

Harmony Public School Local Wellness Policy

Harmony Public School District is committed to the philosophy that healthy children perform better in school and are therefore more likely than unhealthy children to successfully complete their education. Additionally, healthy staff members can more effectively perform their assigned duties and serve as role models of appropriate wellness behaviors for the students in the district.

Reflecting this philosophy, the following Local Wellness Policy, in compliance with the requirements of Public Law 108-265, shall serve as a framework for the students, staff, and patrons of the district illustrative of a sound commitment to local health and fitness:

1. It is the goal of the Harmony Public School District to provide nutrition education, physical activity, and other school-based activities designed to promote student wellness. Such activities shall be undertaken in a manner that the Board of Education determines is most appropriate for the students of the District.
2. Guidelines selected by the District for all foods available on campus during the school day shall have the objective of promoting student health and reducing childhood obesity.
3. Guidelines for reimbursable school meals shall not be less restrictive than regulations and guidance issued by the Secretary of Agriculture pursuant to subsections (a) and (b) of section 10 of the Child Nutrition Act {(42 U.S.C. 1779) and sections 9(f)(1) and 17(a) of the Richard B. Russell National School Lunch Act (42 U.S.C. 1758)(f)(1), 1766(a)}, as those regulations and guidance apply to schools.
4. The District shall measure implementation of the Wellness Policy. The school nurse and physical education teacher(s) will instruct and assess students to ensure adequate knowledge of proper nutrition, personal hygiene, and physical fitness. The School Superintendent shall be responsible for ensuring that the District meets the guidelines and objectives of the Wellness Policy.
5. Wellness is an ongoing and dynamic process. As the Wellness Policy is developed and implemented, the District shall involve parents, students, representatives of the School Food Authority, the School Board, school administrators, and the public in the process.

INTRODUCTION

To help combat childhood obesity and improve children's health, the Child Nutrition and WIC Reauthorization Act of 2004 (Public Law 108-265) requires each local educational agency that receives funding for United States Department of Agriculture (USDA) Child Nutrition Programs to establish a local school wellness policy.

With this new requirement, the United States Congress recognizes that schools play a critical role in creating a healthy environment for the prevention of childhood obesity and for combating problems such as Type II diabetes, high cholesterol, high blood pressure, gallbladder disease, asthma, and joint problems that are associated with poor nutrition and physical inactivity.

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 GOAL

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

To meet this goal, the Harmony 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.

Where possible, policies will be implemented immediately.

NUTRITION EDUCATION

- 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 health education, nutrition, and health services.

- MyPlate nutrition education resources will be used in the cafeteria.
- Oklahoma Ag in the Classroom curriculum and/or My Plate nutrition education resources will be implemented in grades PK-8 along with any other resources the teacher chooses.
- Nutrition education is integrated into the core curriculum, including math, science, and language arts.
- Family/parent nutrition education opportunities will be provided.
- Students will receive consistent nutritional messages throughout the school, classroom, cafeteria, and school events.
- School staff will be encouraged to work with local county extension educators to incorporate nutrition education activities in school.
- School staff will be encouraged to promote healthful eating and healthy lifestyles to students and parents.

Recommendations for the Future

The school district will provide opportunities for on-going professional training and development for foodservice staff and teachers in the areas of nutrition and physical education.

PHYSICAL ACTIVITY

Harmony Public School Policy EHAK

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 the _____ school year.

All students in grades kindergarten through five are required to complete an average of sixty (60) instructional minutes per week of physical education and sixty (60) minutes of physical activity. The time students participate in recess shall not be counted toward the sixty minutes per week physical education requirement. The sixty (60) minutes of physical activity may include, but is not limited to, physical education, exercise programs, fitness breaks, recess, classroom activities, and wellness and nutrition education. 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. District high schools are encouraged to offer a variety of health and fitness classes for each grade in the high school.

Suitable adapted physical education shall be included as part of individual education plans 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 is encouraged to provide adequate co-curricular physical activity programs, including fully inclusive intramural programs and physical activity clubs; and to promote the use of school facilities for physical activity programs offered by the school and/or community-based organizations outside of school hours

The school district may exclude from the participation in physical education or exercise programs those students who have been placed into an in-house suspension or determination class or placement or those students who are under an in-school restriction or are subject to an administrative disciplinary action.

Cardiopulmonary Resuscitation Courses

Students in grades nine through twelve may be taught the techniques of cardiopulmonary resuscitation as part of their physical education program.

SCHOOL-BASED ACTIVITIES

- Per Oklahoma Senate Bill 1627, each school site will establish a Healthy and Fit School Advisory Committee that meets and makes recommendations to the school principal. The school principal shall give consideration to recommendations made by the Healthy and Fit School Advisory Committee.
- Per the school district's Child Nutrition Programs Agreement, school meals may not be used as a reward or punishment.
- Per USDA Regulations 210.12 and 227, students and parents will be involved in the NSLP. Parent and student involvement will include menu-planning suggestions, cafeteria enhancement, program promotion, and other related student-community support activities.
- Students will be provided with a clean, safe, enjoyable meal environment.
- Students will be provided with an adequate amount of time to eat breakfast and lunch. A minimum of 15 minutes will be provided at breakfast and 20 minutes at lunch (after students receive their trays).
- The sale of candy as a fundraiser will be limited to one 3rd and 4th grade basketball game yearly.
- Concessions of ballgames during school hours will be limited to foods from the **Healthy Snack Choices** provided by the Oklahoma State Department of Education. Night ballgames will be considered special occasions and will allow FMNV (Foods of Minimal Nutritional Value) and Junk Food products.
- Classroom parties allowing food items considered to be Junk Food by the Oklahoma State Department of Education Child Nutrition Programs will be limited to twice yearly, specifically Halloween and Valentine's Day.
- Classroom birthday parties will not be allowed in grades PK-8.

- Classroom teachers and administrators will not offer foods on FMNV list as a reward.
- Classroom snacks should reinforce the importance of healthy choices and consist of foods from the **Healthy Snack Choices** provided by OSDE.

Recommendations for the Future

Elementary schools will be encouraged to participate in the Healthier US School Challenge.

NUTRITION GUIDELINES/STANDARDS

School Meals

Harmony Public School adheres to the nutrition guidelines and standards established by the Oklahoma State Department of Education (SDE) Child Nutrition Programs for school meals which will meet menu-planning systems required by the USDA.

Other Food Items Sold on School Campuses

Harmony Public School follows the Healthy Hunger-Free Kids Act of 2010 which directed USDA to establish Nutrition Standards for all foods and beverages sold to students in school during the school day, including foods sold outside of the meals served through the NSLP and the SBP. The new Smart Snacks in School Nutrition Standards will help schools to make the healthy choice the easy choice by offering students more of the foods and beverages we should be encouraging—whole grains, fruits and vegetables, leaner protein, lower-fat dairy—while limiting foods with too much sugar, fat, and salt. This rule was effective July 1, 2014. To assist districts in determining if a food meets the Smart Snack Rule, go to: www.HealthierGeneration.Org/Productcalculator.

Recommendations for the Future

The school district will encourage increased consumption of a variety of healthy foods, including fruits, vegetables, whole grains, and low-fat dairy products, through new initiatives to creatively market healthful foods, such as salad bars and fruit bars.

A nutrient analysis of school meals offered to students will be made available upon request. The school district will provide necessary software.

Approved: 09/21/15