

OKMULGEE PUBLIC SCHOOLS

WELLNESS REPORT CARD

Nutrition & Physical Activity



H e a l t h e a n d F i t S c h o o l A d v i s o r y C o m m i t t e e

The Okmulgee Public School District
is committed to providing school environments that promote and protect
children's health, well-being, and ability to learn
by supporting
healthy eating and physical activity.

2017 - 2018 School Year

Lunch at School

Every child needs lunch during the school day. Many students would receive no meal or a nutritionally inadequate meal if they had to bring their own lunch. Research has shown that hungry children cannot learn. A child with an empty stomach is lethargic, irritable, and is not able to fully participate in learning experiences. Good nutrition is critical to student achievement.

Average daily participation in our lunch program for the High School is 71%, for the Junior High School is 88%, for the Elementary School is 100%, and for the Primary School is 97%.

The School Day Just Got Healthier

School meals matter! School meals matter! School meals focus on more whole grains, fruits, and vegetables; low-fat or non-fat milk; and less sodium and fat. Teachers will tell you that well-nourished kids are ready to learn and do better in class. When we give kids plenty of healthy food choices and regular physical activity at school, they learn healthier habits for life. Based on their age, students are getting the right portions and now they will be getting more of some foods like fruits and vegetables. The chart below shows the food components offered for each age group as well as the other requirements & limitations for calories, fat and sodium.

Required School Lunch Meal Pattern

	<u>Grades K-5</u>	<u>Grades 6-8</u>	<u>Grades 9-12</u>
Fruits	½ cup	½ cup	1 cup
Vegetables	¾ cup	¾ cup	1 cup
Grains (Whole Grain Rich)	1 oz	1 oz	2 oz
Meat/Meat Alternates	1 oz	1 oz	2 oz
Fluid Milk	1 cup	1 cup	1 cup
Minimum-Maximum Calories	550-650	600-700	750-850
Saturated Fat (% of total calories)	<10	<10	<10
Sodium (mg)	≤1230	≤1360	≤1420
Trans Fat	0	0	0

Breakfast at School

The school breakfast program ensures that all children have access to a healthy breakfast at school to promote learning readiness and healthy eating behaviors.

Breakfast before school has many **BENEFITS**:

- ✓ **HIGHER TEST SCORES.** Research has proven that children who eat breakfast have higher math and reading scores.
- ✓ **IMPROVED ATTENDANCE.** Studies show that students who eat breakfast are absent and tardy less often.
- ✓ **FEWER TRIPS TO THE SCHOOL NURSE.** When students eat breakfast, nurses report fewer hunger related office visits.
- ✓ **IMPROVED CLASSROOM BEHAVIOR.** Students are better able to pay attention in class when they have eaten. Principals confirm that they see fewer discipline problems when students have eaten breakfast.

Average daily participation in our breakfast program for the High School is 41%, for the Junior High School is 75%, for the Dunbar Elementary School is 65%, and for the Primary School is 68%.

The Price for a School Meal

All **students eat free** at Okmulgee Schools. The price for adult breakfast is \$1.75, adult lunch is \$3.55.

More Information: Okmulgee School Meals

The menus are posted on our school website: www.okmulgeeps.com The menus are also available for viewing in the cafeteria.

Nutritional data on our menus is available upon request. Contact the Child Nutrition Director at 918.758.2000, x2102 or kriley@okmulgeeps.com.

Our School Garden Grows



Offering opportunities for fun and physical activity while serving as an important educational tool is the goal for our school garden. The first one started at our Primary School in 2014, and it has developed far beyond the original plan! Structures have been added to accommodate the ever-increasing growth and participation in the garden. The students are understanding how healthy food is produced. At Dunbar Elementary, sweet potatoes and tomatoes are now being grown. Plans are being made to expand the garden at Dunbar Elementary.

Physical Activity & Achievement

School plays a crucial role in influencing physical activity behaviors. Sound curricula, proactive policies, and adequate facilities create an environment encouraging students and staff to engage in a variety of physical activity opportunities. Evidence supports a correlation between academic achievement and the physical well-being of students.

Physical Activity & Wellness

SCHOOL PHYSICAL ACTIVITY ENVIRONMENT ASSESSMENT

Program/Activity:	Elementary School & Primary School	Junior High School	High School
Provide physical activity Daily	Yes	Yes	No
Provide physical ed classes At least twice per week	Yes	Yes	Yes
Assess students' level of physical activity At least once per year	Yes	Yes	No
Provide classroom physical activity integrated into school day learning activities	80%	50%	50%
Provide intramural physical activity opportunities	Yes	Yes	Yes



Boots & Badges

Boots & Badges is an educational program provided by the public service professions in our community in an effort to improve the health of our students while creating rapport with our students from a young age. The Okmulgee Fire Department, Okmulgee Police Department, Creek Nation Emergency Management, and Creek Nation Behavioral Health come regularly to our schools to exercise and eat healthy food with our students. In August 2016, Boots & Badges received the TURNING POINT COMMUNITY CHAMPION AWARD for the fight against obesity in Okmulgee Schools.

***Let's Go!** Is a nationally recognized childhood obesity prevention program with a goal of increasing physical activity and healthy eating for children through policy and environmental change.*

***Let's Go!** Works in six settings to reach families where they live, learn, work and play to reinforce the importance of healthy eating and physical activity.*

Here's the **Let's Go! 5 - 2 - 1 - 0** Every Day Pattern To Live By:

- 5** or more servings of fruits and veggies a day
- 2** hours or less of screen time (TV, computer, smart phones, video games, tablets, etc)*
- 1** hour or more of physical activity per day
- 0** sweetened beverages a day.

* Keep TV/Computer out of bedroom.
No screen time under the age of 2.



Okmulgee Public School District WELLNESS POLICY

is posted on our school website
www.okmulgeeps.com

Parents are encouraged to participate in our
Healthy And Fit School Advisory Committee
(HAFSAC)

Contact Tammy Smith for more information:
918.758.2030 x6102 or tgsmith@okmulgeeps.com

Healthy Lifestyle Choices

- ♥ *Baseball*
- ♥ *Basketball*
- ♥ *Bike Riding*
- ♥ *Cheerleading*
- ♥ *Golf*
- ♥ *Jump Rope*
- ♥ *Hula Hoop*
- ♥ *Soccer*
- ♥ *Softball*
- ♥ *Swimming*
- ♥ *Tennis*
- ♥ *Track*
- ♥ *Volleyball*
- ♥ *Walk to School*



**“Promoting healthy and safe behaviors
among students
is an important part of the fundamental mission of schools.”**

School Health Index—Centers for Disease Control (CDC)

Healthy Snack Choices

- ♥ *Baked Chips*
- ♥ *Cheese—Low-Fat*
- ♥ *Fresh Fruit*
- ♥ *Graham Crackers*
- ♥ *Granola Bar—Low-Fat*
- ♥ *Guacamole*
- ♥ *Hummus*
- ♥ *Popcorn—Lite*
- ♥ *Raw Vegetables with Low-Fat Dip*
- ♥ *Salsa or Fruit Salsa*
- ♥ *Smoothies or Shakes made with Yogurt*
- ♥ *Trail Mix*
- ♥ *Unsalted Nuts*
- ♥ *Whole Grain Crackers or Pita Chips*
- ♥ *Yogurt or Yogurt Parfait*