

Bethel Public Schools Wellness Policy

Revised December 2015

Purpose:

Bethel Public School values the health of its students and staff, as well as the health of their community. Healthy eating and activity patterns are shown to be beneficial to achieve 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 shown to be linked to reduce 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 nutrition and fitness programs have been shown to enhance overall health, as well as behavior and academic achievement. Staff and community wellness also is an integral part of a healthy school environment since school staff and community members can be positive role models for healthy behaviors. The Bethel School Board of Education shall implement guidelines, which not only meet, but also exceed the federal and state-mandated guidelines.

Goal:

Students in Bethel School district shall possess the knowledge and skills necessary to make nutritious food choices and enjoyable physical activity choices for a lifetime. Staff in Bethel School district shall be encouraged to model healthful eating and physical activity as a valuable part of daily life.

To meet this goal, the Bethel 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.

I. Nutrition Standards

School Meals

A1. State Minimum Policy Guidelines

1. School lunches and breakfasts will meet menu planning system guidelines.
2. School lunches will provide 1/3 of the recommended dietary allowances for calories, protein, calcium, iron, vitamin A, and vitamin C.
3. School breakfasts will provide ¼ of the RDA for calories, protein, calcium, iron, vitamin A, and vitamin C
4. The total calories from fat in school meals will be limited to 30 percent when averaged over one week.
5. The total calories from saturated fat in school meals will be limited to 10 percent when averaged over one week.
6. School meals will meet the Dietary Guidelines for Americans.

B1. Additional Bethel School Meal Guidelines

1. Qualifying after school programs will participate in USDA's After-School Snack Program.
2. Fruits and/or vegetables will be offered daily. Fruits and vegetables will be fresh whenever possible. Frozen and canned fruits will be packed in natural juice, water, or light syrup.
3. Schools will offer reduced-fat or baked varieties and a limited selection of other traditional varieties, whenever possible.
4. Schools serving chips will use reduced-fat or baked varieties, rather than the traditional varieties, whenever possible.
5. Students will be offered a variety of skim and lowfat milk, meat and beans, fruits and vegetables on a daily basis.
6. School staff will support and encourage student participation in the USDA school meal programs.
7. School sites will be encouraged to participate in Farm-to-School when feasibly possible.
8. Beverages such as tea, lemonade, and fruit drinks containing less than 50 percent fruit juice will not be offered to students.
9. Safe unflavored, cool drinking water is available throughout the school day at no cost to students.
10. Training and support is provided to food service personnel on safe food preparation and nutrition standards for preparing healthy meals.

Other Food Items Sold on School Campuses

A2. State Minimum Policy Guidelines

1. 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.
2. 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.
3. Students in elementary schools will not have access to FMNV except on special occasions.
4. 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.
5. 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.

B2. Additional Bethel Other Items Sold on School Campus Guidelines

1. Groups will be encouraged to offer nutrient-rich food items. This includes the cafeteria, vending machines, school stores, fundraisers, and concession stands.
2. Efforts will be made to offer snack food selection choices that are lowfat, limited sugar, and/or low sodium.

II. Nutrition Education

A. State Minimum Policy Guidelines

1. Nutrition education will be offered in the school cafeteria, as well as the classroom.
2. The Healthy and Fit School Advisory Committee at each school site will study and make recommendations regarding health education, nutrition, and health services.

B. Additional Bethel Nutrition Education Guidelines

1. “MyPyramid” nutrition education resources will be used in the cafeteria and classroom.
2. Teachers (grades K-5) will be encouraged to use Oklahoma Ag in the classroom curriculum.
3. All schools will apply with USDA to participate as a Team Nutrition school.
4. Each school will conduct nutrition education activities and promotions that involve students, parents, and the community through handouts, community education classes, cafeteria menus, and information booths.
5. School staff will be encouraged to promote healthful eating and healthy lifestyles to students and parents.

III. Physical Activity

A. State Minimum Policy Guidelines

1. The Healthy and Fit School Advisory Committee at each school site will study and make recommendations regarding physical education and physical activity.
2. Students in Grades K Through 5 will participate in 60 minutes of physical activity each week.

B. Additional Bethel Physical Activity Guidelines

1. Students in Grades K-5 will participate in 60-90 minutes of physical activity each week.
2. Students entering 6th grade will have the opportunity to participate in athletics.
3. Elementary school sites will provide daily recess that promotes physical activity beyond what is provided through physical education classes.
4. Students will be encouraged to participate in voluntary before and/or after school physical activity programs.
5. Denial of participation in recess or other physical activity as a form of discipline or instructional make up time is discouraged and if used, should be minimal.
6. Staff will be encouraged to be physically active and to serve as healthy role models.
7. All playgrounds will meet or exceed the recommended safety standards for design, installation, and maintenance.
8. School sites will provide adequate equipment for every student to be physically active.

IV. Other School-based Activities

A. State Minimum Policy Guidelines

1. 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.
2. School meals may not be used as a reward or punishment.
3. 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.

B. Additional Bethel School-Based Activity Guidelines

1. Students will be provided with a clean, safe, enjoyable meal environment.
2. 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.
3. All fundraising efforts and classroom parties will be encouraged to be supportive of health and wellness.
4. Classroom teachers and administrators will be encouraged to limit the use of candy or sweets as a reward.
5. Students will be involved in planning for a healthy school environment. Students will be asked for input and feedback through the use of student surveys, student committees, and school clubs.

Assessment: The School Health Index, or a similar tool, will be used by the Healthy and Fit School Advisory Committee to assess the compliance, progress and to determine areas of improvement of each school and school food service. A report will be given to the superintendent or designee. The district will, as necessary, revise the wellness policies.