

Wellness Policy

Healdton 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 Healdton 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, reducing childhood obesity and in compliance with State Department of Education rules and regulations in regards to (FMNV) Foods of Minimal Nutritional Value.
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. At least one person within the District shall be responsible for such measurement, 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 authority, the school board, school administrators and the public in the process.

NUTRITION GUIDELINES/STANDARDS

School Meals / Minimum Policy Statements:

- 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 ¼ 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 10 percent when averaged over one week.
- Per USDA Regulations §210.10 and §220.8, school meals will meet the Dietary Guidelines for Americans.

Optional Policy Statements:

- Qualifying after-school programs will participate in USDA's After-School Snack.
- In addition to following USDA menu-planning system guidelines, school lunch menus will be planned according to the silver and gold criteria specified in the Healthier US 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 will use reduced-fat or baked varieties, rather than the traditional varieties, whenever possible.
- Nutrient-rich food items will be available for sale at all places where food and beverages are sold on school campuses in compliance with **Foods of Minimal Nutritional Value** (FMNV). This includes the cafeteria, vending machines, school stores, and concession stands (During the school day.) The district will follow the recommended food items specified in **Healthy Snack Choices** provided by the OSDE.
- Snack food items available for sale will contain less than 30 percent or 7 grams of fat per single serving as stated on the Nutrition Facts Label (exception: nut and seed mixes).
- Snack food items available for sale will contain less than 10 percent or 2 grams of saturated fat per single serving as stated on the Nutrition Facts Label.
- Snack food items available for sale will contain no more than 35 percent sugar by weight or 15 grams per single serving as stated on the Nutrition Facts label (exceptions are fresh and dried fruits).
- Snack food items available for sale will contain less than 480 milligrams of sodium per single serving as stated on the Nutritional Facts Label.
- High energy drinks with elevated levels of caffeine will **NOT** be available for sale anywhere on school campus.

NUTRITION EDUCATION

Minimum Policy Statements:

- 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.

Optional Policy Statements:

- Nutrition education resources will be used in the cafeteria and classroom
- Nutrition education is integrated into the core curriculum, including Math, Science, and Language Arts.
- Elementary school sites will provide 20 minutes of daily recess that promotes physical activity beyond what is provided through physical education classes.
- Active transportation to and from school will be encouraged by assessing safest routes for students to walk or bike to school and by installing bike racks at school sites.
- Students will be encouraged to participate in voluntary before- and after-school physical activity programs such as intramurals, clubs, and High School Interscholastic Activities.
- Students will not be denied participation in recess or other physical activity as a form of discipline.
- Physical Education time will not be canceled for instructional make-up time.
- Staff will serve as physical activity role models for students.
- All playgrounds will meet the recommended safety standards for design, installation and maintenance.
- School sites will provide adequate equipment (e.g., balls, rackets, and other manipulative items).

SCHOOL- BASED ACTIVITIES

Minimum Policy Statements:

- 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.

Optional Policy Statements:

- 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).
- Physical Education Classes will be implemented before lunch in the elementary school in order to increase food consumption and nutrient intake, decrease plate waste and improve cafeteria and classroom behavior.
- All fundraising efforts and classroom parties will be supportive of healthy eating.
- Classroom teachers and administrators will **NOT** use candy or sweets as rewards.
- The elementary school will be encouraged to participate in the **Healthier US School Challenge**.
- 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 duties.

WELLNESS POLICY

This School Wellness Policy is adopted by the Healdton Board of Education at the regularly scheduled meeting on this, the 11th day of April, in the year 2016.

Signature:

SFA Official

Clerk of the Board

RAO

Superintendent/Principal

Healdton Public School

WELLNESS POLICY

2016-2017

Healdton Public Schools / Wellness Policy

2016-2017

High School Members:

Date:

Signature:

Terry D. Shaw (Supt.)

Amy Worsham

Joel Bradberry (Parent)

Maddie Bradberry (Student)

M.S. Members:

Date:

Signature:

Shannon Brady

Marc Barrett (Parent)

Wade Etter (Student)

Elementary School Members:

Date:

Signature:

Donielle Cantwell

Heather Bradberry (Parent)

Beau Bradberry (Student)

Clista (Sam) McCarty (Cafeteria)
