

## MUSKOGEE PUBLIC SCHOOLS WELLNESS POLICY

Muskogee Public Schools understands the importance of health and how it relates to student learning and academic achievement. All students shall receive education to foster lifelong behaviors of healthy living, including the development of nutritionally sound habits, the importance of physical activity and overall wellness.

**The vision** of the Muskogee Public Schools Wellness Policy is to establish an educational environment that influences healthy behaviors through nutrition standards and education, physical fitness activities and promotion, employee wellness efforts and overall holistic health.

**The mission** of MPS District Wellness Council is to empower faculty and students to develop healthy, positive behaviors, skills, and attitudes by providing a variety of health and wellness promotion activities and opportunities.

With the implementation of the policies and guidance from the District Wellness Council and site Healthy and Fit School Advisory Committees, the school district will offer great opportunities for our students, faculty, families, and community to build successful and healthful lifestyles.

### Nutritional Guidelines

School district will, at minimum, follow nutrition standards set forth by the Healthy, Hunger Free Kids Act of 2010 to improve the health and well-being of the students, reinforce healthy eating habits, and increase the consumption of healthy foods and beverages throughout the school day.

### School Meals

Muskogee Public Schools participates in the National School Lunch Program, School Breakfast Program, After School Snack Program, and Summer Food Service Program. The USDA guidelines will be followed when preparing meals and snacks provided through these federally funded programs.

- At least 10 minutes for breakfast and 20 minutes for lunch will be provided from the time students are seated to allow adequate time to eat school meals.
- Schools must offer nutritious, well-balanced, and age appropriate meals to all children they serve to improve their diets and safeguard their health.
- Meals must be consistent with the most recent Dietary Guidelines for Americans.
- Schools will offer potable water free of charge during meal service times.
- If possible, the most nutritious food items offered will be placed on the serving line(s) first to encourage students to make healthier selections.

#### Calories, Sodium, and Fat content (per USDA regulations):

- School lunches will provide on average over the school week the following amounts of calories k-5: 550-650, 6-8: 600-700, 9-12: 750-850
- School breakfasts will provide on average over the school week the following amounts of calories k-5: 350-500, 6-8: 400-550, 9-12: 450-600
- Food products or ingredients used to prepare meals must contain zero grams of trans fat per

**Comment [KL1]:** New since last policy.

serving or a minimal amount of naturally occurring trans fat

- School breakfast and lunches offered to all age/grade groups must, on average over the school week, provide less than 10 percent of total calories from saturated fat.
- Average sodium content of lunches offered must not exceed 1230mg for elementary, 1360mg for middle schools, and 1420mg for high school.
- Average sodium content of breakfast offered must not exceed 540mg for elementary, 600mg for middle schools, and 640mg for high school.  
(New minimums will be required by 2017.)

**Competitive Foods: All foods sold outside the school meal programs, on the school campus, and at any time during the school day**

Competitive Foods or "All Foods Sold in Schools" will follow the Smart Snack guidelines and standards required by the USDA Health and Hunger Free Kids Act of 2010.

**Comment [KL2]:** New since last policy.

**All foods sold must:**

- Be a "whole grain-rich" grain product; or
- Have as the first ingredient a fruit, 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 the following nutrient requirements:

- ✓ Calorie limits:
  - Snack items: ≤ 200 calories
  - Entrée items: ≤ 350 calories
- ✓ Sodium limits:
  - Snack items: ≤ 230 mg
  - Entrée items: ≤ 480mg
- ✓ Fat limits:
  - Total fat: ≤ 35% of calories
  - Saturated fat: < 10% of calories
  - Trans fat: zero grams
- ✓ Sugar limit:
  - ≤ 35% of weight from total sugars in foods

**Beverages:**

All schools may sell plain water, unflavored low-fat or fat-free milk, flavored fat-free milk, 100% fruit or vegetable juice. Elementary schools may sell up to 8oz. portions while middle and high school may sell up to 12 oz. portions of milk and juice. There is no limit on the portion of plain water.

At the high school level, additional beverage options may include the following:

- no more than 20-oz. portions of calorie-free flavored water
- other flavored and/or carbonated beverages that are labeled to contain < 5 calories per 8 fluid oz. or ≤ 10 calories per 20 oz.
- no more than 12 oz. portions of beverages with ≤ 40 calories per 8 fluid oz. or ≤ 60 calories per 12 fluid oz.

**Food of Minimal Nutritional Value (FMNV) – regulations for foods/beverages not sold or provided through NSBP & NSLP; foods that are given away/provided at no cost**

USDA has identified four categories of food items that are considered to be FMNV. The four categories of FMNV are soda water/carbonated beverages, water ices, chewing gum, and certain candies. (A more detailed definition and description items can be found in the appendix.)

- 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 Oklahoma Senate Bill 265;
  - students in elementary schools will not have access to FMNV except on special occasions
  - 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 (special occasions are holidays, birthdays, other classroom celebrations and limited to 1 time per month)
- MPS strongly encourages that only food items meeting the Smart Snack regulations should be given as a reward. (Non-food and healthy food reward lists will be available to all teachers, staff, parents, and students.)
- When packing a lunch, snack, or bringing items to be shared among other students at no cost, students are encouraged to bring food items and snacks that meet the Dietary Guidelines of Americans and USDA Smart Snack regulations.

**Physical Education and Activity**

MPS supports the health and well-being of the students by promoting physical education and activities that get students and faculty physically active. Physical Education classes, elementary recess, sports and various opportunities will be provided to encourage physical activity.

- Senate Bill 1876 provides for the implementation of a sequential, developmentally appropriate physical education curriculum and requires that at least 50% of the P.E. class be used for actual student physical activity preformed at a moderate or vigorous level.
- MPS also recommends that students be physically active the majority of the P.E. class period.
- Daily recess for physical activity is included at all elementary schools.
- Per Oklahoma Senate Bill 1186, students in Grades K through 5 will participate in 120 minutes of physical activity each week.
- Students will participate in an annual health-related Fitness Gram
- Muskogee Public Schools will partnership with the Muskogee Parks Department and Muskogee County Health Department to encourage and promote physical activity and healthy lifestyles through community events.
- Students shall not be denied participation in recess or other physical activities for any reason. Principals shall communicate with teachers and faculty other forms of discipline that may be used.
- Physical Education classes will be aligned with the state standards and taught by certified personnel.
- Professional development opportunities on integrating physical education & activity into the classroom curriculum will be offered to all teachers each year and required by all Physical Education teachers.
- Principals will be encouraged to rotate special programs/assemblies so that the same student population is not adversely affected by the eliminations of their physical education programs.

**Comment [KL3]:** Previous policy says it is highly recommended that students shall not be denied participation in recess a form of discipline.

## Nutrition Education and Promotion

Nutrition education and promotion will be offered through the use of multiple channels including the cafeteria, classroom, and communications with students, parents and the community.

- Per USDA Regulations 210.12 and 227, nutrition education is offered in the school cafeteria as well as the classroom.

## Other School-Based Activities

### Fundraising:

School fundraising activities that include the sale of healthy foods, beverages, and non-food items are a public display of Muskogee School's commitment to promote healthy behaviors to our students, families, and community while helping organizations meet financial needs.

- Fundraisers that involve the sale of food items during the school day are to be in compliance with the Smart Snack standards listed in this policy.
- Fundraisers held during non-school hours, weekends, or at an off-campus fundraising event are encouraged to follow the same standards to support healthy behaviors.
- Schools will encourage fundraising activities that promote physical activity.

**Comment [KL4]:** Fundraisers that sell food/beverages during the school day are required by federal law to follow the Competitive Food/Smart Snack guidelines.

**Comment [KL5]:** Newly added.

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
- the Healthy & Fit School Advisory Committee at each school site will study and make recommendations regarding health education, nutrition, and health services
- the Healthy and Fit School Advisory Committee at each school site will study and make recommendations regarding physical education and physical activity

## Employee Wellness

**Comment [KL6]:** New section.

Muskogee Public Schools will strive to establish a sustainable Employee Wellness program that provides wellness education, activities, and learning opportunities to better the health of all employees. The program should promote health, reduce health risk behaviors of employees, and identify and correct conditions in the workplace that can compromise the health of school employees, reduce their levels of productivity, impede student success, and contribute to escalating healthcare costs.

## Implementation and Measurement of Policies

**Comment [KL7]:** New section

The District Wellness Council will review the district wellness policy annually and make any necessary updates to reflect new federal guidelines, best practices, administration or board recommendations, etc. Monitoring and recording of wellness efforts throughout the district; employee, student, and parent surveys to collect yearly data; and comparisons of data from year to year are some measurement practices that may be used to identify effectiveness of current efforts and opportunities for improvement.

## APPENDIX

### 1. Foods of Minimal Nutritional Value (FMNV)

The United States Department of Agriculture defines foods of minimal nutritional value (FMNV) as those foods which provide LESS than 5 percent of the United States Recommended Daily Allowance (USRDA) for each of the eight specified nutrients per 100 calories AND less than 5 percent of the USRDA for each of eight specified nutrients per serving. The eight specified nutrients to be evaluated are protein, vitamin A, vitamin C (ascorbic acid), niacin, riboflavin, thiamin, calcium, and iron. In the case of artificially sweetened foods, only the per serving measure would apply.

The four categories of FMNV are soda water/carbonated beverages, water ices, chewing gum, and certain candies. The types of food items belonging to each category are defined as follows:

1. Soda water/carbonated beverages—A class of beverages made by absorbing carbon dioxide in potable water. The amount of carbon dioxide used is not less than that which will be absorbed by the beverage at a pressure of one atmosphere and at a temperature of 60°F. It either contains no alcohol or only such alcohol, not in excess of 0.5 percent by weight of the finished beverage, as is contributed by the flavoring ingredient used. No product shall be excluded from this definition because it contains artificial sweetener or discrete nutrients added to the food, such as vitamins, minerals, and protein.

2. Water ices—Water ices are the foods prepared from the same ingredients and in the same manner prescribed for sherbets, except that the mix need not be pasteurized and complies with all the provisions as sherbet (including the requirements for label statement of ingredients), except that no milk or milk-derived ingredient, and no egg ingredient other than egg white, is used. Water ices include foods that are artificially or naturally flavored with nonfruit or nonfruit juice flavorings. However, a frozen product with fruit or fruit juice or with milk or milk products is NOT classified as a water ice. Unless the following types of products have an exemption for a specific product, they are considered FMNV:

- Frozen, water-based bars—water ices
- Frozen coffee/tea drinks—water ices
- Partially frozen drinks—water ices
- Frozen pickle juice/brine—water ice
- Soda water floats—soda water; while these items contain ice cream which is not an FMNV, the main ingredient is soda water

3. Chewing gum—Flavored products from natural or synthetic gums and other ingredients which form an insoluble mass for chewing.

4. Certain candies—Processed foods made predominantly from sweeteners or artificial sweeteners with a variety of minor ingredients which characterize the following types:

a. Hard candies—A product made predominantly from sugar (sucrose) and corn syrup which may be flavored and colored; is characterized by a hard, brittle texture; and includes such items as sour balls, fruit balls, candy sticks, lollipops, starlight mints, after-dinner mints, sugar wafers, rock candy, cinnamon candies, breath mints, jaw breakers, and cough drops.

b. Jellies and gums—A mixture of carbohydrates which are combined to form a stable gelatinous system of jellylike character; are generally flavored and colored; and include gumdrops, jelly beans, jellied and fruit-flavored slices.

c. Marshmallow candies—An aerated confection composed of sugar, corn syrup, invert sugar, 20 percent water, and gelatin or egg white, to which flavors and colors may be added.

d. Fondant—A product consisting of microscopic-sized sugar crystals which are separated by a thin film of sugar and/or invert sugar in solution such as candy corn or soft mints.

e. Licorice—A product made predominantly from sugar and corn syrup which is flavored with an extract made from the licorice root.

f. Spun candy—A product that is made from sugar that has been boiled at a high temperature and spun at a high speed in a special machine.

g. Candy-coated popcorn—Popcorn which is coated with a mixture made predominantly from sugar and corn syrup.