guidelines, etc. Teachers can display posters, videos, websites, etc. on nutrition topics.
- D. Nutrition education shall be integrated across the curriculum.
- E. Healthy fundraising ideas and celebrations should be utilized. (Attachment D)

Component 4: Other Healthy Food Options

- A. Vanoss Schools has developed and recommended suggested guidelines on nutrition standards for food and beverages through parties, celebrations, social events and various school functions (See Attachment A).
- B. At elementary schools, vending machines must be located in teacher lounges
- C. School staff shall use food as a reward for student accomplishment sparingly. The withholding of food as a punishment for students is prohibited.
- D. The school district will provide nutritional information to parents, encouraging parents to provide safe and nutritious foods for their children.
- E. All foods and beverages sold during the school day, unless approved for exemption (Attachment C), must meet USDA nutritional guidelines or Smart Snacks in Schools guidelines. The Smart Snack in Schools regulation includes any food sold during the school day, a la carte, vending machines, fund raisers consumed on school grounds, concession stands during the school day, and student stores. The requirements are not applicable to food sold to non-students, such as parents or school faculty/staff members or food brought to school by the students for their own consumption. (See Attachment B)

Component 5: Quality School Meals

- A. School food service staff will regularly participate in professional development activities.
- B. Food safety will be a key part of the school food service operation.
- C. Food items will meet the mandatory standard requirements as set forth by the U.S. Department of Agriculture (USDA §210.10), conforming to good

menu planning principles and featuring a variety of healthy choices that are tasty, attractive, of excellent quality and served at the proper temperature.

- D. Students will be given the opportunity to provide input as to the type of foods they would like to be served.
- E. The school food service staff will participate in making decisions and guidelines that will affect the school nutrition environment, while following the Nutrition Standards in the National School Lunch and School Breakfast Program (77FR 4088).

Component 6: Marketing

- A. Schools will consider student needs in planning for a healthy school nutrition environment. Students will be asked for input and feedback through the use of student surveys, and attention will be given to their comments.
- B. Schools will work with a variety of media to communicate to the community about a healthy school nutrition environment, such as the local newspaper, district's web site, etc.
- C. Marketing and advertising of foods and beverages sold in school meet the required USDA Nutrient Standards.

Component 7: Pleasant Eating Experiences

- A. Facility design will be given priority in renovations and new construction. Water fountains should be available for students at meals and throughout the day.
- B. A short snack-free recess for elementary campuses is encouraged to be scheduled sometime before lunch so that children will come to lunch less distracted and ready to eat.
- C. School personnel will assist all students in developing the healthy practice of washing their hands before eating.
- D. Schools are encouraged not to schedule tutoring, pep rallies, assemblies, club/organization meetings and other activities during meal times.
- E. It is recommended that students have at least a 30-minute uninterrupted lunch period to eat, relax and socialize.
- F. Schools will encourage socializing among students, and between students and adults during meal time. Adults will properly supervise lunch rooms and serve as role models to students by demonstrating proper conduct and voice level. Parents are highly encouraged to dine with students.

G. Creative, innovative methods should be used to keep noise levels appropriate, but not overly restrictive. The cafeteria should be a pleasant eating environment for students.

Component 8: Assessment

- A. As established by law, Vanoss Public Schools has established an assessment instrument to measure the Wellness Policy.
- B. A continuous effort by the District is necessary to assure that new policies are faithfully implemented.
- C. The Wellness Policy will be reviewed yearly to ensure the components of the policy are reviewed and updated.
- D. Every site principal will complete an evaluation with a summary of events and activities related to Wellness Policy implementation.

Designated Official for School Wellness Policy:

Designated Contact:
Beth Walker
Vanoss Public School
4665 CR 1555
Ada, OK 74820

School Wellness Policy Process:

The Vanoss School administration has established a Safe and Healthy Schools Committee whose mission shall be to address nutrition and physical activity issues and will develop, implement, and evaluate guidelines that support a healthy school nutrition environment. The Safe and Healthy Schools Committee is made up of a variety of community members and stakeholders. Annually the School Health Committee meets to assess, evaluate, and amend, if needed, the Local School Wellness Policy. A copy of the Vanoss School Wellness Policy may be received or accessed in the following ways: Send a request to the Office of the Superintendent at 4665 CR 1555 Ada, OK 74820. Or, visit <http://www.vanoss.k12.ok.us>

Attachment A
Vanoss Schools
Student Nutrition/Wellness Plan
Guidelines for Food and Beverages Offered to Students at School Functions

At any school function when food is given away without the exchange of currency/tokens/tickets (parties, celebrations, receptions, festivals, sporting events, etc.) healthy food choice options should be available to students. Some suggested foods are listed below to include on refreshments tables, price list, etc.

- Raw vegetable sticks/slices with
- low-fat dressing or yogurt dip
- Fresh fruit and 100% fruit juices
- Frozen fruit juice pops
- Dried Fruits (raisins, banana chips, etc.)
- Trail Mix (dried fruits and nuts)
- Dry roasted peanuts, tree nuts and soy nuts (not coconut or palm nuts)
- Low-fat meats and cheese sandwiches (use low-fat mayonnaise in chicken/tuna salads)
- Party Mix (variety of cereals, nuts, pretzels, etc.)
- Low-sodium crackers
- Baked corn chips and fat-free potato chips with salsa and low-fat dip (Ranch, French Onion, bean, etc.)
- Low-fat muffins, granola bars and cookies
- Angel food and sponge cakes
- Flavored yogurt and fruit parfaits
- Gelatins and low-fat pudding cups
- Low-fat and skim milk products
- Pure ice cold water
- Fruit and Cheese Kabobs
- Frozen Grapes
- 100% Fruit Popsicles
- Frozen Banana Pops
- Popcorn
- Hummus & Pita
- Veggie Tray with low-fat Ranch dip
- Squeezable Yogurt
- Yogurt Smoothies
- Sparkling Punch (seltzer and 100% juice)

- Reduced Fat Chips with Salsa or low-fat Dip

In selecting food items to offer keep in mind the numerous students and adults who are on a special diet and their consumption of sugar, fat, sodium, etc. is restricted.

Attachment B
Vanoss Schools
Student Nutrition/Wellness Plan
Smart Snack Guidelines

The Smart Snacks standards are applicable during the school day, which is defined as the midnight before to 30 minutes after the end of the instructional day. If such programs are operated in the school during the school day, or if afterschool snacks or meals are provided within the 30 minute window after the end of the instructional day, any other food available for sale to students at that time must comply with the Smart Snacks requirements. The site principals will monitor Smart Snack guideline compliance at their site.

Any food sold in schools must:

- Be a “whole grain-rich “grain product; or
- Have as the first ingredient a fruit, a vegetable, a dairy product, or a protein food; or
- Be a combination food that contains at least ¼ cup of fruit and/or vegetable; or
- Contain 10% of the Daily Value (DV) of one of the nutrients of public health concern in the 2010 Dietary Guidelines for Americans (calcium, potassium, vitamin D, or dietary fiber).*

Foods must also meet several nutrient requirements:

Calorie limits:

- Snack items: ≤ 200 calories
- Entrée items: ≤ 350 calories

Sodium limits:

- Snack items: ≤ 230 mg**
- Entrée items: ≤ 480 mg

Fat limits:

- Total fat: $\leq 35\%$ of calories
- Saturated fat: $< 10\%$ of calories
- Trans-fat: zero grams

Sugar limit:

- $\leq 35\%$ of weight from total sugars in foods

*On July 1, 2016, foods may not qualify using the 10% DV criteria.

**On July 1, 2016, snack items must contain ≤ 200 mg sodium per item Smart

Snacks in School: USDA's

“All Foods Sold in Schools” Standards

Nutrition Standards for Beverages

All schools may sell:

- Plain water (with or without carbonation)
- Unflavored low fat milk
- Unflavored or flavored fat free milk and milk alternatives permitted by NSLP/SBP
- 100% fruit or vegetable juice and
- 100% fruit or vegetable juice diluted with water (with or without carbonation), and no added sweeteners.

Elementary schools may sell up to 8-ounce portions, while middle schools and high schools may sell up to 12-ounce portions of milk and juice. There is no portion size limit for plain water.

Beyond this, the standards allow additional “no calorie” and “lower calorie” beverage options for high school students.

- No more than 20-ounce portions of Calorie-free, flavored water (with or without carbonation); and other flavored and/or carbonated beverages that are labeled to contain < 5 calories per 8 fluid ounces or ≤ 10 calories per 20 fluid ounces.
- No more than 12-ounce portions of beverages with ≤ 40 calories per 8 fluid ounces, or ≤ 60 calories per 12 fluid ounces.

Other Requirements

Fundraisers

- The sale of food items that meet nutrition requirements at fundraisers are not limited in any way under the standards.
- The standards do not apply during non-school hours, on weekends and at off-campus fundraising events.
- The standards provide a special exemption for infrequent fundraisers that do not meet the nutrition standards. State agencies may determine the frequency with which fundraising activities take place that allow the sale of food and beverage items that do not meet the nutrition standards.

Accompaniments

- Accompaniments such as cream cheese, salad dressing and butter must be included in the nutrient profile as part of the food item sold.
- This helps control the amount of calories, fat, sugar and sodium added to foods by accompaniments, which can be significant

Attachment C

Vanoss Schools

Student Nutrition/Wellness Plan Smart Snack Fund Raiser Exemption

In recognition of the tradition of school fundraisers, the Healthy, Hunger Free Kids Act provides flexibility for special exemptions for the purpose of conducting infrequent school sponsored fundraisers during which foods that do not meet the nutrition standards for Smart Snacks may be sold. Section 210.11(b)(4) of the interim final rule specifies that such specially exempted fundraisers must not take place more often than the frequency specified by the State agency.

On October 17, 2014 the Oklahoma State Department Board of Education decided to allow exemptions according to the United States Department of Agriculture Smart Snack Rule. This exemption ruling will be implemented at Vanoss Public Schools to allow 30 exemptions per school site per semester with a maximum length of time for each fundraiser not to exceed 14 school days. The exempt fundraisers are prohibited from taking place while meals under the National School Lunch, School Breakfast, and After School Snack Programs are being served to students. Fundraisers that sell non-food items or foods or beverages that meet the new Smart Snacks standards are not limited under the nutrition standards.

Each site principal will be responsible for maintaining records for all fundraisers that require Smart Snacks Exemption (Attachment C). Any organization, club, or group may request a fundraiser exemption through the site principal's office which may then be approved or disapproved. Any fundraiser exemptions allowed will require the principal to document the organization, club, or group, sponsors name, items sold, and beginning and end dates of sale (Attachment C). These records will then be maintained at the site office.

Attachment D
Vanoss Schools
Student Nutrition/Wellness Plan
Healthy
Fundraiser and Celebration Examples

Birthday Celebrations:

- Be the teacher's helper.
- Wear a special crown, sash, button or badge all day.
- Donate and/or read a favorite book to the class.
- Choose the class music for writing or independent study time.
- Receive a personalized birthday card from the teacher via email or snail mail.
- Choose a game or activity the class does for the last few minutes of the school day.
- Have a special time (for a walk, game or other activity) with teacher, principal or another adult.
- Receive a "Celebrate Me" book from classmates with written stories, poems or drawings about the birthday child.

Family Events:

- Health fairs
- Cooking lessons or "Iron Chef" competitions
- Physical activity events with healthy snacks or prizes (dance contests, fun runs, obstacle courses, bike-a-thons, sock hops)
- Screenings of movies that promote healthy living
- Nutrition classes for the family from community partners like your cooperative university extension service
- Fall festival with active fall-themed games and a farmers' market
- Creation of school teams for local runs or walks
- 30-day challenges –pick a healthy habit and organize a competition around it, starting with a kick-off event and ending with a celebration

Celebrations:

- Give children extra recess time instead of a party.
- Have a dance party let students select the music . Invite the principal and other school staff.
- Get students involved in planning and preparing for celebrations –let them make decorations and favors and let them choose the games.
- Create a book honoring what is being celebrated that day. Have students draw pictures showing what the day means to them.
- Organize a special community service project instead of a party. Invite senior citizens in for lunch, collect goods and make cards for sheltered families, organize a project outside for Earth Day.
- Have students vote on a special class art project or craft. Invite local artist to come in and do a demonstration.
- Arrange a treasure hunt around the classroom. Provide a special non-food treat at the end. Use a theme that ties into what the kids are learning in class.
- Ask students to come up with healthy party ideas, and ask parents to send in healthy recipes and ideas for activities, games and crafts. Create a “healthy classroom party guide” to distribute to parents.
- Plan around holiday themes. Students can make cards for winter holidays, decorate the classroom with hearts for Valentine’s Day, and learn an Irish step-dance for St. Patrick’s Day. Search education websites for ideas