

# **Harmony Public School**

## **Healthy and Fit Policy**

**Approved by the Harmony Board of Education: 12/12/16**  
**Revised: 02/18/19**

# Harmony Public School

## NUTRITION

### 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
- High in fiber, free of added trans fats, and low in added fats, sugar, and sodium
- Respectful of cultural diversity (e.g., students will be encouraged to suggest local, cultural, and favorite ethnic foods) and religious preferences)

The District will also ensure that schools do the following:

- Encourage students to start the day with a healthy breakfast.
- Provide breakfast through the USDA School Breakfast Program.

**Water:** Schools will make clean drinking water available and accessible without restriction and at no charge at every district facility (including cafeteria and eating areas, classrooms, hallways, playgrounds, and faculty lounges) throughout the entire school day. Schools will also ensure the following:

- Students will be provided drinking cups, glasses, or reusable water bottles in places where meals are served.
- 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 breakfasts for students.
- Post information on the nutritional content and ingredients of school meals on menus in the cafeteria, on the District website and/or websites of individual schools, and/or in school newsletters.

- 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 [allow students at least 10 minutes to eat breakfast and 20 minutes to eat lunch from the time they are seated / provide sufficient lunch periods that are long enough to give all students (K-8) adequate time to be served and eat their 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.<sup>1</sup>

## Classroom Parties and Celebrations

Only foods and beverages that meet the USDA's Smart Snacks standards will be allowed to be served during classroom parties and celebrations. The District, however, may allow exemptions for up to two celebrations during the school year, during which the foods and beverages served are not required to meet the Smart Snack standards.

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

## 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 following will also occur:

- Fundraising activities will not promote any particular food brands (e.g., fundraisers by fast food chains).
- The District will encourage fundraisers that do not sell food and/or that promote physical activity.

## After-School Fundraisers and Concessions

**After-School Fundraisers and Concessions** After-School Fundraisers and Concessions: (e.g., during after-school programming, events, clubs, and evening concessions): Food and beverages sold at after-school concessions or as part of fundraisers held outside of school hours will be encouraged to comply with the USDA's Smart Snack standards.

## Nutrition Education

Schools will offer—and integrate into the core curriculum—nutrition education to all grades (K-8), 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 and federal 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.

## Rewards and Punishment

Food, beverages, and candy will not be used to reward or 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 (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 consuming only healthy snacks, meals, and beverages in front of their students, sharing positive experiences about physical activity with their students, etc.).

## 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 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.
- 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 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.

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.
- Organize and participate in educational activities that support healthy eating behaviors and food safety.

## Farm-to-School Programs and School Gardens

The District will allow school gardens on District property.

The following will also occur:

- The District will dedicate resources (e.g., tools, materials, volunteer hours, etc.) to build a school garden on District property and/or actively participate in community gardens by dedicating the same resources as would be required for gardens on District property.
- The District will incorporate local and/or regional products into the school meal program.
- Schools will take field trips to local farms.
- 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 students (K-8) participate in a minimum of 60 minutes of physical activity each day, 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 elementary school students (K-5) at least 20 minutes of recess each day (in addition to the PE requirements). 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.
- Require schools to hold some exercise before lunch, in order to increase food consumption, reduce waste, and improve classroom attentiveness when students return from lunch.<sup>2</sup>

**Physical Activity Breaks:** The District will require schools to provide all students (K-8) short breaks (three to five 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 times.

## Physical Education (PE)

The District will require all schools to establish a comprehensive, standards-based PE curriculum for each grade (K-8). Schools will ensure that PE classes and equipment afford all students (K-8) an equal opportunity to participate in PE.

**Elementary school students (K-5)** will participate in at least 150 minutes of PE per week throughout the entire school year.

**Middle school students (6-8)** will participate in at least 225 minutes of PE per week throughout the entire school year.

In addition, the following requirements apply to all students (K-8):

- 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 percent of the PE class time.
- PE classes will have a teacher/student ratio comparable to core subject classroom size.
- Only medical waivers/exemptions from participation in physical education will be allowed.

## Teacher Qualifications, Training, and Involvement

- Teachers will 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 throughout the school day.
- PE classes will be taught by licensed teachers who are certified or endorsed to teach PE.

## Punishment and Rewards

- Physical activity will not be used or withheld 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.

## 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.

## 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 regarding use of school facilities during non-school hours, the District will work with the local government—city/county/recreation district and community-based organizations to 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..

## Active Transportation

The District will do the following:

- Encourage children and their families to walk and bike to and from school.
- Work with local officials to designate safe or preferred routes to school.
- Promote National and International Walk and Bike to School Week/Day.

# OTHER ACTIVITIES THAT PROMOTE SCHOOL WELLNESS

## Healthy and Fit School Advisory Committee (HFSAC)

All Oklahoma public schools must establish a HFSAC comprising of at least six individuals who represent different segments of the community, including teachers, parents, school counselors, health care professionals, and business community representatives.<sup>3</sup> The HFSAC is responsible for making recommendations and providing advice to the school principal regarding health education, nutrition, and health services, and will meet one time per year.

The school principal will give consideration to the HFSAC's recommendations.

## Staff Wellness

The District will implement an employee wellness program that promotes the physical, mental, and emotional needs of its staff.

The program will include the following:

- Health education
- Voluntary annual health screenings
- A breastfeeding policy
- Physical activity opportunities, available before and/or after school
- Nutrition education and weight management programs
- Promotion of the OK Tobacco Helpline (1-800-QUIT-NOW)
- Oklahoma State Employee Assistance Programs for substance abuse
- Crisis management and prevention training
- 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 curriculums will follow the National Health Education Standards or the state-approved Priority Academic Student Skills (PASS) requirements.



# 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.

Include the name(s), position(s), and contact information of the designated official(s) here:

Name	Position	Contact Information (Email address is sufficient)
Brian Walker	Superintendent	bwalker@harmonyps.org

## 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 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

Every year, 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 assess how its policy compares with the latest national recommendations on school health, and will update the policy accordingly.
- The District will inform and update the public about the content and implementation of the local wellness policy (via the District’s website, handouts, newsletters sent directly to families’ homes, etc.).

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<sup>1</sup> 7 CFR 2010.11.

<sup>2</sup> Ramstetter CL, Murray R, and Garner AS. “The Crucial Role of Recess in Schools.” *Journal of School Health*, 80(11): 517-526, 2010. Available at: [www.ohioactionforhealthykids.org/wp-content/documents/CrucialRoleOfRecess.pdf](http://www.ohioactionforhealthykids.org/wp-content/documents/CrucialRoleOfRecess.pdf).

<sup>3</sup> 70 OSA 24-100a.