

PITTSBURG PUBLIC SCHOOL WELLNESS POLICY

The four basic components of the school wellness policy area as follows:

1. Nutrition guidelines/standards as set out in the Hungry, Hunger-Free Kids Act of 2010.
2. Nutritional education goals.
3. Physical activity goals.
4. Other school based activities.

Preamble

Pittsburg Public Schools is committed to the optimal development of every student. The district believes that for students to have the opportunity to achieve personal, academic, developmental and social success, we need to create positive, safe and health promoting learning environments at every level, in every setting, throughout the school year.

We are currently providing good nutrition and physical activity before, during and after school. We have recess, physical activity breaks, high-quality physical education and extracurricular activities. We insure all students are adequately hydrated. We believe by providing the above our students will be more successful. They will attend school regularly, perform better on testing and have better attendance.

School Wellness Committee

The District wellness committee will meet at least 4 times a year to establish goals and oversee school health and safety policies and programs, including development, implementation and periodic review and update of the district wellness policy.

The committee will consist of Superintendent, Principal, Nurse, Physical Education staff, teachers and Child Nutrition personnel. The meeting will be open to students and community to discuss and review school issues.

Recordkeeping

The District will keep records to document compliance with the requirements of the wellness policy at Districts Administration Offices. Documentation in this location will include but not limited to:

- The written Wellness Policy
- Documentation demonstrating the policy has been made available to the public
- Documentation of reviewing and updating the wellness policy
- Current assessments of the policy

The public will also be able to access the policy on the school website www.pittsburg.k12.ok.us . We will provide the public with contact information and notify the public how they can get involved with the school wellness committee.

Triennial Progress Assessments

At least once every three years, the District will evaluate compliance with the wellness policy to assess the implementation of the policy and update as needed. The position/person responsible for managing the triennial assessment and contact information is Chad Graham, Superintendent 918-432-5062.

Nutritional Guidelines and Standards

School Meals

School breakfasts and lunches will meet menu-planning system guidelines. School lunches will provide 1/3 of the recommended dietary allowances for calories, protein, calcium, iron, vitamins A and C. School breakfast will provide ¼ of the RDA for calories, protein, calcium, iron, vitamins A and C. The total calories from fat in school meals will be limited to 30 percent when averaged over one week. The total calories from saturated fat in school meal will be less than 10 percent when averaged over one week. School meals will meet the Dietary Guidelines for Americans. These guidelines meet USDA Regulations 210.10 and 220.80.

At the beginning of the School Year, the breakfast in the classroom initiative was re-evaluated and changed to meet the needs of the students. All students are escorted by their teacher, to the cafeteria for breakfast after the first bell. Breakfast remains available to all children. This maximizes participation, decreases classroom interruption and improves classroom cleanliness.

District participates in USDA child nutrition programs, including the National School lunch program NSLP, the School Breakfast Program SBP and Summer Food Service Program SFSP.

The district is committed to offering school meals through these programs and other Federal child nutrition programs that:

- Are accessible to all students
- Are appealing and attractive to children
- Are served in a clean and pleasant setting
- Meet or exceed current nutrition requirements established by local, state and federal statutes and regulations.
- Once students receive their meal, they have 10 minutes for Breakfast and 20 minutes for lunch
- District ensures that families know the programs available to their children

- District will pursue partnerships with local/regional farms or distribution partners to facilitate a Farm to School Program
- Establish a learning environment regarding agriculture and nutrition.
- District provides tasting events and introductions
- Garden for student participation/possible community garden through City

Staff Professional Development

All school nutrition staff will attend continuing education and training requirements in the USDA for child nutrition. We will refer to USDA's Professional Standards for School Nutrition Standards website for training.

Competitive Foods and Beverages

The District is committed to supporting healthy eating. All food and beverages available to students during the day will meet the USDA Smart Snacks in School nutrition standards.

Class Parties

Food and beverages are not used as a reward or punishment. Parents are given list of options of foods and beverages that meet Smart Snacks nutrition standards.

Fundraising

Only food and beverages that meet or exceed USDA Smart Snacks in Schools nutrition standards are sold through fundraisers on campus during school hours.

Nutrition 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 physical activity, essential for a healthy weight, are 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 student's overall health, as well as their behavior and academic achievement in school. Staff wellness is also an integral part of a healthy school environment since school staff can be daily role models for healthy behaviors.

Physical Activity

The Healthy and Fit School Advisory Committee at Pittsburg Public School has studied and made the following recommendations regarding physical education activity. Students in grades Pre-K minimum 60-89 through 8th will participate in a minimum of

150 minutes of physical activity each week. These guidelines meet Oklahoma Senate Bill 1627 and Oklahoma Senate Bill 312. Physical activity during the school day may include recess, classroom physical activity breaks and physical education. Physical Activity cannot be used or withheld as punishment. All Secondary students are required to take the equivalent of one academic year of physical education.

Students will be moderately to vigorously active more than 50% of class time during class session.

All physical education classes in District are taught by licensed teachers who are certified or endorsed to teach physical education.

Only medical waivers, exemptions or substitution for class will be allowed.

All elementary schools will offer at least 20 minutes of recess each day. Recess will be at the discretion of the instructor whether it will be indoor or outdoor when feasible.

The District will support classroom teachers incorporating physical activity and employing kinesthetic learning approaches into core subjects, District will provide training to staff, opportunities and resources for activities, during and in after school programs.

The District will promote active transport to and from school, such as walking and biking.

Students are offered periodic breaks when they can be active, stretch and hydrate. (Every 55 minutes for 5 minutes)

The District will implement Health Education Curriculum or all grade levels that follow the Oklahoma Academic Standards for Health/Safety Education (PASS Standards for Health/Safety) or National Health Education Standard.

Building and Grounds

Our Districts allows the community to schedule use its facilities outside of school hours. To the extent practicable, the District will ensure that its grounds and facilities are safe and that equipment is available to students to be active. The District will conduct necessary inspections and repairs.

Staff Wellness and Health Promotion

The District wellness committee will have a staff wellness subcommittee that focuses on staff wellness issues identifies and disseminates wellness resources and performs other functions that support staff.

Schools in the District will implement strategies to support staff in actively promoting and modeling healthy eating and physical activity behaviors.

This Pittsburg Wellness Policy adopted by the Board of Education of the Pittsburg Public Schools at the regularly scheduled meeting on this 1st day of March, 2017.

Handwritten signature of Verna Caudell in cursive script.

Clerk of the Board
Pittsburg Public School

SFA Official