

## **CHILD NUTRITION AND PHYSICAL FITNESS PROGRAM**

The Harrah 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.

It is the intent of the board of education that parents, students, child nutrition employees, teachers of physical education, school health professionals, and the general public participate in the development, implementation, and periodic review and updating of this policy. It is expected that the school district's Healthy and Fit Kids Advisory Committee will participate in the process and assist the referenced individuals in preparing written recommendations to the board to be adopted as a part of the school district's local school wellness policy. Specific information regarding these recommendations and the wellness policy are as follows:

Wellness Policy – BDF, is part of this policy (see below)

The Wellness policy has been established to support academic, job performance, and good health of students and staff. Each school's site Safe and Healthy Schools Committee will develop an action plan, unique to that site, as part of the Coordinated School Health Framework. The following regulation provides guidance for implementation of this policy.

### **NUTRITION GUIDELINES/STANDARDS - SCHOOL MEALS**

To promote student health, students will not be provided with foods outside the USDA Nutrition Standards, with the exception of two (2) events per school year in which healthy options are also available.

- \* School meals will meet menu-planning system guidelines in accordance with USDA regulations. (USDA Reg. §210.10 and §220.8) In addition, all school lunch menus will be planned according to the silver or gold criteria specified in the Healthier U.S. School Challenge.
- \* 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. (USDA Regulation §210.10)
- \* School breakfasts will provide 1/4 of the RDA for calories, protein, calcium, iron, vitamin A, and vitamin C as required by USDA. (USDA Regulation §220.8)
- \* The total calories from fat in school meals will be limited to 30 percent when averaged over one week. (USDA Reg. §210.10 and §220.8)
- \* The total calories from saturated fat in school meals will be less than 10 percent when averaged over one week. (USDA Reg. §210.10 and §220.8)
- \* School meals will meet the Dietary Guidelines for Americans. (USDA Reg. §210.10 and §220.8)
- \* School meals will not be used as a reward or punishment.
- \* 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 will be specified and bid in natural juice,

water, or light syrup. Bonus commodity fruits that contain higher sugar contents will be used in limited quantities. Fresh fruits and vegetables from local sources, to the greatest extent possible, will be featured including Farm to School.

- \* Foods will not be fried on school premises. High fat, processed items will be limited in the cafeteria. Only low fat or baked chips should be offered. Items will be specified and bid with no trans-fats, according to availability.
- \* Students and staff will be offered a variety of skim and low fat milk, lean meat, beans, fruits, vegetables, and whole grains on a daily basis.
- \* Safe, unflavored, cool drinking water is provided to students throughout the school day at no cost
- \* Professional development training and support, including topics such as meeting nutritional standards for preparing healthy meals as well as learning and improving culinary skills, will be offered for Child Nutrition employees twice a year or as needed.
- \* Students and parents will be involved in the National School Lunch Program. Parent and student involvement will include menu-planning suggestions, cafeteria enhancement, program promotion and other related student-community support activities. (USDA Reg. §210.12 and §227)

#### OTHER FOOD ITEMS SOLD ON SCHOOL CAMPUSES

- \* 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. (Child Nutrition and WIC Reauthorization Act of 2004)
- \* All foods sold to students on the school campus, during the school day, will meet guidelines set forth by the Smart Snacks in School - USDA's "All Food Sold in Schools" Standards. Harrah Public Schools will continue to follow these guidelines regarding fundraising and will not allow for any exemptions to this regulation.
- \* Sale of caffeinated beverages is not allowed on elementary or middle school campuses. High energy drinks with elevated levels of caffeine will not be available for sale anywhere on school campuses.

#### NUTRITION EDUCATION

- \* Nutrition education will be offered in the curriculum through science, health education, physical education, or other designated times. Suggested resources will be provided.
- \* Curriculum will be provided by Child Nutrition for interested schools/teachers. Family/parent nutrition education opportunities will also be provided through community events and the Child Nutrition Website.
- \* All schools will be enrolled in USDA Team Nutrition and Fuel Up to Play 60.
- \* School staff will promote healthy eating and healthy lifestyles to students and parents.
- \* Students and staff will receive consistent nutritional messages throughout the school, classroom, cafeteria, and school events.

#### PHYSICAL ACTIVITY

- \* Elementary school sites will provide 20 minutes of organized daily recess that promotes physical activity beyond what is provided through physical education classes.
- \* Elementary schools will have 60 minutes of physical education per week. (Oklahoma SenateBill312)
- \* All school sites will establish or enhance physical activity opportunities for students, staff, and parents (examples may include, but are not limited to implementation of a walk or bike to school initiative, fitness challenges, family fitness nights, fun walks and runs, bike events, etc.) that help develop the skills needed to participate in lifetime physical activities.

- \* All school sites will have availability of proper equipment and facilities (examples may include, but are not limited to playground equipment, physical activity equipment, and athletic or fitness facilities) for every student to be active. All equipment and facilities will meet Safety Standards.
- \* 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.
- \* Students, parents and other community members will have access to the District's physical activity facilities outside the normal school day.
- \* Physical activity or the withholding thereof, will not be used to punish academic performance or student behavior.
- \* All students participating in physical education will be moderately to vigorously active for the majority of class time. (Oklahoma Senate Bill 1876)
- \* Only medical waivers/exemptions from participation in physical education are allowed.
- \* The District will integrate physical activity during the school day and provide training for all teachers on how to integrate physical activity into the academic curriculum.
- \* District has approved Health Education Curriculum for all grade levels that follow National Health Education Standard.

**SCHOOL-BASED ACTIVITIES**

- \* Students will be provided with an adequate amount of time to eat; at least 10 minutes to eat breakfast and 20 minutes to eat lunch from the time students are seated.
- \* Some form of physical activity will occur, either in the form of recess or physical education classes, just before lunch at all elementary schools in order to increase food consumption and nutrient intake, decrease plate waste, and improve cafeteria and classroom behavior.
- \* Foods, beverages, or candy will not be used as a reward or punishment.
- \* The sale of candy as a fundraiser will be limited. See recommended list of fundraiser activities suggested by the State Department of Education. Fundraisers occurring on campus during the school day must adhere to the Smart Snacks in School - USDA's "All Food Sold in Schools" Standards. All fundraisers must comply with District Regulation 7201-R. Harrah Public Schools will continue to follow these guidelines regarding fundraising and will not allow for any exemptions to this regulation.
- \* Healthy food choices for lunches and snacks will be encouraged when food is sent from home.
- \* School gardens are permitted, with site administration approval. Administration approval includes dedication of the resources (i.e. land and water) necessary to implement a school garden.
- \* The District will adopt the Coordinated School Health Framework that is recommended by the Centers for Disease Control and Prevention and will promote the eight components of Coordinated School: Health Education; Physical Education; Health Services; Nutrition Services; Counseling, Psychological and Social Services, Healthy and Safe School Environment; Health Promotion for Staff, Family and Community Involvement and encourages schools to complete the School Health Index (SHI).

Curriculum

The Harrah 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

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 Harrah 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.

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. The board of education designates the Superintendent as the school official who shall be responsible for oversight of this policy to ensure compliance for the school district.

The district is required to inform the public about the content of this policy and any updates to the policy on an annual basis. The district may do this electronically or through the media.

**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  
AND PUBLIC LAW 111-296***