

PORTER CONSOLIDATED SCHOOLS SCHOOL DISTRICT WELLNESS POLICY

Board Approved 08-07-2017

PURPOSE

The Porter Consolidated Schools District (the District) recognizes the important role that schools play in the development of children's lifelong health habits, their ability to learn, and their overall well-being. Schools can improve the health of students not only by educating them about the importance of healthy behaviors, but also by implementing policies that promote those behaviors.

Therefore, the District establishes the following policy to promote the health and wellness of students and staff and to ensure its schools comply with those standards established by federal and state law. Specifically, this policy requires all schools in the District to do the following:

- Allow parents, students, representatives of the school food authority, physical education teachers, school health professionals, the school board, school administrators, and the general public to participate in the development, implementation, review, and update of the school wellness policy.
- Establish nutrition guidelines that meet or exceed the United States Department of Agriculture's (USDA) school meal requirements and the nutrition standards for competitive foods and beverages.
- Create goals for nutrition promotion and education, physical activity and physical education, and other activities that promote student health.
- Adopt a plan to ensure the policy is properly implemented, regularly assessed and periodically updated.

DEFINITIONS

- **School Campus**
All areas of the property under the jurisdiction of the school that are accessible to students during the school day.
- **School day**
The period of time from the midnight before to 30 minutes after the end of the instruction day.
- **Competitive foods and beverages**
Foods and beverages that are sold on campus outside of the federal reimbursable school meals program during the school day. (e.g., in vending machines and school stores).
- **Smart Snacks standards**
Nutrition standards, issued by the USDA that set limits on the amount of calories, salt, sugar and fat in competitive foods and beverages.

NUTRITION

SCHOOL MEAL REQUIREMENTS

The District will make nutritious foods available on campus during the school day to promote student and staff health. At a minimum, the District Child Nutrition Program will serve reimbursable meals that meet the United States Department of Agriculture's (USDA) requirements and follow the Dietary Guidelines for Americans (DGA).

Specifically, the District will ensure that all meals are the following:

- Accessible, appealing, and attractive to all children
- Served in a clean, pleasant, and supervised setting
- High in fiber, free of added trans fats, and low in added fats, sugar, and sodium
- Respectfully of cultural diversity (e.g., students will be encouraged to suggest local, cultural, and favorite ethnic foods) and religious preferences
- Meal plans will be reviewed by a registered dietitian or other certified nutrition professional knowledgeable of the USDA reimbursement meal pattern; or based on a meal plan provided by a professional resource (such as State Department of Education, the USDA, the Alliance for a Healthier Generation, or The Lunch Box).
And some further advice from Deana/Cass:

Cooking for Kids could be added as a professional resource once the sample menu and some supporting recipes are posted the Cooking for Kids website. We continue to work toward this objective.

The District will also ensure that schools do the following:

- Encourage students to start the day with a healthy breakfast.
- Provide breakfast through the USDA School Breakfast Program.

Water: Schools will make clean drinking water available and accessible without restriction and at no charge at every district facility (including cafeteria and eating areas, classrooms, hallways, playgrounds, and faculty lounges) throughout the entire school day. Schools will also ensure the following:

- Students will be allowed to bring drinking water from home and take water into the classroom, provided that the water is in a capped container, such as a bottle, to prevent spills.
- All water sources and containers will be maintained on a regular basis to ensure good hygiene standards (including drinking fountains, water jugs, hydration stations, and other methods for delivering drinking water).
- Students will be provided cups for water at snack time.

Information and Promotion: As required under the National School Lunch Program (7 CFR210.12), the District will promote activities to involve students and parents in the School Lunch Program. In addition, the District will do the following:

- Inform families about the availability of breakfasts for students.
- Distribute materials to inform families of the availability and location of free Summer Food Service Program meals for students when school is not in session.

- Send application for reimbursable meal programs to families at the beginning of the school year and make applications available on the District website.

Adequate Time to Eat: The District will allow students at least 10 minutes to eat breakfast and 20 minutes to eat lunch from the time they are seated.

Competitive Foods and Beverages

All competitive foods and beverages sold to students during the school day must meet or exceed the USDA's Smart Snack Standards.

Classroom Parties and Celebrations

Only foods and beverages that meet the USDA's Smart Snacks standards will be allowed to be served during classroom parties and celebrations. (The District, however, may allow exemptions for up to two celebrations during the school year, during which the foods and beverages served are not required to meet the Smart Snack standards as long as healthy options are available.)

The district will provide parents and teachers with a list of ideas for healthy food as well as non-food alternatives for classroom parties and celebrations.

Fundraising on School Campuses

1. Porter Consolidated Schools will comply with the USDA "Smart Snacks in Schools" rules as they affect all food and beverages sold to children at school during the school day.
2. Porter Public Schools will adhere to the fundraiser exemption policy as set by the Oklahoma State Board of Education.
3. Exempt food fundraisers are prohibited from taking place while meals under the National School Lunch, National School Breakfast, and After School Programs are being served to students.
4. Under USDA Smart Snack: Exempt Fundraisers, a school district that wishes to conduct fundraiser that are exempt from the Smart Snack rules must adopt a written policy which shall provide for the following:
 - a. Each school site shall designate a Smart Snacks in School Exempt Fundraiser contact person who shall be responsible for maintaining up-to-date documentation regarding each exempt fundraiser held at the school site.
 - b. A limit of 30 exempt fundraiser held at the school site.
 - c. Exempt fundraisers are prohibited from taking place while meals are served to students under the National School Lunch Program (NSLP) or the National School Breakfast Program (NSBP) and while after-school snacks are being served to students under the After-School Snack Program (ASSP).
 - d. The maximum duration of any individual exempt fundraiser shall be 14 days.
 - e. For each individual exempt fundraiser, documentation must be kept on file at the school site showing:
 - The school organization, activity, class, or other group that benefits from the fundraiser.
 - The date(s) the fundraiser is conducted, with the duration not to exceed 14 days.

5. A summary of the guidelines can be found at:
http://www.fns.usda.gov/stes/default/files/allfoods_flyer.pdf
6. Foods of minimum nutritional value (FMNV) are prohibited from being sold or served during students' meal services in the food service area where USDA reimbursable meals are served or eaten.
7. Beverage contracts will not restrict the sale of fluid milk products at any time during the school day or at any pace on the school premises.
8. Students in elementary schools will not have access to FMNV except on special occasions.
9. Students in middle schools will not have access to FMNV except after school, at events that take place in the evening, and on special occasions.
10. Diet soda may be available for sale at middle schools and high schools only in vending areas outside of the cafeteria.
11. 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.
12. 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.

After-School Fundraisers and concession (e.g., during after-school programming, events, clubs, and evening concession): Clubs, Groups and Organizations should support children's health and reinforce nutrition lessons and the District should encourage fundraising activities that include healthy foods and/or physical activity and/or non-food items.

Nutrition Education

Schools will offer---and integrate into the core curriculum---nutrition education to all grades, providing students the knowledge and skills necessary for lifelong healthy eating behaviors, including the following:

What it means to eat healthfully, consume the proper nutrients, and maintain a wholesome and balanced diet.

How to read labels and understand the problems associated with unhealthy food marketing in children.

In addition, schools will ensure that nutrition education:

Complies with state and federal learning objectives and standards.

Provides opportunities for students to practice and apply the skills and knowledge taught in the classroom by visiting Livesay Orchards and Farms, Pumpkin Patch in Bixby, Tulsa State Fair, and using the cafeteria as a learning lab for taste testing.

Is promoted to families and the community.

Rewards and Punishment

Food, beverages, and candy will not be used to reward or punish academic performance or student behavior.

Nutrition and Healthy Food Promotion

The District will promote healthy food and beverage choices and appropriate portion sized by doing the following:

Exhibiting posters, signs, or other displays on the school campus that promote healthy nutrition choices.

Providing age-appropriate activities, such as contest, food demonstrations, and taste-testing that promote healthy eating habits.

Offering information to families (via communications with parents, educational workshops, screening services, and health-related exhibitions and fairs) and encouraging them to teach their children about nutrition and healthy eating behaviors.

Encouraging school staff to display healthy eating habits and physical activity choices to students (e.g., by consuming only healthy snacks, meals, and beverages in front of their students, sharing positive experiences about physical activity with their students, etc.).

Food and Beverage Marketing

Only foods and beverages that meet the USDA's Smart Snacks standards may be marketed in schools. The marketing of any brand, without reference to a specific product, is prohibited unless every food and beverage product manufactured, sold, or distributed under the corporate brand name meets the Smart Snacks standards.

Marketing includes the following:

Advertising on any property or facility owned or leased by the school district or school and used at any time for school related activities (including school buildings, athletic fields, parking lots, school buses, vending machines, scoreboards, uniforms, educational material, and supplies).

Coupons, discounts, and corporate incentive programs that rewards students (e.g., when they reach certain academic goals) with free or discounted items. Such rewards may not include food or beverages that fail to satisfy the USDA's Smart Snacks standards.

Corporate-sponsored programs that provide funds to schools in exchange for consumer purchases of certain items. Programs involving purchase of foods and beverages that do not meet the USDA's Smart Snacks standards are not permitted.

If the non-complaint advertising is a permanent feature of a permanent fixture (e.g., a scoreboard), such advertising can remain until the permanent fixture is removed or replaced.

Staff Qualifications and Training

The District will require all personnel in the school nutrition programs to complete annual continuing education and training. The District will follow the USDA's Professional Standards for State and Local Nutrition Programs in selecting local school nutrition program directors.

In addition, Child Nutrition Staff will do the following:

- Receive training in basic nutrition, nutrition education, safe food preparation, and nutrition standards for healthy meals.
- Organize and participate in educational activities that support healthy eating behaviors and food safety.

Farm-to-School Programs and School Gardens

The District will allow school gardens and/or greenhouses on District Property.

The following will also occur:

The District will dedicate resources (e.g., tools, materials, volunteer hours, etc.) to build a school garden on District property and/or actively participate in community gardens by dedicating the same resources as would be required on District property.

The District will incorporate local and/or regional products into the school meal program.

Schools will take field trips to local farms including Livesay Orchards and Farms.

The District will work with their local food distributor to highlight locally sourced products.

As part of their education, students will learn about agriculture and nutrition.

Physical Education and Physical Activity

General Requirements

The District will provide opportunities for participation in broad range of competitive and noncompetitive physical activities that help to develop the skills needed to participate in lifetime physical activities.

The District will encourage all students (K-12) to participate in a minimum of 60 minutes of physical activity each day, whether through physical education, exercise programs, after-school athletics, fitness breaks, recess, classroom activities, or wellness and nutrition education.

Recess and Physical Activity Breaks

Recess: The District will require schools to provide elementary school students (K-5) at least 20 minutes of recess each day (in addition to the PE requirements). Additionally, the District will do the following:

Develop indoor recess guidelines to ensure students can have adequate physical activity on days when recess must be held indoors. Students will do 5-10 minutes of exercise before lunch.

Physical Education (PE)

The District will require all schools to establish a comprehensive, standards-based PE curriculum for each grade (K-12). Schools will ensure that PE classes and equipment afford all students (K-12) an equal opportunity to participate in PE>

Elementary school students (K-5) will participate in at least 150 minutes of PE/Physical Activity per week. Activity may be through recess, daily physical activity integrated into the school day and physical education time.

- Students participating in PE will engage in moderate to vigorous physical activity for more than 50 percent of the PE class time.
- Only medical waivers/exemptions for participation in physical education will be allowed.

Teacher Qualifications, Training, and Involvement

- Teachers will receive training on how to integrate physical activity into the curriculum. Some portion of this training will be incorporated into annual professional development.
- Schools will allow teachers the opportunity to participate in or lead physical activities through the school day.
- PE classes will be taught by licensed teachers who are certified or endorsed to teach PE.

Punishment and Rewards

- Physical activity will not be used or withheld as punishment. (This does not apply to participation on sports teams that have specific academic requirements.)
- The District will provide a list of alternative ways for teachers and staff to discipline students.
- The District will strongly encourage teachers to use physical activity (e.g., extra recess) as a reward.

Grounds, Facilities, and Equipment

The District will ensure the availability of proper equipment and facilities that meet safety standards and will conduct necessary inspections and repairs.

Community Use of Recreational Facilities

The District will encourage school staff, students, and their families to participate in physical activity outside of the school day. Allowing staff, students, and their families to use school recreational facilities during non-school hours is one way to increase opportunities to engage in physical activity.

Active Transportation

The District will do the following:

- Encourage children and their families to walk and bike to and from school.
- Work with local officials to designate safe or preferred routes to school.
- Promote National and International Walk and Bike to School Week/Day.
- Provide bike parking space within locked campus.
- Encourage parents to supervise groups of children who walk or bike together to and from school.

OTHER ACTIVITIES THAT PROMOTE SCHOOL WELLNESS

Healthy and Fit School Advisory Committee (HFSAC)

All Oklahoma public schools must establish a HFSAC comprising of at least six individuals who represent different segments of the community, including teachers, students, parents, school counselors, health care professionals, and business community representatives. The HFSAC is responsible for making recommendations and providing advice to the school principal regarding health education, nutrition, and health services, and will meet at least two times a year.

The school principal will give consideration to the HFSAC's recommendations.

Professional Development

The District will provide staff with educational resources and annual training I health and health-related topics by educational brochures, teacher in-service and workshops.

Coordinated School Health

The District will incorporate the Whole School, Whole Community, Whole Child (WSCC) model as a framework for improving students learning and health in school. This model combines and builds on elements of the traditional Coordinated School Health approach from the Centers for Disease Control and Prevention and the Whole Child framework by the ASCD.

<http://www.ascd.org/programs/learning-and-health/wsc-model.aspx>
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Health Education

The District will follow aligned health education curriculum that meets the Oklahoma Academic Health Standards

<http://sde.ok.gov/sde/sites/ok.gov.sde/files/documents/files/Health%20Standards%20-%20for%20Legislature.pdf>

Staff Wellness

The Porter School District recognizes that employee health is essential to student health and to creating healthy school environments. Accordingly, the District will implement an employee wellness program that promotes healthy eating, physical activity, and overall health. The District may partner with community agencies and organizations (e.g., local health departments, hospitals, health insurance companies, and local chapters of national organizations, such as the American Cancer Society, American Heart Association, Red Cross, and YMCA) to assist in providing education, services, and resources for staff.

The District will do the following to support staff wellness:

Nutrition

- Serve some food and beverages that meet Smart Snacks standards at all staff meetings, training, special occasions (e.g., birthdays and retirement parties), and other workplace gatherings.
- Provide employees with access to a common area or break room that has a refrigerator, microwave, and sink with a water faucet.
- Provide or partner with community organizations or agencies to offer nutrition education through activities such as seminars, workshops, classes, meetings, and newsletters including TSET, Wagoner County Health Department, Red Cross, American Cancer Society, and American Heart Association.

Physical Activity

- Promote walking meetings.

- Incorporate 10-minute physical activity breaks into every hour of sedentary meetings, when feasible.
- Provide access to on-campus athletic facilities, such as gyms, running tracks, basketball courts, tennis courts, and swimming pools.
- Encourage employees to form or participate in physical activity groups or clubs (e.g., walking groups, team sports, etc.)
- Provide information about local physical activity resources and facilities, such as walking track, community parks, and community workout facilities.

General Wellness

- Promote tobacco prevention and provide referral information on cessation services through the Oklahoma Tobacco Helpline.
- Partner with community organizations or agencies to offer immunization clinics including the Oklahoma Caring Van.
- Provide or partner with community organizations or agencies to offer free or low cost first aid and CPR training.

IMPLEMENTATION, MONITORING, AND EVALUATION

Leadership

The District will designate one or more official(s) to facilitate the development of the local school wellness policy, oversee appropriate updates to the policy, and ensure each school’s compliance with the policy. The District will ensure that the designated official(s) fully understand(s) the federal and state laws related to wellness policies.

Include the name(s), positions(s), and contact information of the designated official(s) here:

Charles McMahan	Superintendent	918-483-2401
Chris Sherwood	Elementary Principal	918-483-5231
Jerry Walker	H.S. Principal	918-483-7011
Gloria James	Child Nutrition	918-483-2401

Community Involvement

The District will permit parents, students, representatives of the school food authority, physical education teachers, school health professionals, the school board, school administrators, and

the general public to participate in the development, implementation, review, and update of the local school wellness policy. To encourage broad public participation in the process, the District will do the following:

Actively notify parents and broader community about the content and implementation of as well as any changes to the wellness policy, whether through electronic communications (e.g., email, District website, etc.) or non-electronic means (e.g., mailings, presentations, etc.).

Ensure that all outreach and communication is culturally appropriate and translated as needed.

Assessment, Revisions, and Policy Update

Every three years, the District will measure the extent to which schools are in compliance with the local wellness policy, as well as progress made in attaining the policy's goals. Additionally: Parents, students, physical education teachers, school health professionals, the school board, school administrators, and general public will be allowed to participate in the development, implementation, and periodic review and update of the local wellness policy.

The District will assess how its policy compares with the latest national recommendations on school health, and will update the policy accordingly.

The District will inform and update the public about the content and implementation of the local wellness policy (via the District's website, handouts, newsletters sent directly to families' home, etc.).