

Crowder Public Schools 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 reduce 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 is also an integral part of a healthy school environment since they can be daily role models for healthy behaviors.

Overall Goal

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

To meet this goal, the Crowder Public 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.

School Meals

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

Other food items sold on school campuses

- Per USDA Regulation *210, Appendix B, foods of minimum nutritional value (FMNA) 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 OS 265, students in junior high and high schools will not have access to FMNV except 30 minutes after school and events which take place in the evening or 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.

Nutrition Education

- 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.

Food and Beverage Marketing

- Marketing of foods and beverages that may be sold on school campus during the school day, i.e., those foods and beverages that meet the requirements set forth in the Smart Snacks standards (7CFR 210.31[c][3][iii]) is permitted. Marketing of noncompliant food and beverages is not permitted during the school day but may be present at events that happen after the end of the school day.

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, students in grades K through 5 will participate in 60 minutes of physical activity each week.

School-Based Activities

- 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 principals. The school principals shall give consideration to recommendations made by the Healthy and Fit School Advisory Committee.
- Per the school districts' 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' participation in the NSLP should be allowed. Parent and student involvement will include menu planning suggestions, cafeteria enhancement, program nutrition, and other related student-community support activities.
- LEA will conduct an assessment of the wellness policy every 3 years. The assessment will determine: (1) Compliance with the wellness policy, (2) how the policy compares to model policies, and (3) progress made in attaining the goals of the wellness policy.

This plan adopted by the Board of the Crowder Public School at the regularly scheduled meeting on this, the 10th day of September in the year 2018.

Signature Freda Snipey
SFA Official

Elizabeth Jameson
Clerk of the Board