

## CHILD NUTRITION AND PHYSICAL FITNESS PROGRAM

The Pawhuska Board of Education recognizes that childhood obesity has reached epidemic levels throughout the country. Overweight children are at a higher risk for developing severe long-term health problems, and overweight children are affected by discrimination, psychological stress, and low self-esteem. However, research indicates that obesity and subsequent diseases are largely preventable through diet and regular physical activity. Research also indicates that becoming physically active and maintaining a regular physical activity program significantly reduces the risk of some obesity and some cancers, diabetes, and other chronic diseases.

Children who eat well-balanced meals and are healthy are more likely to learn in the classroom. The board supports increased emphasis on nutrition as well as physical activity at all grade levels to enhance the well-being of our district's youth. Therefore, it is the policy of the board to:

1. Provide students access to nutritious food;
2. Provide opportunities for physical activity and developmentally appropriate exercise; and
3. Provide accurate information related to these topics.

### District 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.

#### Goal:

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

To meet this goal, the Pawhuska 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.

#### I. Nutrition Guidelines for all Foods Available on Campus

##### A. School Meals:

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

- Per USDA Regulations §210.10 and §220.8, school lunches and breakfasts will meet menu planning system guidelines as required by USDA.

- Per USDA Regulation §210.10, school lunches will provide 1/3 of the recommended dietary allowances (RDA) for calories, protein, calcium, iron, vitamin A, and vitamin C as required by USDA.
- Per USDA Regulation §220.8, school breakfasts will provide 1/4 of the RDA for calories, protein, calcium, iron, vitamin A, and vitamin C as required by USDA.
- Per USDA Regulations §210.10 and §220.8, the total calories from fat in school meals will be limited to 30 percent when averaged over one week.
- Per USDA Regulations §210.10 and §220.8, the total calories from saturated fat in school meals will be less than 9.9 percent when averaged over one week.
- Per USDA Regulations §210.10 and §220.8, school meals will meet the Dietary Guidelines for Americans.
- *Qualifying school sites will participate in USDA's Summer Food Service Program.*
- In addition to following USDA menu-planning system guidelines, school lunch menus will be planned according to the silver or gold criteria specified in the HealthierUS School Challenge.
- Healthy food preparation techniques will be implemented. Food items will not be fried.
- Fruits and/or vegetables will be offered daily at all points of service. Fruits and vegetables should be fresh whenever possible. Frozen and canned fruits should be packed in natural juice, water, or light syrup.
- Schools serving chips must use reduced-fat or baked varieties, rather than the traditional varieties.
- *Beverages such as tea, lemonade, and fruit drinks containing less than 50 percent fruit juice will not be offered to students. Only 100% fruit or vegetable juice and 100% fruit or vegetable juice diluted with water (with or without carbonation) and no added sweeteners.*
- *Ensure that grains are served grain rich.*
- Students will be offered a variety of skim and low fat milk, meat and beans, fruits and vegetables, and whole grains on a daily basis.
- A nutrient analysis of school meals offered to students will be made available upon request.
- School staff will support and encourage student participation in the USDA school meals programs.
- *District will encourage to participate in Farm-to-School by purchasing fresh fruits and vegetables from local farmers when available.*
  - *Include the provision of safe, unflavored, cool drinking water throughout the day at no cost to students.*

**Pawhuska Schools Will:**

-Share information about the nutritional content of meals with parents and students. (The information could be making available on menus, website, on cafeteria menu boards, place cards or other point-of-purchase materials.)

**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,

Pawhuska schools will:

-Operate the school Breakfast Program, to the extent possible:

-Arrange bus schedules and utilize methods to serve school breakfast that encourage participation,

-notify parents and students of the availability of the breakfast program;

And

-Encourage parents to provide a healthy breakfast for their children through newsletter articles, take-home materials or other means.

**Free and Reduced-Priced Meals**

-Pawhuska 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. Toward this end,

Pawhuska Schools may:

-Utilize electronic identification and payment system;

-Promote the availability of school meals to all students.

**Summer Meals**

Pawhuska Schools in which more than 50 percent of the students are eligible for free or reduced-price school meals will sponsor the Summer Food Service Program for at least four weeks in the month of June.

**Meal Times and Scheduling**

Pawhuska Schools

- will provide students with at least 10 min. to eat for breakfast and 20 min. for lunch;
- should schedule meal periods at appropriate time, e.g., lunch should be scheduled between 11 a.m. and 1 p.m.;
- should not schedule tutoring, club or organizational meetings or activities during mealtimes, unless students may eat during such activities;
- will schedule lunch periods to proceed recess periods (in elementary *PK-2* school);
- 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).

**Qualification of School Food Service Staff**

- qualified nutrition professionals will administer the school meal programs. As part of the school district's responsibility to operate a food service program, Pawhuska Schools will:
- provide continuing professional development for all nutrition professionals in schools; and
- provide staff development programs that include appropriate certification and/or training programs for child nutrition directors, school nutrition managers and cafeteria workers, according to their levels of responsibility.

**Sharing of Foods**

Pawhuska Schools should discourage students from sharing their foods or beverages with one another during meal or snack times, given concerns about allergies and other restrictions on some children's diets.

**Other Food Items Sold on School Campuses:**

- Per USDA Regulation §210, Appendix B, foods of minimal nutritional value (FMNV) are prohibited from being sold or served during student meal services in the food service area where USDA reimbursable meals are served or eaten.
- Per the Child Nutrition and WIC Reauthorization Act of 2004, beverage contracts will not restrict the sale of fluid milk products at any time during the school day or at any place on the school premises.
- Per Oklahoma Senate Bill 265 (effective school year 2007-2008), students in elementary schools will not have access to FMNV except on special occasions.
- Per Oklahoma Senate Bill 265 (effective school year 2007-2008), students in middle and junior high schools will not have access to FMNV except after school, at events that take place in the evening, and on special occasions.
- Per Oklahoma Senate Bill 265 (effective school year 2007-2008), diet soda, an FMNV, will be available for sale at the junior high only in vending areas outside of the cafeteria.
- Per Oklahoma Senate Bill 265 (effective school year 2007-2008), healthy food options will be provided at the high school and priced lower than FMNV in order to encourage students and staff to make healthier food choices.

-Fried food items will not be available for sale as á la carte food items.

-Nutrient-rich food items will be available for sale at all places where food and beverages are sold on school campuses. This includes the cafeteria, vending machines, school stores, and concession stands. The district will follow the recommended food items specified in Healthy Snack Choices provided by the OSDE.

**II. Nutrition Education/Promotion**

- 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 and classroom.
- *School staff will promote healthful eating and healthy lifestyles to students and parents as part of not only health education classes, but also classroom instruction in subjects such as math, science, language arts, social sciences, and elective subjects.*
- All schools will apply with USDA to participate as a Team Nutrition school. Each school will conduct nutrition education activities and promotions that involve students, parents, and the community <[www.teamnutrition.usda.gov/team.html](http://www.teamnutrition.usda.gov/team.html)>.
- Students, parents, and the school staff will participate in an annual school health fair, *when offered*.
- Family/parent nutrition education opportunities will be provided, *upon request*.
- School staff will work with local county extension educators to incorporate nutrition education activities in school.
- School staff will promote healthful eating and healthy lifestyles to students and parents.

Pawhuska Schools will provide nutrition education and engage in nutrition promotion that:

- follows the CATCH (Coordinated Approach to Child Health) model, which is offered at each elementary grade level as part of a sequential, comprehensive, standards-based program designed to provide students with the knowledge and skills necessary to promote and protect their health. CATCH is a scientifically-based curriculum program that seeks to affect children's attitudes and behaviors towards nutrition and physical activity and addresses 4 out of the 8 components developed by the Centers for disease Control model of the coordinated school health.
- is part of not only healthy education classes, but also classroom instruction in subjects such as math, science, language arts, social sciences and elective subjects:
- promotes fruits, vegetables, whole-grain products, low-fat and fat-free dairy products, healthy food preparation methods and health-enhancing nutrition practices;
- emphasizes caloric balance between food intake and energy expenditure (physical activity/exercise;);
- links with school meal programs, other school foods and nutrition-related community services; and
- includes training for teacher and other staff.

### **III. Physical Activity**

- Per Oklahoma Senate Bill 1627, the Healthy and Fit School Advisory Committee at each school site will study and make recommendations regarding physical education and physical activity.
- Per Oklahoma Senate Bill 312 (effective school year 2006-2007), students in Grades K through 5 will participate in 60 minutes of physical activity each week.
- *As per Senate Bill 1876 (effective November 1, 2010), a sequential, developmentally appropriate physical education curriculum will be implemented and requires that at least 50% of physical education activities be performed at a moderate or vigorous level.*
- Elementary students may participate in the CATCH (Coordinated Approach to Child Health) curriculum to promote positive attitudes and behaviors towards nutrition and physical activity.
- Students will participate in an annual health-related fitness test (e.g., Fitness Gram, President's Challenge to Physical Fitness, etc.).
- School sites will establish or enhance physical activity opportunities for students, staff, and parents (fitness challenges, family fitness nights, fun walks and runs, bike events).
- Elementary school sites will provide 20 minutes of daily recess that promotes physical activity beyond what is provided through physical education classes.*
- Elementary students participate in 150 minutes of PE and Physical activity per week (recess time included)*
- *Students will be given opportunities for physical activity during the school day by integrating physical activity into the academic curriculum.*

- Students will be encouraged to participate in voluntary before- and after-school physical activity programs such as intramurals, clubs, and, at the secondary level, interscholastic athletics.
- The District will provide opportunities for participation in a broad range of competitive and noncompetitive physical activities that help to develop the skills needed to participate in lifetime physical activities.

- Students and school staff will collaborate with local recreational departments and youth fitness programs to promote participation in lifelong physical activities.
- *Students will not be denied participation in recess or other physical activity as a form of discipline or form of punishment.*
- Staff will serve as physical activity role models for students.
- School sites will provide adequate equipment (e.g., balls, rackets, and other manipulative) for every student to be active.
- Middle and High schools will offer physical education as an elective.
- Curriculum for 5<sup>th</sup> grade students will include Physical Fitness and Club Sports.
- Physical Education courses taught by a certified physical education teacher.
- *Physical activity opportunities are accessible for students of all abilities to a broad range of competitive and noncompetitive physical activities that help to develop the skills needed to participate in lifetime physical activities*

#### **Daily Recess**

Elementary schools should provide recess for students that:

- is at least 20 minutes a day;
- is preferably outdoors;
- encourages moderate to vigorous physical activity verbally and through the provision of space and equipment.

When activities, such as mandatory school-wide testing, make it necessary for student to remain indoors for long period of time, schools should give students periodic breaks during which they are encouraged to stand and be moderately active.

#### **Safe Routes to School**

Pawhuska School District will:

- assess and, if necessary and to the extent possible, make needed improvements to make it safer and easier for students to walk and bike to school;
- when appropriate, work together with local public works, public safety or police department in those efforts;
- explore the availability of federal "safe routes to school" funds, administered by the state department of transportation, to finance improvements.

#### **Use of Facilities Outside of School Hours**

School spaces and facilities should be available to students, staff and community members before, during and after school day, on weekends, and during school vacations. These spaces and facilities also should be available to community agencies and organizations offering physical activity and nutrition program's School policies concerning safety will apply at all times.

### **IV. Other School Based Activities that Promote Student Wellness**

- 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 10 minutes will be provided at breakfast and 20 minutes at lunch
- District bans food, beverages or candy to be used as a reward or punishment for academic performance or behavior.
- District allows school gardens and will allocate resources, when possible, to support gardens. (water, land, supplies, etc)
- Fundraisers during the school day will be supportive of healthy eating.
- Only healthy food and beverage options will be allowed for snacks, classroom birthdays, classroom parties and celebrations. Two parties per school year may be exempted if healthy options are available.
- Recess before lunch will be implemented at PK-2 elementary school in order to increase food consumption and nutrient intake, decrease plate waste, and improve cafeteria and classroom behavior.
- Students will be involved in planning for a healthy school environment. Students will be asked for input and feedback through the use of student surveys, student committees, and school clubs.

#### **Communication with Parents**

The Pawhuska School District will support parents' efforts to provide a healthy diet and daily physical activity for their children. The district/school will:

- post nutrition tips on school websites and provide nutrient analyses of school menus, upon request;
  - 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;
  - provide parents a list of foods that meet the district's snacks standards
  - provide information about physical education and other school-based physical activity opportunities before during, and after the school day,
- Upon request;
- support parents' efforts to provide their children with opportunities to be physically active outside of school, and
  - include sharing information about physical activity and physical education through a website, newsletter, other take-home materials, special events or physical education homework.

#### **Staff Wellness**

Schools will value the healthy 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. Each district/school should:

- promote staff health and wellness that encourages healthy eating, physical activity and other elements of a healthy lifestyle among school staff.

#### **Coordinated School Health**

*The district will adopt the Coordinated School Health Program model that is recommended by the Centers for Disease Control and Prevention (CDC) for planning and coordinated school health activities. This model will help create a school environment that conveys consistent messages and is conducive to healthy eating, physical activity, and wellness for all staff, students and their families.*

### **V. Plan for Measuring Implementation Monitoring**

The Superintendent or designee will ensure compliance with established district-wide nutrition and physical activity wellness policy.

In each school:

- The principal or designee will ensure compliance with those policies in his/her school and will report on the school's compliance to the school district superintendent or designees; and

- School Food service staff, at the school or district-level, will ensure compliance with nutrition policies within school food service areas and will report on this matter to the superintendent (or if done at the school level, to the school principal).

**In District:**

- The school district will report on the most recent USDA School Meals Initiative (SMI) review findings and any resulting changes.
- The superintendent or designee will develop a summary report every three years on district-wide compliance with the district's established nutrition and physical activity wellness policies, based on input from schools within the district and
- The report will be provided to the school board and also distributed to all school health councils, parent/teacher organizations, school principals and school health services personnel in the district.

*• Annually parents, students, representatives of the school food authority, the school board, school administrators, the public, teachers of physical education, and school health professionals participate in the development, implementation, and periodic review and update of this wellness policy.*

**Policy Review**

*Each school site's Healthy and Fit School Committee will use the School Health Index to develop an action plan unique to that site as part of the Coordinated School Health Framework. Each plan will be evaluated and updated annually. Additionally, with input from the Healthy and Fit School Committee, each site will use the annual Comprehensive Local Education Plan (CLEP) process to set and measure goals related to students wellness. Curricula for the health and physical education programs in the District, using current Oklahoma State Health and Wellness standards, are reviewed according to the textbook adoption schedule for the State of Oklahoma. These processes provide for public input by involving stakeholders from all District school sites as well as the community. Oversight for the district Wellness Policy will be maintained by the Assistant Superintendent for Student Services.*

This School Wellness Policy adopted by the Board of the Pawhuska School District at the regularly scheduled meeting on this, the 8<sup>th</sup> day of September in the year of 2014.

Signature

\_\_\_\_\_ SFA Official

\_\_\_\_\_ Clerk of the Board

Curriculum

The Pawhuska Board of Education recognizes that healthy eating patterns are essential for students to achieve their academic potential, full physical and mental growth, and lifelong health and well being. To help ensure students possess the knowledge and skills necessary to make nutritious food choices for a lifetime, the superintendent shall prepare and implement a comprehensive district nutrition program consistent with state and federal requirements for districts sponsoring the National School Lunch Program and/or the School Breakfast Program. To implement the program, the

**CHILD NUTRITION AND PHYSICAL FITNESS PROGRAM (Cont.)**

superintendent shall adopt and implement a comprehensive curriculum on health, fitness, and nutrition that will provide opportunities for developmentally appropriate instruction for grades K-12. The input of staff, students, parents, and public health professionals in the development of the curriculum will be encouraged.

Nutrition, health, and fitness topics shall be integrated within the sequential comprehensive health education curriculum taught at every grade level, K-12, and coordinated with the district's nutrition and food services operation.

The district shall take a proactive effort to encourage students to make nutritious food choices. The superintendent shall ensure that:

1. A variety of healthy food choices are available whenever food is sold or served on district property or at district-sponsored events;
2. Schools shall regulate the sale or serving of foods or snacks high in fat, sodium, or added sugars; and
3. Nutritious meals served by the school nutrition and food services operation complies with state and federal law.

Child Nutrition Program

The Pawhuska Public Schools will operate a school lunch program that will include lunch, and may include breakfast, through participation in the Child Nutrition Programs. The superintendent, in conjunction with the food service supervisor and with the approval of the board of education, will establish and post meal prices.

As required for participation in the Child Nutrition Programs, the board prescribes that:

School lunch is to be made available to all students.

Free and reduced price lunches are to be made available for students who meet the federal income guidelines.

In the operation of the Child Nutrition Programs, no child will be discriminated against because of race, sex, color, national origin, age, or disability. Discrimination complaints under these programs should be filed with the State Department of Education Child Nutrition Programs, 2500 North Lincoln Blvd., Oklahoma City, Oklahoma 73105-4599.

The district shall inform parents of the eligibility standards for free or reduced price meals. Reasonable efforts shall be made to protect the identity of students receiving such meals. A parent has the right to appeal to the superintendent any decision with respect to his/her application for free or reduced price food services.

The district's child nutrition program shall reflect the board's commitment to providing adequate time for instruction to promote healthy eating through nutrition education, serving healthy and appealing foods at district schools, developing food-use guidelines for staff, and establishing liaisons with nutrition service providers, as appropriate. Nutrition education topics shall be integrated within the sequential, comprehensive health education program taught at every grade level, pre-kindergarten through grade 12, and coordinated with the district's nutrition and food services operation.



**CHILD NUTRITION AND PHYSICAL FITNESS PROGRAM (Cont.)**

It is the intent of the board of education that district schools take a proactive effort to encourage students to make nutritious food choices. Meals served in school before the end of the last lunch period shall conform to the U. S. Dietary Guidelines for Americans. Food and beverages sold or served on district grounds or at district-sponsored events shall meet requirements for nutritional standards and/or other guidelines as may be recommended by the district and school health and nutrition committees. The superintendent shall ensure that nutritious foods are available as an affordable option whenever food is sold or served on district property or at district-sponsored events.

The superintendent is directed to prepare rules and regulations to implement and support this policy, including such provisions as may be necessary to address all food and beverages sold and/or served to students at school (i.e., competitive foods, snacks, and beverages sold from vending machines, school stores, and fund raising activities and refreshments that are made available at school parties, celebrations, and meetings), including provisions for staff development, family and community involvement, and program evaluation.

**REFERENCE:** 70 O.S. §1-107  
7 CFR, Parts 210 and 220  
7 CFR, Part 245.5

*THIS POLICY REQUIRED BY  
PUBLIC LAW 108-265, SECTION 204.*