

# **HAYWOOD PUBLIC SCHOOL WELLNESS POLICY**

## **HEALTHY SCHOOL NUTRITION ENVIRONMENTS**

**For  
Oklahoma State Department of Education  
Child Nutrition Programs**

**February 2017**

## **HAYWOOD PUBLIC SCHOOL 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. 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 Haywood 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 Haywood School District is encouraged to model healthful eating and physical activity as a valuable part of daily life.

To meet this goal, the Haywood 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.

This Policy shall be reviewed annually by a committee consisting at a minimum of: the Principal, the Cafeteria Director, one Teacher and one Parent. Any Person(s) wishing to participate in this review or contribute in any manner should contact the Building Principal. The review will occur each March and the results will be available in the Superintendents' office for viewing.

## **NUTRITION GUIDELINES/STANDARDS**

### **School Meals**

#### ***Minimum Policy Statements:***

- 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 1/3 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 1/4 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 less than 10 percent when averaged over one week.
- Per USDA Regulations §210.10 and §220.8, school meals will meet the Dietary Guidelines for Americans.

#### ***Optional Policy Statements:***

- Haywood Elementary after-school program will participate in USDA's After-School Snack
- Deep-fat fried potato products served as part of a reimbursable meal will not exceed three ounces per serving and may not be offered more than once a week.
- Fruits and/or vegetables will be offered daily. Fruits and vegetables should be fresh whenever possible. Frozen and canned fruits should be packed in natural juice, water, or light syrup.
- Chips served at Haywood Elementary will be reduced-fat or baked varieties, rather than the traditional varieties, whenever possible.
- Beverages such as tea, lemonade, and fruit drinks containing less than 50 percent fruit juice will not be offered to students.
- The most nutritious food items offered will be placed on the serving line(s) first to encourage students to make healthier selections.
- Haywood students will be offered a variety of skim and low-fat milk, meat and beans, fruits and vegetables, and whole grains on a daily basis.

- A nutrient analysis of school meals offered to students will be made available upon request.
- Haywood school staff will support and encourage student participation in the USDA school meals programs.

## **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 Haywood Elementary School 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, an FMNV, will be available for sale at the junior high only in vending areas outside of the cafeteria.

### ***Optional Policy Statements:***

- 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).
- 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.

## **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.

### ***Optional Policy Statements:***

- MyPyramid nutrition education resources will be used in the cafeteria and classroom.
- Students will receive consistent nutritional messages throughout the school, classroom, cafeteria, and school events.
- Age appropriate USDA Team Nutrition resources will be utilized to teach nutrition education to students.
- School staff will work with local county extension educators to incorporate nutrition education activities in school.
- School staff will promote healthful eating and healthy lifestyles to students and parents.

## PHYSICAL ACTIVITY

### *Minimum Policy Statements:*

- Per Oklahoma Senate Bill 1627, the Healthy and Fit School Advisory Committee at Haywood Elementary school 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.

### *Optional Policy Statements:*

- Haywood School will establish or enhance physical activity opportunities for students, staff, and parents (fitness challenges, family fitness nights, fun walks and runs, bike events).
- Haywood Elementary School will provide 20 minutes of daily recess that promotes physical activity beyond what is provided through physical education classes.
- Students and Haywood School staff will collaborate with local recreational departments and youth fitness programs to promote participation in lifelong physical activities.
- Students will not be denied participation in recess or other physical activity as a form of discipline.
- Recess or other physical activity 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.
- Haywood School will provide adequate equipment (e.g., balls, rackets, and other manipulatives) for every student to be active.

## SCHOOL-BASED ACTIVITIES

### *Minimum Policy Statements:*

- 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.

### *Optional 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 Haywood Elementary School in order to increase food consumption and nutrient intake, decrease plate waste, and improve cafeteria and classroom behavior.
- All fundraising efforts and classroom parties will be supportive of healthy eating.

This School Wellness Policy adopted by the Board of Education of Haywood Public School at the regularly scheduled meeting on this, the   13<sup>th</sup>   day of   February   in the year 2017.

Signature

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SFA Official

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Clerk of the Board

