

**Colcord Public School District Wellness Policy****Purpose**

Colcord Public School District recognizes the important role that schools play in the development of children's lifelong health habits, their ability to learn, and their overall well-being. The District recognizes the relationship between academic achievement and student health and wellness. Schools can improve the health of students not only by educating them about the importance of healthy behaviors, but also by implementing policies that promote those behaviors. This policy reflects the Colcord School District's Board of Education's commitment to removing health-related barriers to learning by establishing health policy, health promotion and health education. The board values school-based activities designed to provide students with a school environment that supports and promotes wellness, healthy eating and active lifestyle. The board recognizes the District role as part of the larger community, to model and actively practice the promotion of family health, physical activity, and good nutrition.

**Whole School, Whole Community, Whole Child (WSCC)**

The Whole School, Whole Community, Whole Child framework combines and builds on elements of the traditional Coordinated School Health approach and the Whole Child framework for improving student learning and the health environment in schools.

Therefore, the District establishes the following policy to promote the health and wellness of students and staff and to ensure its schools comply with those standards established by federal and state law. Specifically, this policy requires all schools in the District to:

- Adopt a plan to ensure the policy is properly implemented, regularly assessed, and periodically updated.
- The District will adopt the WSCC framework that is recommended by the Centers for Disease Control and Prevention (CDC) and the ASCD, for planning and coordinating school health activities. This model will help create a school environment that conveys consistent messages and is conducive to healthy eating, physical activity, and wellness for all staff, students and their families.
- Allow parents, students, representatives of the school food authority, physical education teachers, school health professionals, the school board, school administrators, and the general public to participate in the development, implementation, review, and update of the school wellness policy.
- Establish nutrition guidelines that meet or exceed the United States Department of Agriculture's (USDA) school meal requirements and the nutrition standards for competitive foods and beverages.
- Create goals for nutrition promotion and education, physical activity and physical education, and other activities that promote student as well as staff health.

### Definitions

- **School campus**-All areas of the property under the jurisdiction of the school that are accessible to students during the school day.
- **School day**- period of time from the midnight before to 30 minutes after the end of the instructional day.
- **Competitive foods and beverages** -Foods and beverages that are sold on campus outside of the federal reimbursable school meals program during the school day (e.g., in vending machines or school stores).
- **Smart Snacks standards**-Nutrition standards, issued by the USDA, that set limits on the amount of calories, salt, sugar, and fat in competitive foods and beverages.

## NUTRITION

### School Meal Requirements

The District will make nutritious foods available on campus during the school day to promote student and staff health. At a minimum, the District Child Nutrition Program will serve reimbursable meals that meet the *United States Department of Agriculture's (USDA) requirements* and follow the Dietary Guidelines for Americans (DGA).

Specifically, the District will ensure that all meals are the following:

- Child Nutrition Programs are accessible to all children. Meals served through the Child Nutrition Programs will: be appealing and attractive to children of various ages and diverse backgrounds.
- Served in a clean, safe, pleasant, and supervised setting.
- Served in appropriate portion sizes consistent with USDA standards.
- High in fiber, free of added trans fats, and low in added fats, sugar, and sodium.
- Respectful of cultural diversity (e.g., students will be encouraged to suggest local, cultural, and favorite ethnic foods) and religious preferences.
- Reviewed by certified nutrition professional.

The District will also ensure that schools do the following:

- Encourage students to start the day with a healthy breakfast.
- Provide breakfast through the USDA School Breakfast Program.

**Water:** Schools will make clean drinking water available and accessible without restriction and at no charge at every district facility (including cafeterias and eating areas, classrooms, hallways, playgrounds, and faculty lounges) before, during, and after school. Schools will also ensure the following:

- Students will be provided drinking cups, glasses, or reusable water bottles in places where meals and snacks are served.
- Students will be allowed to bring drinking water from home and take water into the classroom, provided that the water is in a capped container, such as a bottle, to prevent spills.
- All water sources and containers will be maintained on a regular basis to ensure good hygiene standards (including drinking fountains, water jugs, hydration stations, and other methods for delivering drinking water).
- Safe, unflavored, cool drinking water will be offered at no charge throughout the school day. Only low or non-fat varieties of milk will be allowed. Juice will be 100 percent juice with no added caloric sweeteners.

**Information and Promotion:** As required under the National School Lunch Program (7 CFR 210.12), the District will promote activities to involve students and parents in the School Lunch Program. In addition, the District will do the following:

- Inform families about the availability of breakfasts for students.
- 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.
- Post information on the nutritional content and ingredients of school meals on menus in the cafeteria, on the District website and/or websites of individual schools, and/or in school newsletters.
- Send applications for reimbursable meal programs to families at the beginning of the school year and make applications available on the District website.

**Adequate Time to Eat:** The District will allow students at least 10 minutes to eat breakfast and 20 minutes to eat lunch from the time they are seated. Recess before lunch will be encouraged to the greatest extent possible for the purpose of reducing food waste.

### Competitive Foods and Beverages

All competitive foods and beverages sold to students during the school day must meet or exceed the USDA's Smart Snacks standards.

## Other Foods Provided at School

Other foods and beverages provided (not sold) on campus (e.g., for classroom parties, celebrations, and afterschool-programming) must meet the USDA's Smart Snacks standards. The District, however, may allow exemptions for up to two celebrations during the school year, during which the foods and beverages served, are not required to meet the Smart Snack standards.

- The District will provide parents and teachers with a list of ideas for healthy food as well as non-food alternatives for classroom parties (e.g., the USDA's resources on "Healthy Celebrations") and after-school programming (including celebrations).

## Fundraising

**Fundraising on Campus during the School Day:** Only fundraisers that feature non-food items or foods and beverages that meet the Smart Snacks standards will be permitted. The District, however, may allow exemptions for up to 28 days of fundraisers during the school year, during which the foods and beverages sold are not required to meet the Smart Snack standards. Importantly, these exempted fundraisers cannot be held during normal meal service times.

The following will also occur:

- Fundraising activities will not promote any particular food brands (e.g., fundraisers by fast food chains).
- The District will encourage fundraisers that do not sell food and/or that promote physical activity.

**After-School Concessions and Fundraisers:** Foods and beverages offered at after-school concessions or as part of fundraisers held outside of school hours must also comply with the USDA's Smart Snack standards / At least 10 percent of foods and beverages offered during after-school concessions or as part of fundraisers held outside of school hours must comply with the USDA's Smart Snack standards.

- School fundraising activities that include the sale of healthy foods, beverages and non-food items is a public demonstration of the school's commitment to promoting healthy behaviors amount students, families and the communities at large, while helping clubs, groups or organizations meet their financial needs.
- For fundraising activities outside the school day, clubs. Groups and organizations should support children's health and reinforce nutrition lessons. The district encourages that fundraising activities should include healthy foods and/or physical activity and/or nonfood items. School fundraising activities that include the sale of healthy foods and nonfood is a public demonstration of the school's commitment to promoting healthy behaviors among students, families and the communities at large. While helping clubs, groups or organizations meet their financial needs.

## Nutrition Education

The goal of nutrition education is to facilitate the adoption of healthy eating and other health-promoting nutrition-related behaviors. Nutrition education occurs in the classroom as well as in the larger school community.

Schools will offer—and integrate into the core curriculum—nutrition education to all grades (K-12), providing students the knowledge and skills necessary for lifelong healthy eating behaviors, including the following:

- What it means to eat healthfully, consume the proper nutrients, and maintain a wholesome and balanced diet.
- Nutrition education will teach students the knowledge and skills necessary to adopt healthy eating and regular physical activity as part of their lifestyle.
- How to read labels and understand the problems associated with unhealthy food marketing to children.
- Nutrition education begins with the food services personnel. This includes annual on-going training regarding safe food preparation and nutritional standards.
- Nutrition education will be provided in all grades and will be integrated into core curriculum. In the classroom, it is included in the scope and sequence in core subjects, such as math, science, language arts, social sciences, and elective subjects.
- Nutrition education is coordinated with child nutrition services to reinforce messages on healthy eating. The school cafeteria environment allows students to apply critical thinking skills taught in the classroom.
- Nutrition resources that include learning opportunities which enhance health will be made available for staff.
- Nutrition education is provided to families and the community through communication with parents, educational workshops, homework materials, screening services, and health-related exhibitions and fairs.
- Healthy eating behaviors are promoted through the use of multiple channels including: classroom, cafeteria, and communications with parents.

In addition, schools will ensure that nutrition education:

- Complies with state learning objectives and standards.
- Provides opportunities for students to practice and apply the skills and knowledge taught in the classroom (e.g., by using the cafeteria as a learning lab, visiting local farms, etc.).
- Is made available for staff.

- Is promoted to families and the community.

### **Rewards and Punishment**

Food, beverages, and candy will not be used to reward or punish academic performance or student behavior.

### **Nutrition and Healthy Food Promotion**

The District will promote healthy food and beverage choices and appropriate portion sizes by doing the following:

- Exhibiting posters, signs, or other displays on the school campus that promote healthy nutrition choices.
- Providing age-appropriate activities, such as contests, food demonstrations, and taste-testing that promote healthy eating habits.
- Offering information to families (via communications with parents, educational workshops, screening services, and health-related exhibitions and fairs) and encouraging them to teach their children about nutrition and healthy eating behaviors.
- Encouraging school staff to display healthy eating habits and physical activity choices to students (e.g., by eating with students during meal times, consuming only healthy snacks, meals, and beverages in front of students, sharing positive experiences with physical activity with students, etc.).

### **Community/Family Involvement**

The district recognizes that parents and guardians have a primary and fundamental role in promoting and protecting their children's health and well-being. The district support parents' efforts to provide a healthy diet and daily physical activity for their children. The district encourages parents to provide healthy lunches and snacks and to refrain from including beverages and foods that do not meet good nutrition standards for foods and beverages.

### **Food and Beverage Marketing**

Only foods and beverages that meet the USDA's Smart Snacks standards may be marketed in schools. The marketing of any brand, without reference to a specific product, is prohibited unless every food and beverage product manufactured, sold, or distributed under the corporate brand name meets the Smart Snacks standards.

Marketing includes the following:

- Advertising on any property or facility owned or leased by the school district or school and used at any time for school-related activities (including school buildings, athletic fields, parking lots, school buses, vending

machines, scoreboards, uniforms, educational materials, and supplies).

- Coupons, discounts, and corporate incentive programs that reward students (e.g., when they reach certain academic goals) with free or discounted items. Such rewards may not include foods or beverages that fail to satisfy the USDA's Smart Snacks standards.
- Corporate-sponsored programs that provide funds to schools in exchange for consumer purchases of certain items. Programs involving purchase of foods and beverages that do not meet the USDA's Smart Snacks standards are not permitted.
- The promotion of healthy foods, including fruits, vegetables, whole grains and low fat dairy products is encouraged.
- If the non-compliant advertising is a permanent feature of a permanent fixture (e.g., a scoreboard), such advertising can remain until the permanent fixture is removed or replaced.

### **Staff Qualifications and Training**

The District will follow the USDA's Professional Standards for State and Local Nutrition Programs in selecting local school nutrition program directors. Also, the District will require all personnel in the school nutrition programs to complete annual continuing education and training.

In addition, Child Nutrition Staff will do the following:

- Receive training in basic nutrition, nutrition education, safe food preparation, and nutrition standards for healthy meals and snacks.
- Organize and participate in educational activities that support healthy eating behaviors and food safety.
- Training and support are provided to enable Child Nutrition Staff to become full partners in providing excellent food to our students.

### **Farm-to-School Programs and School Gardens**

The District will allow school gardens on District property.

The following will also occur:

- The District may dedicate resources (i.e., land, water, containers, raised beds, etc.) for school gardens and/or has schools actively participate in community gardens.
- The District will incorporate local and/or regional products into the school meal program.
- Schools will take field trips to local farms.

- As part of their education, students will learn about agriculture and nutrition.
- The Child Nutrition Program will pursue partnerships with local/regional farms to facilitate a Farm-to-School program. Meals served within the federally reimbursable meal program will be designed to feature fresh fruits and vegetables from local sources to the greatest extent possible.
- The District supports the incorporation of school or community gardens into the standards-based curriculum as a hands-on, interdisciplinary teaching tool to increase knowledge and influence student food choices and lifelong eating habits.
- The district will support the sustainability of school gardens through activities that could include: Fundraising, solicitation of community donations, and the use of existing resources.

## PHYSICAL EDUCATION AND PHYSICAL ACTIVITY

### General Requirements

The District will ensure that all students (K-8) participate in a minimum of 60 minutes of physical activity each week, whether through physical education, exercise programs, after-school athletics, fitness breaks, recess, classroom activities, or wellness and nutrition education. Only medical waivers/exemptions from participation in physical education will be allowed.

### Recess and Physical Activity Breaks

**Recess:** The District will require schools to provide elementary school students (K-5) at least 20 minutes of recess each day (in addition to the PE requirements). Additionally, the District will do the following:

- Develop indoor recess guidelines to ensure students can have adequate physical activity on days when recess must be held indoors.
- Encourage schools to hold recess before lunch, in order to increase food consumption, reduce waste, and improve classroom attentiveness when students return from lunch.<sup>1</sup>

**Physical Activity Breaks:** The District will require schools to provide all students (K-12) short breaks (three to five minutes) throughout the day to let them stretch, move around, and break up their time spent sitting. These physical activity breaks may take place during and/or between classroom times.



### Physical Education (PE)

The District will require all schools to establish a comprehensive, standards-based PE curriculum for each grade (K-12). Schools will ensure that PE classes and equipment afford all students (K-12) an equal opportunity to participate in PE.

**Elementary school students** (K-5) will participate in at least 150 minutes of PE per week throughout the entire school year.

**Middle and high school students** (6-12) will participate in at least 225 minutes of PE per week throughout the entire school year.

In addition, the following requirements apply to all students (K-12):

- During PE, students will be given the opportunity to participate in many types of physical activity, including both cooperative and competitive games.
- Students will engage in moderate to vigorous physical activity for more than 50 percent of the PE class time.
- PE classes will have a teacher/student ratio comparable to core subject classroom size.

### Teacher Qualifications, Training, and Involvement

- Teachers will receive training on how to integrate physical activity into the curriculum. Some portion of this training will be incorporated into annual professional development.
- Schools will allow teachers the opportunity to participate in or lead physical activities before, during, and after school.
- PE classes will be taught by licensed teachers who are certified or endorsed to teach PE.

### Punishment and Rewards

- Physical activity will not be used or withheld as punishment. (This does not apply to participation on sports teams that have specific academic requirements.)
- The District will provide a list of alternative ways for teachers and staff to discipline students.
- The District will strongly encourage teachers to use physical activity (e.g., extra recess) as a reward.

### Grounds, Facilities, and Equipment

The District will ensure the availability of proper equipment and facilities that meet safety standards and will conduct necessary inspections and repairs.

## Community Use of Recreational Facilities

The District will encourage school staff, students, and their families to participate in physical activity outside of the school day. Allowing staff, students, and their families to use school recreational facilities during non-school hours is one way to increase opportunities to engage in physical activity. Consistent with state law and District policies and procedures [cross reference any School Board or District policies] regarding use of school facilities during non-school hours, the District will work with the [local government - city/county/recreation district] and community-based organizations to coordinate and enhance opportunities for staff, students, and their families to engage in physical activity using school facilities before and after the school day, during weekends, and during school vacations.

## Active Transportation

The District will do the following:

- Encourage children and their families to walk and bike to and from school.
- Work with local officials to designate safe or preferred routes to school.
- Promote National and International Walk and Bike to School Week/Day.
- Provide bike racks for students, faculty, and staff.
- Encourage parents to supervise groups of children who walk or bike together to and from school.

## After-School Physical Activity and Screen Time

After-school programming will do the following:

- Dedicate at least 20%, or at least 30 minutes (whichever is more), of program time to physical activity, which includes a mixture of moderate to vigorous physical activity.
- Utilize outdoor space for physical activity as much as possible each day (weather permitting and with appropriate protection from the elements).
- Provide equal opportunities for children and youth with disabilities to be physically active.
- Encourage staff to join children and youth in physical activity whenever possible.
- Limit screen time to less than 60 minutes per day to be used only for homework and other educational or physical activity purposes.

### **Other Activities that Promote School Wellness**

**Healthy and Fit School Advisory Committee (HFSAC)**

All Oklahoma public schools must establish a HFSAC comprising at least six individuals who represent different segments of the community, including teachers, parents, school counselors, health care professionals, and business community representative. The HFSAC is responsible for making recommendations and providing advice to the school principal regarding health education, nutrition, and health services, and will meet at least four times a year.

The school principal will give consideration to the HFSAC's recommendations.

**Staff Wellness**

The District recognizes that employee health is essential to student health and to creating healthy school environments. Accordingly, the District will implement an employee wellness program that promotes healthy eating, physical activity, and overall health. The District may partner with community agencies and organizations (e.g., local health departments, hospitals, health insurance companies, and local chapters of national organizations, such as the American Cancer Society, American Heart Association, Red Cross, and YMCA) to assist in providing education, services, and resources for staff.

The District will do the following to support staff wellness:

**Nutrition**

- Encourage serving foods and beverages that meet Smart Snacks standards at staff meetings, trainings, special occasions and other workplace gatherings.
- Provide employees with access to a refrigerator, microwave, and sink with a water faucet.
- Provide or partner with community organizations or agencies to offer nutrition education through activities such as seminars, workshops, classes, meetings, and newsletters.
- Partner with community organizations or agencies to offer staff accessible and free or low-cost healthy eating/weight management programs.

**Physical Activity**

- Promote walking meetings.
- Incorporate 10-minute physical activity breaks into every hour of sedentary meetings, trainings, and other workplace gatherings.
- Provide access to on-campus athletic facilities, such as gyms, running tracks, basketball courts, tennis courts, and swimming pools.
- Promote employee participation in physical activity by creating exercise clubs or groups and/or sponsoring employee sports teams.

- Use posters, pamphlets, and other forms of communication to promote physical activity (including stairwell use, if applicable).
- Provide information about local physical activity resources and facilities, such as walking trails, community parks, and recreation facilities.

**General Wellness**

- Partner with community organizations or agencies to offer voluntary health screenings annually to staff, including free or low-cost health assessments.
- Partner with community organizations or agencies to provide stress management programs annually to staff.
- Promote tobacco prevention and provide referral information on cessation services through the Oklahoma Tobacco Helpline.
- Ensure access to a private space (other than a restroom) that has an electrical outlet, and provide flexible paid or unpaid break times to allow mothers to express breast milk and/or breastfeed.
- Partner with community organizations or agencies to offer immunization clinics (e.g., flu, Tdap, etc.) to staff.
- Provide or partner with community organizations or agencies to offer free or low-cost first aid and CPR training.

**Mental Health and Wellness**

Develop resources to address the mental health needs of the district. Mental health needs include;

- Successful implementation and response to the crisis plan
- Strengthening existing resources through a unified and consistent approach to counseling across all school sites.
- Expansion of successful initiatives to provide evidence-based programs and support groups that benefit students, staff and community (which includes programs implemented for all school sites)
- Support and assistance to counselors at all school sites for timely response to student needs and concerns.
- Support and assistance to counselors, teachers and school staff for identification of students that may be at risk of mental health issues.
- Support and assistance to counselors for referrals and follow-up.
- Further development of referral sources for mental health issues.
- Support for staff through health and wellness programs, individual counseling and referral resources.

**Professional Development**

The District will provide staff with educational resources and annual training in health and health-related topics.

## Health Education

Where applicable, schools' health education curriculums will follow the National Health Education Standards or the state-approved Oklahoma Academic Standard requirements.

## IMPLEMENTATION, MONITORING, AND EVALUATION

### Leadership

The District will designate one or more official(s) to facilitate the development of the local school wellness policy, oversee appropriate updates to the policy, and ensure each school's compliance with the policy. The District will ensure that the designated official(s) fully understand(s) the federal and state laws related to wellness policies.

Include the name(s), position(s), and contact information of the designated official(s) here:

| Name                     | Position                  | Contact Information<br>(email address is sufficient) |
|--------------------------|---------------------------|--|
| Bud C. Simmons           | Superintendent            | bsimmons@colcordschools.com                          |
| Terrill Denny            | Athletic Director         | terrilldenny@colcordschools.com                      |
| Sandi Shackelford        | High School Principal     | sshackelford@colcordschools.com                      |
| Sharron Simmons          | Child Nutrition Director  | ssimmons@colcordschools.com                          |
| Remington Rogers (Chair) | Federal Programs Director | rrogers@colcordschools.com                           |

### Community Involvement

The District will permit parents, students, representatives of the school food authority, physical education teachers, school health professionals, the school board, school administrators, and the general public to participate in the development, implementation, review and update of the local school wellness policy. To encourage broad public participation in the process, the District will do the following:

- Actively notify parents and the broader community about the content and implementation of as well as any changes to the wellness policy, whether through electronic communications (e.g., email, District website, etc.) non-electronic means (e.g., mailings, presentations, etc.), or both.
- Ensure that all outreach and communication is culturally appropriate and translated as needed.

- Educate community stakeholders on how they can participate in the development, implementation, review, and update of the wellness policy and let them know why their participation is important to the health and wellness of students and the broader community.

### **Assessments, Revisions, and Policy Updates**

At least once every three years (Every two years), the District will measure the extent to which schools are in compliance with the local wellness policy, as well as progress made in attaining the policy's goals.

### **Monitoring and Evaluation**

An assessment of the District's Wellness Policy will be completed by Sharron Simmons, Child Nutrition Director, to help review policy compliance, assess progress, and determine areas in need of improvement. As part of that review, a wellness committee will review nutrition and physical activity policies; provision of the environment that supports healthy eating and physical activity; and nutrition and physical education policies and program elements. The District will seek input from stakeholders; e.g., staff and faculty, parents, and students on the development and seek recommendations based on: new techniques, proven strategies, and guidelines which reflect emerging scientific knowledge relevant to the health of students and staff.

---

SFA OFFICIAL

---

BOARD CLERK