

## HAILEYVILLE SCHOOL DISTRICT WELLNESS POLICY

### Purpose

The *Haileyville Public School 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:

- 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 as well as staff 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 instructional 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 or 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
- Free of added trans fats.
- Respectful of cultural diversity (e.g., students will be encouraged to suggest local, cultural, and favorite ethnic foods) and religious preference.

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 cafeterias and eating areas) during the school day. Schools will also ensure the following:

- Students will be provided drinking cups in the cafeteria during meal time.
- 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 standard

**Information and Promotion:** As required under the National School Lunch Program (7 CFR 210.12), the District will promote activities to involve students and parents in the School Lunch Program. In addition, the District will do the following:

- Post monthly menus on the school website.
- Send applications for reimbursable meal programs to families at the beginning of the school year and make applications available on the District website. (when applicable)

**Adequate Time to Eat:** The District will provide sufficient lunch periods that are long enough to give all students (K-12) adequate time to be served and eat their lunches.

## Competitive Foods and Beverages

All competitive foods and beverages sold to students during the school day must meet or exceed the USDA's Smart Snacks standards.<sup>1</sup>

## Other Foods Provided at School

Other foods and beverages provided (not sold) on campus. Parents will be encouraged to bring healthy foods when providing for a classroom party.

## Fundraising

**Fundraising on Campus During the School Day:** Only fundraisers that feature non-food items or foods and beverages that meet the Smart Snacks standards will be permitted. *The District, however, may allow exemptions for up to 30 fundraisers during the school year, during which the foods and beverages sold are not required to meet the Smart Snack standards. Importantly, these exempted fundraisers cannot be held during normal meal service times.*

The following will also occur:

- The District will encourage fundraisers that do not sell food and/or that promote physical activity.

## Nutrition Education

Schools will offer—and integrate into the core curriculum—nutrition education to all grades (K-12), 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 on food items.

## Nutrition and Healthy Food Promotion

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

- Providing taste-testing of new menu items.
- Offering information to families via the school website.
- Encouraging school staff to display healthy eating habits and physical activity choices to students.

## 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 materials, and supplies.)

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

In addition, Child Nutrition Staff will do the following:

- Receive training in basic nutrition, nutrition education, and safe food preparation.

## Farm-to-School Programs and School Gardens

The District will allow school gardens on District property should the desire arise.

# PHYSICAL EDUCATION AND PHYSICAL ACTIVITY

## General Requirements

The District will ensure that all elementary school students (K-5), participate in a minimum of 60 minutes of physical activity each week, 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)

**Physical Activity Breaks:** The District will require schools to provide all students (K-12) short breaks (three to five minutes) throughout the day to let them stretch, move around, and break up their time spent sitting. These physical activity breaks may take place during and/or between classroom time.

## 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 275 minutes of PE per week throughout the entire school year.** Excluding the occasional 4 day week.

**Middle school students (6-8) will participate in at least 275 minutes of PE per week throughout the entire school year.** Excluding the occasional 4 day week.

**High School Students (9-12) , PE is an elective for these grades.**

In addition, the following requirements apply to all students (K-12):

- During PE, students will be given the opportunity to participate in many types of physical activity, including both cooperative and competitive games.

## Teacher Qualifications and Training

- PE classes will be taught by licensed teachers who are certified or endorsed to teach PE.

## Punishment and Rewards

- 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.

## Active Transportation

The District will do the following:

- Encourage children and their families to walk and bike to and from school.
- Encourage parents to supervise groups of children who walk or bike together to and from school.

## After-School Physical Activity and Screen Time

After-school programming will do the following:

- Utilize outdoor space for physical activity as much as possible each day (weather permitting and with appropriate protection from the elements).
- Provide equal opportunities for children and youth with disabilities to be physically active.
- Encourage staff to join children and youth in physical activity whenever possible.

## OTHER ACTIVITIES THAT PROMOTE SCHOOL WELLNESS

### Staff Wellness

The District recognizes that employee health is essential to student health and to creating a healthy environment.

The District will do the following to support staff wellness:

#### Nutrition

- Provide employees with access to a refrigerator, microwave, and sink with a water faucet.
- Encourage staff to eat breakfast and lunch in school cafeteria.

#### Physical Activity

- Provide access to on-campus athletic facilities, such as gyms.

#### General Wellness

- Provide or partner with community organizations or agencies to offer free or low-cost first aid and CPR training during inservice or at other times.

## 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), position(s), and contact information of the designated official(s) here:

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### 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 serve on the local school wellness policy committee and 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:

Debbie Reynolds	Child Nutrition Director	<a href="mailto:dreynolds@haileyville.k12.ok.us">dreynolds@haileyville.k12.ok.us</a>
Terri Sensibaugh	Parent	
Roy West	Coach	
Paige Labor	Student	

- Notify parents and the community by posting the wellness policy on the school website.

### Assessments, Revisions, and Policy Updates

At least once 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 the general public will be allowed to participate in the development, implementation, and periodic review and update of the local wellness policy.
- The District will inform and update the public about the content and implementation of the local wellness policy via the school website.

This policy reviewed, updated, and adopted by the Board of Education of Haileyville Public School at a meeting on the 13th day of August in the year 2018.

Signature:

Debbie Reynolds  
SFA Official

✓ Jared J. Hauff  
Clerk of the Board