

WELLNESS POLICY

The Weleetka Public School Board of Education recognizes that childhood obesity has reached epidemic levels throughout the country. Overweight children are at a higher risk for developing severe long-term health problems, and overweight children 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 activities. Research also indicates that becoming physically active and maintaining a regular physical activity program significantly reduces the risk of some obesity and some cancers, diabetes, and other chronic diseases.

All students in the Weleetka Public School District shall possess the knowledge and skills necessary to make nutritious food choices and enjoyable physical activity choices for a lifetime. All staff members in the Weleetka School District are encouraged to model healthful eating and physical activities as a valuable part of daily life.

To meet this goal, the Weleetka 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.

Per United States Department of Agriculture (USDA) regulations 210.10 and 220.8, school lunches and breakfast will meet menu-planning system guidelines as required by USDA.

Nutrition Guidelines and Standards:

Healthy food preparation techniques will be implemented.

Fruits and or vegetables will be offered daily at all points of service. Fruits and vegetables should be fresh whenever possible. Frozen and canned fruits should be packed in natural juice, water, or light syrup.

Schools serving chips must use reduced-fat or baked varieties, rather than the traditional varieties whenever possible.

Students will be offered a variety of skim milk and low fat milk, meat and beans, fruit and vegetables, and whole grain on a daily basis.

School staff will support and encourage student participation in the USDA school meals programs.

Per USDA Regulations 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.

Other School Based Activities:

Per Oklahoma Senate Bill 265, 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.

Nutrient rich food items will be available for sale at all places where food and beverages are sold on the school campus. This includes the cafeteria, school stores, and concession stands.

The district will follow the recommended food items specified in healthy snack choices provided by the OSDE.

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

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 education, nutrition, and health services.

School staff will promote healthful eating and healthy lifestyles to students and parents. The sale of candy as a fundraiser will be limited to after school hours.

Classroom teachers and administrators will not use candy or sweets as a reward. Students will be provided with a clean, safe, enjoyable meal environment.

Per the School District's Child Nutrition Program Agreement, school meals may not be used as a reward or punishment.

Nutrition Standards for Food and Beverages Sold during School:

All foods and beverages provided to students before, during and immediately after the regular school day in the District's facilities will meet the following nutrition standards unless otherwise regulated by the USDA.

Items listed below will be considered "Good" food choices:

Main dishes (entrees).

The portion size for main dishes will not exceed the size of similar items provided as part of the school breakfast and lunch programs.

Fruits and vegetables.

Snacks, Sweet and Side Dishes.

Fat content: No more than 35% of calories will be derived from fat with the exception of nuts, seeds, and cheese.

Saturated and Trans fat content total: No more than 10% of combined calories will be derived from saturated fat and trans fat.

Sugar content: No more than 35% weight from sugar will be allowed with the exception of fresh, dried, or canned fruit and vegetables.

Individual food items (ala carte, vending, and student stores) shall not exceed 300 calories or portion size can be no larger than:

Snacks and Sweets 1.5 oz.

 Cookies. Cereal bars 2.5 oz.

 Bakery items 3 oz..

 Frozen desserts: 4 oz.

 Yogurt: 8 oz.

 Nuts and Seeds: 1 oz.

Beverages:

 Fruit juice 100% with no added sweeteners.

 Water: No portion size

 Sports drinks and other beverages: 20 oz. maximum and not more than 25 grams of sugar.

 Milk: 1% and Nonfat

Grains: 30% of the grains served are whole grain

FMNV cannot be sold or dispensed in the food service area during lunch or breakfast periods. This includes:

Soda water: carbonated beverages, unless approved by the USDA

Water ices: frozen sweetened water e.g. Popsicles

Chewing Gum

Certain types of candies, hard candy, jellies, and gum, marshmallow candies, fondant, licorice, spun candies and candy-coated popcorn.

Food that is sold must meet the health department's standards in regard to storage, preparation and serving.

Nutrition Education

1. Age-appropriate nutritional knowledge, including the benefits of healthy eating; essential nutrients; nutritional deficiencies; principles of healthy weight management; the use and misuse of dietary supplements safe food preparation, handling, and storage; and cultural diversity related to food and eating;
2. Age-appropriate nutrition-related skills, including, but not limited to, planning a healthy meal, understanding and using food labels, and critically evaluating nutrition information, misinformation, and commercial food advertising; and
3. How to assess one's personal eating habits, set goals for improvements, and achieve those goals.

Physical Education

Physical activity goals

Health and Fitness Curriculum

The superintendent shall adopt and implement a comprehensive health and fitness curriculum, which will provide opportunities for developmentally appropriate instruction for grades K-12. Evaluation procedures will utilize classroom-based assessments or other strategies and will be in place by the end of each school year. All students in grades one through eight are required to complete an average of one hundred (100) instructional minutes per week of physical education. This includes instruction and practice in basic movement and fine motor skills, progressive physical fitness, and wellness activities through age-appropriate activities. All high school students are strongly encouraged to complete two units or sets of competencies of physical and health education as part of the core curriculum. The high school will offer health and fitness classes for each grade in the high school.

Suitable adapted physical education shall be included as part of individualized education programs for students with chronic health problems, other disabling conditions, or other special needs that preclude such students' participation in regular physical education instruction or activities.

In addition to required physical education, students at the elementary level should have the opportunity to participate in daily recess and physical activity. The District shall provide daily recess period(s) for elementary school students, featuring time for unstructured but supervised active play. The District will provide adequate unstructured but supervised active play. Withholding recess time will not be used as student punishment. The District will provide adequate co-curricular physical activity programs, including fully inclusive intramural programs and physical activity programs offered by the school and/or community-based organizations outside of school hours.

Wellness Committee:

Weleetka Public Schools will encourage staff, student, parent and public participation in the development of the goals, implementation and assessment of our Wellness Policy. A wellness committee will be established by the beginning of each school year and will consist of:

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| 1. Superintendent | 2. Elementary Principal |
| 3. Junior High/High School Principal | 4. Counselor |
| 5. Child Nutrition Director | 6. Elementary PE Teacher |
| 7. Elementary Student | 8. Junior High Teacher |
| 9. Junior High Student | 10. High School Teacher |
| 11. High School Student | 12. Community Representative |

The committee will strive to meet four times each school year (i.e. August, October, February and May) to review and assess the Wellness Policy. All input will be considered. We strive for healthy choices that meet the approval of all involved – students, staff and parents. Our Wellness Policy will be board approved and reviewed by the State Department of Education's Child Nutrition consultant. Our Wellness Policy will be posted to our school website.

Program Evaluation

In order to evaluate the effectiveness of the school health program in promoting healthy eating and to implement program changes as necessary to increase its effectiveness, the building principal is responsible for ensuring:

1. Board policy and this regulation are implemented as written;
2. All building, grade-level nutrition education curricula and materials are assessed for accuracy, completeness, balance, and consistency with state and local district educational goals and standards;
3. Nutrition education is provided throughout the students' school years as part of the District's age-appropriate, comprehensive nutrition program;
4. Teachers deliver nutrition education through age-appropriate, culturally relevant, participatory activities that include social learning strategies and activities; and
5. Families and community organizations are involved, to the extent practicable, in nutrition education.