

OKMULGEE PUBLIC SCHOOL DISTRICT

WELLNESS POLICY

Adopted by the Okmulgee Board of Education

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Okmulgee Public School District Wellness Policy

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WELLNESS POLICY

PURPOSE:

The link between nutrition, physical activity and learning is well documented. Healthy eating and activity patterns are essential for students to achieve their 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 linked to reduced 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 school nutrition and fitness programs have been shown to enhance students' overall health, as well as their behavior and academic achievement in school. Staff wellness also is an integral part of a healthy school environment since school staff can be daily role models for healthy behaviors.

OVERALL GOALS:

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. Therefore, it is the policy of the Okmulgee Public School District that:

- The school district will engage students, parents, teachers, student nutrition professionals, health professionals, and other interested community members in developing, implementing, monitoring, and reviewing district-wide nutrition and physical activity policies.
- All students in grades PK-12 will have opportunities, support, and encouragement to be physically active on a regular basis.
- Foods and beverages sold or served at school will meet the nutrition recommendations of the *U.S. Dietary Guidelines for Americans*.
- Qualified student nutrition professionals will provide students with access to a variety of affordable, nutritious, and appealing foods that meet the health and nutrition needs of students; and will provide clean, safe, and pleasant settings and adequate time for students to eat.
- To the maximum extent practicable, all schools in our district will participate in available federal school meal programs (*including the School Breakfast Program, National School Lunch Program, and the After School Snack Program*).
- Schools will provide nutrition education and physical education to foster lifelong habits of healthy eating and physical activity, and will establish linkage between health education and school meal programs, and with related community services.

POLICIES TO ACHIEVE GOALS:

To meet these goals, the Okmulgee Public School District adopts this Wellness Policy with the following commitments to nutrition, nutrition education, physical activity, and other school-based activities that support student and staff wellness.

Healthy And Fit School Advisory Committees (HAFSAC)

Per Oklahoma Senate Bill 1627, the school district and/or individual schools within the district will create, strengthen, or work within existing **Healthy And Fit School Advisory Committees (HAFSAC)** to develop, implement, monitor, review, and, as necessary, revise health education, school nutrition and physical education activity, and health service policies. The committees will serve as resources to school sites for implementing those policies.

A **Healthy And Fit School Advisory Committee (HAFSAC)** consists of a group of individuals representing the school and community, and should include parents, students, representatives of the school food authority, members of the school board, school administrators, teachers, health professionals, and members of the public.

Nutritional Quality of Foods and Beverages Sold and Served on Campuses

School Meals

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).

Meals served through the National School Lunch and Breakfast Programs will:

- be accessible, appealing and attractive to all children;
- be served in clean, pleasant, and supervised settings;
- be high in fiber, free of added trans fats, and low in added fats, sugar, and sodium;
- offer a variety of fruits and vegetables;
- serve only fat free (unflavored/flavored) milk or 1% low fat (unflavored) milk and nutritionally-equivalent non-dairy alternatives (*as defined by USDA*);
- ensure that half of the served grains are whole-grain rich; and
- provide nutritional content of school meals for parents and students upon request.

Breakfast

To ensure that all children have breakfast, either at home, or at school, in order to meet their nutritional needs and enhance their ability to learn:

- Schools will operate the School Breakfast Program.
- Per USDA Regulation §220.23, school breakfasts will meet the *Dietary Guidelines for Americans*; as required by USDA.
- Schools will, to the extent possible, arrange bus schedules and utilize methods to serve breakfasts that encourage participation.

- Schools will notify parents and students of the availability of the School Breakfast Program.
- Schools will encourage parents to provide a healthy breakfast for their children.

Lunch

To ensure that all children have lunch at school, in order to meet their nutritional needs and enhance their ability to learn:

- Schools will participate in the National School Lunch Program.
- Per US Healthy Hunger Free Kids Act (**HHFKA**), school lunches will meet grade-specific requirements of 3/4 - 1 cup of Vegetables plus 1/2 - 1 cup of Fruit per day; weekly Vegetable requirement for dark green, red/orange, beans/peas (legumes), starchy and other vegetables; daily minimum and weekly ranges of Meat/Meat Alternate, daily minimum and weekly ranges of Grains with at least half of the grains to be whole grain rich; Milk to be fat free (unflavored/flavored) milk or 1% low fat (unflavored) milk; minimum and maximum ranges of Calories when averaged over one week; Saturated Fat at <10% of total calories when averaged over one week; will meet the *2010 Dietary Guidelines for Americans*; as required by USDA.
- Schools will notify parents and students of the availability of the School Lunch Program.

After School Snack

Qualifying after-school programs will participate in USDA's After School Snack Program.

Water

Schools will make clean drinking water available and accessible without restriction and at no charge.

Free and Reduced-Price Meals

Schools will make every effort to eliminate any social stigma attached to, and prevent the overt identification of, students who are eligible for free and reduced-price school meals.

In accordance with federal law and United States Department of Agriculture (USDA) policy, the school district is prohibited from discriminating on the basis of race, color, national origin, sex, age or disability.

Meal Times and Scheduling

Schools:

- will provide students with at least 10 minutes to eat after sitting down for breakfast and 20 minutes after sitting down for lunch;
- should schedule meal periods at appropriate times;
- should not schedule tutoring, club, or organizational meetings or activities during mealtime, unless students may eat during such activities;
- when possible, will schedule lunch periods to follow recess periods in elementary schools;
- will provide students access to hand washing or hand sanitizing before they eat meals or snacks; and
- should take reasonable steps to accommodate the tooth-brushing regimens of students with special oral health needs (*e.g., orthodontia or high tooth decay risk*).

Information and Promotion

As required under the National School Lunch Program (7CFR 210.12), the District will promote activities to involve students and parents in the School Lunch Program.

Staff Qualifications and Training

The District will follow the USDA's Professional Standards for State and Local Nutrition Programs in selecting the local school nutrition program director. 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.

Competitive Foods and Beverages

(i.e., all food and beverages sold to students on the school campus during the school day, other than those meals reimbursable under programs authorized by the National School Lunch Act and the Child Nutrition Act).

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

Per the US Healthy, Hunger-Free Kids Act (HHFKA), effective July 1, 2014, nutrition standards are set for all foods sold in school. The law specifies that the nutrition standards apply to all foods sold:

- ▶ outside the school meal programs,
- ▶ on the school campus,
- ▶ at any time during the school day *(the period from the midnight before to 30 minutes after the end of the official school day)*.

Standards for Foods

Standards for foods apply to all grade levels.

General Standards

A food item must meet all of the competitive food Nutrient Standards **AND**:

- Be a whole grain-rich product *(must include 50% or more whole grains by weight or have whole grain as the first ingredient)* **OR**
- Have as the first ingredient a fruit, vegetable, dairy product, or protein food *(water can be a first ingredient)*; **OR**
- Be a "combination food" with at least 1/4 cup fruit and/or vegetable.

Specific Nutrient Standards

- Total fat *(≤35% of total calories from fat per item as packaged/served) (exemptions: reduced-fat cheese, nuts, seeds, nut/seed butters, dried fruit with nuts and/or seeds with no added sweeteners or fat, seafood with no added fat, part-skimmozzarella)*
- Saturated fat *(<10% of total calories per item as packaged/served) (exemptions: reduced-fat cheese, part-skimmozzarella, nuts, seeds, nut/seed butters, dried fruit with nuts and/or seeds with no added sweeteners or fat)*
- Trans fat *(zero grams of trans fat per portion as packaged/served)*
- Sodium *(entree items that do not meet NSLP/SBP exemptions of ≤480 mg sodium per item) (snack and side items--≤200 mg)*
- Calories *(entree items that do not meet NSLP/SBP exemptions of ≤350 calories) (snack items and side dishes--≤200 calories per item)*
- Total sugar *(≤35% of weight from total sugars per item) (exemptions: dried/dehydrated fruits or vegetables [no added nutritive sweeteners], dried fruits with nutritive sweeteners for processing and/or palatability, exempt dried fruit with only nuts/seeds [no added nutritive sweeteners or fat])*

Exemptions from General Nutrition Standards

- Fruit and Vegetable Exemptions *(fruit packed in water, 100% juice, light syrup or extra light syrup) (vegetables with no added ingredients except water) (canned vegetables with small amount of sugar for processing purposes)*
- NSLP/SBP Entree Exemption *(exemptions for entree items only) (entree exemption for the day of service and the school day after) (side dishes sold as competitive food must meet all standards)*
- Chewing Gum *(sugar-free is exempt from all standards)*

Standards for Beverages

Allowable beverages may be sold at any time, anywhere, for all grades.

Beverages for All Campuses:

- Water (*plain water, carbonated or non carbonated*) (*no size limit*)
- Milk (*unflavored nonfat and low-fat milk*) (*flavored nonfat milk*) (*maximum serving sizes–8 fl oz for elementary, 12 fl oz for middle and high*)
- Juice (*100% fruit and/or vegetable*) (*100% juice diluted with water–carbonated or noncarbonated*) (*no added sweeteners*) (*maximum serving sizes–8 fl oz for elementary, 12 fl oz for middle and high*)

Other Beverages in High School:

- Calorie-Free Beverages (*maximum serving size 20 fl oz*) (*calorie-free flavored water, with/without carbonation*) (*other calorie-free beverages with less than 5 calories per 8 fl oz*) (*other calorie-free beverages with up to 10 calories per 20 fl oz*)
- Lower-Calorie Beverages (*maximum serving size 12 fl oz*) (*up to 60 calories per 12 fl oz*) (*up to 40 calories per 8 fl oz*)
- No caffeine restrictions.

Fundraising Activities

In continuing the school's support of children's health and according to regulations, fundraising activities that do not meet the above nutrition and portion size standards for foods and beverages sold individually will not be allowed during school hours. There are no fundraiser exemptions during school hours.

Schools will encourage fundraising activities that promote physical activity. The school sites will be responsible for making available a list of ideas for acceptable fundraising activities for their respective sites.

Fundraising efforts not directly related to the school and sold during school hours are required to meet the above nutrition standards for foods and beverages. There are no fundraiser exemptions during school hours.

Fundraising efforts not directly related to the school and not sold during school hours are encouraged to meet the above nutrition standards for foods and beverages.

Other Foods Provided at School

Other foods and beverages provided (not sold) on campus (e.g., for classroom parties and celebrations) must meet the USDA's Smart Snacks standards. *The District will allow exemptions for up to two celebrations during the school year. The District will allow exemptions for up to two celebrations during the school year. A maximum of three foods and/or beverages not required to meet the Smart Snack standards will be allowed for each of these two celebrations.*

The District will provide parents and teachers with a list of ideas for healthy foods as well as non-food alternatives for classroom parties.

Rewards and Punishment

Schools will not use foods, beverages, or candy to reward or punish academic performance or student behavior (*unless this practice is allowed by a student's individual education plan [IEP]*).

School-Sponsored Events (such as, but not limited to, athletic events, dances, or performances)

Foods and beverages offered or sold at school-sponsored events outside the school day will offer nutritious options.

Nutrition and Physical Wellness Promotion

Nutrition Education and Healthy Food Promotion

Okmulgee School District 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.
- 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.

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, sharing positive experiences with physical activity with students, etc.).

Integrating Physical Activity into the Classroom Setting

For students to receive the nationally-recommended amount of physical activity and for students to fully embrace regular physical activity as a personal behavior, students need opportunities for physical activity beyond physical education class. Toward that end:

- classroom health education will complement physical education by reinforcing the knowledge and self-management skills needed to maintain a physically-active lifestyle and to reduce time spent on sedentary activities, such as watching television;
- opportunities for physical activity will be incorporated into other subject lessons; and
- classroom teachers will provide short physical activity breaks between lessons or classes, as appropriate.

Communication with Parents

The district/school will support parents' efforts to provide a healthy diet and daily physical activity for their children. The district/school will offer healthy eating seminars for parents, send home nutrition information, post nutrition tips on school websites, and provide nutrient analyses of school menus upon request. Schools should encourage parents to pack healthy lunches and snacks and to refrain from including beverages and foods that do not meet the above nutrition standards for individual foods and beverages. The district/school will provide opportunities for parents to share their healthy food practices with others in the school community.

The district/school will provide information about physical education and other school-based physical activity opportunities before, during, and after the school day; and support parents' efforts to provide their children with opportunities to be physically active outside of school. Such supports will include sharing information about physical activity and physical education through a website, newsletter, or other take-home materials, special events, or physical education homework.

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 material, 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.

If the non-compliant advertising is a permanent feature or a permanent fixture (e.g., a scoreboard), such advertising can remain until the permanent fixture is removed or replaced.

Tobacco-Free School

Smoking and the use of tobacco products in any form, as well as the use of simulated tobacco products is prohibited on School District property. This prohibition includes school buildings, grounds, and school-owned vehicles. Possession of tobacco products or simulated tobacco products by students, staff, or visitors is prohibited on school property 24 hours a day, 7 days a week. This policy is pursuant to the Pro-Children Act of 1994.

"Tobacco" is defined as cigarettes, cigars, pipe tobacco, snuff, chewing tobacco and all other kinds and forms of tobacco prepared in such a manner to be suitable for chewing, smoking or both, and include, e-cigarettes/vaping products with or without nicotine or any other product packaged for smoking or the simulation of smoking.

Staff Wellness

Okmulgee School District highly values the health and well-being of every staff member and will plan and implement activities and policies that support personal efforts by staff to maintain a healthy lifestyle. The **Healthy And Fit School Advisory Committees (HAFSAC)** should develop, promote, and oversee a multifaceted plan to promote staff health and wellness. The plan should be based on input solicited from school staff and should outline ways to encourage healthy eating, physical activity, and other elements of a healthy lifestyle among school staff. The HAFSAC should distribute its plan to the school site annually.

Physical Activity Opportunities and Physical Education

Physical Education (P.E.) K-12

All students in grades K-5, including students with disabilities, special health-care needs, and in alternative educational settings, will receive physical education for a minimum of 120 minutes/week for the entire school year. All students in grades 6-8, including students with disabilities, special health-care needs, and in alternative educational settings, will receive physical education 120 minutes/week every other semester. Students at the high school may elect to take a Health & Wellness class that includes at least 100 minutes of physical education per week. Student involvement in other activities involving physical activity (e.g., *interscholastic or intramural sports*) will not be substituted for meeting the physical education requirement. Students will spend at least 50 percent of physical education class time participating in moderate to vigorous physical activity. Students will participate in an annual health-related fitness test (e.g., *Fitness Gram, President's Challenge to Physical Fitness, etc.*).

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. School sites will provide adequate equipment (e.g., *ball, rackets, and other manipulative*) for every student to be active.

Recess

All elementary school students will have at least 20 minutes a day of supervised recess, preferably outdoors, during which schools should encourage moderate to vigorous physical activity verbally and through the provision of space and equipment. 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.

Schools should discourage extended period (*i.e., periods of two or more hours*) of inactivity. When activities, such as mandatory school-wide testing, make it necessary for students to remain indoors for long periods of time, schools should give students periodic breaks during which they are encouraged to stand and be moderately active.

Physical Activity Opportunities Before and After School

Elementary schools, middle school, and high school will be encouraged to participate in extracurricular physical activity programs, such as physical activity clubs or intramural programs. High school, and middle school as appropriate, will offer interscholastic sports programs. Schools will offer a range of activities that meet the needs, interests, and abilities of all students, including boys, girls, students with disabilities, and students with special health-care needs.

Students and school staff will collaborate with local recreational departments and youth fitness programs to promote participation in lifelong physical activities.

Physical Activity and Punishment

- Teachers and other school and community personnel will not use physical activity (*e.g., running laps, pushups*) or withhold opportunities for physical activity (*e.g., recess, physical education*) 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.

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.

Names, positions, and contact information of the designated officials:

Renee Dove, Superintendent, rdove@okmulgeeps.com

Gary Calip, Principal, gcalip@okmulgeeps.com

Tammy Smith, LPN, tgsmith@okmulgeeps.com

Kathy Riley, Child Nutrition Director, kriley@okmulgeeps.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 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 actively notify parents and the broader community about the content and implementation of as well as any changes to the wellness policy through, but not limited to, the District website.

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's website, annual report card, etc.).