



Maple Public School Wellness Policy

Purpose:

The Maple Board of Education recognizes that childhood obesity has reached epidemic levels throughout Canadian County. Overweight children are at higher risk for developing severe long-term health problems and are affected by discrimination, psychological stress, and low self-esteem. However, research indicates that obesity and subsequent diseases are largely preventable through diet and regular physical activity. Research also indicates that becoming physically active and maintaining a regular physical activity program significantly reduces the risk of obesity and some cancers, diabetes, and other chronic diseases.

Children who eat well-balanced meals and are healthy are more likely to learn in the classroom. The Board supports increased emphasis on nutrition as well as physical activity at all grade levels to enhance the well-being of our District's youth. Therefore, it is the policy of this Board to:

1. Provide students access to nutritious food;
2. Provide opportunities for physical activity and developmentally appropriate exercise; and
3. Provide accurate information related to these topics.

Overall Goals:

1. All Pre-K through 8th grade students will have a minimum of 225 minutes of organized physical activity per week to promote and physically fit body and a strong mind.
2. The District will adhere to nutritional guidelines set by the USDA and the State of Oklahoma.
3. The head nutritional officer, head of the Child Nutrition Program, Physical Education staff, and District administration will be responsible for ensuring that the school is meeting the policy set forth by the Board of Education.
4. The District will involve parents, students, and food service employees in decisions about the nutritional needs of students in the District.

Definitions:

1. **Competitive Foods and Beverages and Beverages:** food 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).
2. **School Campus:** All areas of the property under the jurisdiction of the school that are accessible to students during the day.
3. **School Day:** The period of time from the midnight before to 30 minutes after the end of the instructional day.
4. **Smart Snacks Standards:** Nutrition standards, set by the United States Department of Agriculture (USDA) that set limits on the amount of calories, salt, sugar, and fat in competitive foods and beverages.

NUTRITION

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 to meet the United States Department of Agriculture (USDA) requirements and follow the Dietary Guidelines for Americans (DGA).

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:

- Accessible, appealing, and attractive to all children;
- Served in a clean, pleasant, and supervised setting;
- Prepared using healthy techniques (foods will not be fried);
- School meals may not be used as a reward or punishment;
- Based on a meal plan provided by a professional resource, such as the State Department of Education, the USDA, the Alliance for a Healthier Generation, or The Lunch Box.



The District also will ensure that schools do the following:

- Encourage students to start the day with a healthy breakfast;
- Provide breakfast through the USDA School Breakfast Program;
- Offer fruits and/or vegetables daily at all points of service. Fruits and vegetables will be fresh whenever possible. Frozen and canned fruits should be packed in natural juice or water;
- Chips will be reduced-fat or baked varieties whenever possible;
- Offer low-fat milk, meat and beans, fruits and vegetables, and whole grains on a daily basis;
- Offer nutrient analysis of school meals to students upon request;
- Prohibit students from bringing sodas for consumption during breakfast and lunch periods;
- Encourage and support student participation in USDA school meal programs;
- Encourage school sites to participate in Farm-To-School by purchasing fresh fruits and vegetables from local farmers when available.

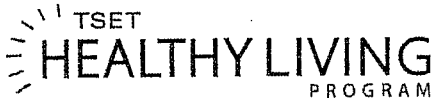
Water

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 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).

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 lunches and breakfasts for students;
- 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 provide sufficient lunch periods that are long enough to give all students adequate time to be served and eat their breakfasts and lunches.

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.

High energy drinks with elevated levels of caffeine will not be available for sale anywhere on campus.

(Adopt other goals as desired.)

OTHER FOODS PROVIDED AT SCHOOL *(standards required but not specified)*

Other foods and beverages provided (not sold) on campus (e.g. for classroom parties, celebrations, and after-school programming) must meet the USDA's Smart Snacks standards (available at <https://www.fns.usda.gov/healthierschoolday/tools-schools-focusing-smart-snacks>).

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).

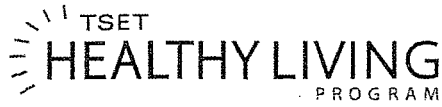
Each child will be allowed one birthday celebration to provide a classroom snack that does not meet USDA Smart Snack Standards.

Each classroom will be allowed 4 standard classroom parties (Halloween, Christmas, Valentine's Day, Easter) that are exempt from USDA Smart Snacks standards.

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 30 fundraisers during the school year, during which the foods and beverages sold are not required to meet the Smart Snacks standards. Importantly, these exempted fundraisers cannot be held during normal meal service times.

After-School Concessions and Fundraisers

Groups that conduct concession and fundraiser sales outside of school hours will be encouraged to offer foods and beverages that meet USDA Smart Snacks standards.

NUTRITION EDUCATION

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;
- How to read labels and understand the problems associated with unhealthy food marketing to children.

In addition, schools will ensure that nutrition education complies with state learning objectives and standards.

REWARDS AND PUNISHMENT

Foods and beverages will not be used to 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 (for example: via communication with parents, promoting or conducting 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.

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 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 are not permitted.

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.

FARM-TO-SCHOOL PROGRAMS AND SCHOOL GARDENS

The District will incorporate local and/or regional products into the school meal program when possible.

The District will encourage field trips to local farms.

The District will promote area community gardens to students and families (via information offered on the school website, newsletters, etc.). The District will encourage field trips to community gardens.

As part of their education, students will learn about agriculture and nutrition.

PHYSICAL EDUCATION AND PHYSICAL ACTIVITY



GENERAL REQUIREMENTS

The District will ensure that all elementary school students (pre-K through fifth grade) 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.

RECESS AND PHYSICAL ACTIVITY BREAKS

Recess: The District will require schools to provide students in pre-K through fourth grade at least 20 minutes of recess each day (in addition to PE requirements).

Physical Activity Breaks: The District will encourage teachers to provide all students short breaks (3 to 5 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 time.

PHYSICAL EDUCATION

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

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

Middle and high school students (5-8) will participate in at least 180 minutes of PE per week throughout the entire school year.

In addition, the following requirements apply to all students:

- 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% of the PE class time;
- PE classes will have a teacher/student ration comparable to core subject classroom size.

TEACHER QUALIFICATION, TRAINING, AND INVOLVEMENT



- Teachers will have the opportunity to 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.

PUNISHMENTS AND REWARDS

- The District will encourage staff not to use physical activity or withhold physical activity as punishment. (This does not apply to participation on sports teams that have specified 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 the District will conduct necessary inspections and repairs.

The District will provide adequate equipment (e.g., balls, rackets, and other manipulatives) for every student to be active.

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 regarding use of school facilities during non-school hours, the District will 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.

OTHER ACTIVITIES THAT PROMOTE SCHOOL WELLNESS



STAFF WELLNESS

The District recognizes that employee health is essential to student health and to creating healthy school environments. Accordingly, the District will encourage employees to participate in wellness programs that promote 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 staff to serve only foods and beverages that meet Smart Snacks standards at all meetings, trainings, special occasions (e.g., birthdays, retirement parties, etc.) and other workplace gatherings.
- Provide employees with access to a refrigerator, microwave, and a 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

The District will encourage staff to do the following:

- Promote walking meetings.
- Incorporate 10-minute physical activity breaks into every hour of sedentary meetings, trainings, and other workplace gatherings.
- Utilize access to on-campus athletic facilities, such as gyms, running tracks, basketball courts, tennis courts, and swimming pools (within guidelines set by the Maple School Board).
- 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 where 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 access to 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 breastmilk 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.

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 curriculum will follow the Oklahoma Academic Standards.

IMPLEMENTATION, MONITORING, AND LEADERSHIP

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 (Email address is sufficient)

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 serve on the local school wellness policy committee and 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, 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. Additionally:

- Parents, students, physical education teachers, school health professionals, the school board, school administrators, and the general public will be allowed to participate in the development, implementation, and periodic review and update of the local wellness policy.

- The District will inform and update the public about the content and implementation of the local wellness policy (via the District website, handouts, newsletters sent directly to families' homes, etc.).