

CHILD NUTRITION AND PHYSICAL FITNESS PROGRAM

The Cordell 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.

Goals for nutrition education, physical activity, and other school-based activities that are designed to promote school wellness in a manner that the district determines is appropriate.

Nutrition education and promotion

Students will receive consistent nutrition messages throughout schools, classrooms, cafeterias, and school media:

1. Teachers will integrate nutrition education into core curricula
2. Nutrition promotion may include participatory activities such as contests, surveys, food demonstrations, promotions, farm visits, and experience working in school gardens
3. The nutrition education program will be linked to school meal programs, school gardens, cafeteria nutrition promotion and farm-to-school programs when available
4. Nutrition education will be offered in the cafeteria as well as the classroom, with coordination between the foodservice staff and teachers
5. Nutrition education will promote fruits, vegetables, and whole-grain products, low-fat dairy products, healthy food preparation methods, and accurate portion sizes
6. Students will have opportunities to taste foods that are low in saturated and trans fats, sodium and added sugar
7. Staff members responsible for nutrition education will be provided with relevant instructional information (e.g. training on the Dietary Guidelines for Americans and how to teach them)
8. Nutrition education will be provided to families via handouts, on menus, postings on the web-site
9. Staff is strongly encouraged to model healthful eating habits, and is discouraged from eating in front of children/sharing food with children during regular class time, outside of activities related to the nutrition education curriculum
10. Families will be encouraged to pack lunches and snacks that meet district nutrition standards and will be provided with written guidance on how to accomplish this;

CHILD NUTRITION AND PHYSICAL FITNESS PROGRAM (Cont.)**Specifically, the nutrition curriculum will encompass:**

1. Promotion of adequate nutrient intake and healthy eating practices
2. Skill development, such as reading labels to evaluate the nutrient quality of foods, meal planning, and analysis of health information
3. Examination of the problems associated with food marketing to children
4. Nutrition themes including, but not limited to, USDA's MY Plate, Dietary Guidelines for Americans, adequate nutrient intake (such as carbohydrates, proteins, fats), body image and food safety

Nutrition guidelines selected by the district for all foods available on each school campus during the school day with the objectives of promoting student health and reducing childhood obesity.

A. Child Nutrition Program

The Cordell 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.

In Addition

1. Cordell School District participates in the National School Lunch Program and the School Breakfast Program. Meals are prepared on-site by school employees.
2. School meals will include a variety of healthy choices while accommodating special dietary needs and ethnic and cultural food preferences.

3. All reimbursable meals will meet nutrition standards mandated by the USDA, as well as any additional state nutrition standards that go beyond USDA requirements
4. Nutrition consultants will be used in the development of the food program
5. All cafeteria staff will be provided training on USDA meal plans/reimbursable meals so they can properly advise students as to the meal components they may/must take, as well as cooking techniques, recipe implementation, sanitation, and food safety
6. All menus will be reviewed by a Oklahoma State Department of Nutrition consultant; sample USDA menus may be used
7. Students will be provided at least 10 minutes to eat breakfast and 20 minutes to eat lunch after being seated; Meals will be served in a clean and pleasant setting and under appropriate supervision. Rules for safe behavior will be consistently enforced
8. Tutoring, club, or organizational meetings will not be scheduled during meal time, unless students may eat during such activities
9. Students will have access to hand washing/hand sanitation facilities before meals and snacks and cafeteria staff will remind students to make use of them
10. Information on the nutritional content and ingredients of meals will be found on menus and on the district web-site. Parents and students will be notified that information is available and information shall be kept up-to-date. Menus and nutritional information will be published in the local newspaper and on the school webpage;
<http://www.cordell.k12.ok.us>.
11. Participation in school meal programs will be promoted. Parents will be notified of the availability of the breakfast and lunch programs annually at time of enrollment and will be encouraged and assisted to determine eligibility for reduced or free meals;

CHILD NUTRITION AND PHYSICAL FITNESS PROGRAM (Cont.)**B. Competitive Foods and Beverages**

All foods and beverages sold on school grounds to students outside of reimbursable school meals are considered "competitive foods." Competitive foods include items sold from vending machines and for in-school fundraisers. All competitive foods must comply with the district's nutrition standards, as well as all applicable state and federal standards. The Institute of Medicine recommendations and the USDA Smart Snacks in School standards will serve as a guideline in determining the healthful qualities expected for any foods or beverages made available in school excluding meals served for breakfast and lunch.

Cordell Public School District Nutrition Standards:

The Institute of Medicine's nutrition standards for competitive foods and beverages in schools has been adopted by the district. A summary of the standards is below.

Foods

Only fruits, vegetables, nuts and seeds, whole grains, low-fat dairy and combination products may be sold, following the standards below:

1. Packaged items shall not exceed one serving per package/200 calories;
2. Items shall contain no more than 35% of total calories from fat, less than 10% of total calories from saturated fats and zero trans fats. Exception: The fat content of nuts and seeds will not count against the total fat content of packaged products
3. Items shall contain no more than 35% of calories from total sugars. Exception: Yogurt may contain up to 30 grams of total sugars per 8 ounce serving
4. Items shall contain less than or equal to 200 mg of sodium per packaged portion
5. Combination items must contain at least one serving of whole grains, fruit or vegetable, per portion as packaged, in any combination (e.g., ½ serving of fruit and ½ serving of whole grain in one portion)

Beverages

The only beverages allowed to be sold outside of school meals include:

1. Low-fat (1%), non-fat or non-dairy milk in 8 ounce portions (plain or flavored with no more than 22 grams of total sugars per 8 ounces)
2. 100% fruit/vegetable juice in 4 ounce portions for elementary and middle school, and 8 ounce portions for high school
3. Plain water, flavored water, Gatorade and diet pop

C. Additional Foods Available to StudentsFundraising

1. Non-food fundraising is promoted. Individuals or groups involved with in-school food-based fundraising activities are encouraged to include items that meet the district's nutrition standards for competitive foods. When out-of-school fundraising events involve food, individuals or groups are encouraged to consider items that meet the nutrition standards as determined by the district's nutritional standards for competitive foods
2. Fundraising activities that promote physical activity are encouraged

Celebrations

1. Staff members and parents are encouraged to include healthy options the majority of the time when food is used for celebrations
2. Non-food celebrations will be promoted and a list of ideas will be made available to parents and teachers

CHILD NUTRITION AND PHYSICAL FITNESS PROGRAM (Cont.)**Access to Drinking Water**

1. Students and school staff members will have access to free, safe, fresh drinking water at all times throughout the day. Water jugs and cups will be available in the cafeteria if water fountains are not present. Supervisory staff will facilitate access to water in the cafeteria
2. Regular cleaning, inspection and maintenance of all drinking fountains, water jugs, hydration stations, water jets, and other methods of delivering water will be carried out to ensure hygiene standards are met.
3. Water will be promoted as a substitute for sugar-sweetened beverages (SSBs);
4. School staff will be encouraged to model drinking water consumption;

Marketing

School-based marketing will be consistent with nutrition education and health promotion. As such, the following guidelines apply:

1. Schools will restrict food and beverage marketing to the promotion of only those foods and beverages that meet the nutrition standards set forth in the District Wellness Policy;

Examples of marketing techniques include the following:

Brand names, trademarks, logos, or tags, except when placed on a physically present food or beverage product or on its container; displays, such as on vending machine exteriors; corporate brand, logo, name, or trademark on cups, posters, book covers, school supplies, or educational materials; corporate brand, logo, name, or trademark on school equipment, message boards, scoreboards, or uniforms; advertising in school publications or school mailings; sponsorship of school activities, fundraisers, or sports teams; educational incentive programs such as contests, or programs that provide schools with supplies or funds when families purchase specific food products; free samples or coupons displaying advertising of a product;

Food Used as Reward or Punishment

Teachers and faculty are encouraged to use only non-food rewards or healthy foods as rewards. Withholding food as punishment is prohibited.

Physical Activity**Physical Education**

1. All K-6 grade students will receive physical education totaling 60 minutes per week for the entire school year. Secondary students are encouraged to participate in physical education classes. Physical Education will be standards-based, using national and state-developed standards.
2. Physical Education classes will be sequential, building from year to year, and content will include motor skills, concepts and strategies, engagement in physical activity, physical fitness, responsible behavior and benefits of physical activity.
3. Physical education programs will meet the needs of all students, including those who have physical limitations or are not athletically gifted, and will actively teach cooperation, fair play, and responsible participation. Students will be able to demonstrate competency through application of skills. Waivers or exemptions will be considered for any student who is unable to participate in physical education class.
4. Physical education classes will count toward graduation and GPA
5. The school will provide adequate space/equipment and conform to all safety standards
6. The school discourages the use of physical activity and withholding of physical education class and other forms of physical activity as punishment and, if used, will be at the discretion of the building administrator.
7. All Physical Education classes will be taught by a qualified physical education teacher and at least 50% of class time will be spent in moderate to vigorous activity
8. Physical education staff will receive professional development on a yearly basis;

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

1. All students will have opportunities for physical activity beyond physical education class on a daily basis. Classroom health education will reinforce the knowledge and skills needed to maintain a physically active lifestyle. Students will be encouraged to reduce sedentary time, and will not be required to engage in sedentary activities for more than two hours without an opportunity to stretch and move around. Short (3-5 minute) "energy release" physical activity breaks will be provided between classes in elementary school
2. Safe facilities and equipment in sufficient quantities will be made available to all students and will be inspected and maintained on a routine basis
3. Teachers will be expected to incorporate opportunities for physical activity in the classroom in core subjects and whenever possible and will be encouraged to serve as role models by being physically active alongside the students

Recess

Pre-kindergarten through 2nd grade students will have at least 20 minutes a day of supervised recess, during which moderate to vigorous physical activity will be encouraged. Outdoor recess will only be withheld in the event of extreme weather, as defined by the district.

Physical Activity Programs

1. Elementary, middle and high school will consider offering extracurricular physical activity programs, such as physical activity clubs and intramural programs.
2. School gymnasiums and outdoor facilities will be made available to the public to encourage community physical activity
3. The school may consider activities such as Walk to School Day or other family or community based activities to encourage physical activity and physical fitness

Safe Routes to School

The school 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. For example, crossing guards may be stationed around the school to facilitate safe walking and biking school commutes, and bike racks will be available. The school will work together with local public works, public safety, and/or police departments in those efforts.

Monitoring and Evaluation

An assessment of the Cordell School District's Wellness Policy will be completed annually to help review policy compliance, assess progress, and determine areas in need of improvement. As part of that review, the wellness committee will review nutrition and physical activity policies; provision of the environment that supports healthy eating and physical activity; and nutrition and physical education policies and program elements. The District will seek input from stakeholders on the development and seek recommendation based on: new techniques, proven strategies, and guidelines which reflect emerging scientific knowledge relevant to the health of students and staff.

Parents, students, representatives of the school food authority, teachers of physical education, school health professionals, school administrators and the general public will participate in the development, implementation, and periodic review and update of the District wellness policy.

CHILD NUTRITION AND PHYSICAL FITNESS PROGRAM (Cont.)

The District will annually measure and make available to the public an assessment on the implementation of the District wellness policy, including:

1. The extent to which schools under the jurisdiction of the District are in compliance with the District wellness policy;
2. The extent to which the wellness policy of the District compares to model local school wellness policies;
3. Progress made in attaining the goals of the District wellness policy.

The Cordell School District Wellness Policy will be made available to parents and community members via the school website, www.cordell.k12.ok.us.

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.*