

WELLNESS POLICY

Foreword

This policy was developed through the involvement of a broad group of individuals, including parents, students, the Director of Student Nutrition, the Western Heights Board of Education, school administrators and public representatives.

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 reduced 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 also is an integral part of a healthy school environment since school staff can be daily role models for healthy behaviors.

Overall Goal

All students in the Western Heights 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 the Western Heights School District are encouraged to model healthful eating and physical activity as a valuable part of daily life. The Western Heights School District will establish and maintain a healthy school nutrition environment to promote student health and reduce childhood obesity.

To meet this goal, the Western Heights 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.

NUTRITION GUIDELINES/STANDARDS

School Meals: *Policy Statements*

- 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 United States Department of Agriculture (USDA's) regulations §210.10 and §220.8.
- The Child Nutrition Program will serve the following: food high in fiber, free of added trans-fat, low in added fats, sugar, and sodium, respectful of cultural diversity and served in appropriate portion sizes consistent with the USDA standards.
- Child Nutrition Programs are accessible to all children. Students will be encouraged to start each day with a healthy breakfast.
- Meals served through the Child Nutrition Programs will: Be appealing and attractive to children of various ages and diverse backgrounds, be served in a clean, safe, and pleasant setting.
- The Child Nutrition Program will pursue partnerships with local/regional farms to provide locally grown foods for use in school meals. Meals served within the federally reimbursable meal program will be designed to feature fresh fruits and vegetables from local sources to the greatest extent possible.
- Child Nutrition staff will be engaged in wellness activities and educational opportunities that support healthy eating behavior and food safety.

- Annual training is provided to Child Nutrition Staff on basic nutrition, nutrition education, safe food preparation and nutrition standards for preparing healthy meals.
- Training and support are provided to enable Child Nutrition Staff to become full partners in providing excellent food to our students.
- Safe, unflavored, cool drinking water will be provided at no charge throughout the school day. Only low or non-fat varieties of milk will be allowed. Juice will be 100 % juice with no added caloric sweeteners.
- 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.
- Students will be provided adequate time to eat breakfast and lunch from the time they are seated. At least 10 minutes will be provided for breakfast and 20 minutes for lunch.

Other Food Items Sold on School Campuses (Competitive Foods): *Policy Statements*

- Students are provided only healthy food and beverage options beyond the school food services (e.g., all vending machines, school stores, and food/beverages brought for celebrations) following the Institute of Medicine (IOM) standards (see Appendix attached to this policy)

NUTRITION EDUCATION

Policy Statements

- Per USDA Regulations §210.12 and §227, nutrition education is offered in the school cafeteria as well as the classroom.
- Pursuant to State law (70 O.S. §24-100a), the Safe and Healthy School Advisory Committee at each school site will study and make recommendations to the school principal regarding health education, physical education and physical activity, and nutrition and health services.
- Provision will be made for school gardens (e.g., access to land, container gardens, and raised beds) and related resources (e.g., staff volunteer time, financial incentives).
- Multiple channels will be used to promote healthy eating behaviors including classroom, cafeteria, and communications with parents.

PHYSICAL ACTIVITY

Policy Statements

- Pursuant to State law (70 O.S. §11-103.9), school districts shall provide physical education programs to all students, which may include athletics. Students in Grades K through 5 shall participate in a minimum of an average of 60 minutes of physical education or exercise programs each week, not counting recess. Such physical education programs shall be aligned with state standards (i.e., Priority Academic Student Skills). An additional average of 60 minutes per week of physical activity shall be provided to students in grades K-5 which may include, but not be limited to, physical education, exercise programs, fitness breaks, recess, classroom activities, and wellness/nutrition education. The district Board of Education shall determine the specific activities and means of compliance with these provisions, giving consideration to the recommendations of each school's Healthy & Fit Schools Advisory Committee as submitted to each school principal.
- As a policy of the Western Heights Board of Education, elementary school sites will provide 20 minutes of daily recess that promotes physical activity beyond what is provided through physical education classes.
- Also pursuant to State law (70 O.S. §11-103.9), the district shall provide a physical activity report to parents/guardians on an annual basis. This report shall include:
 - A summary on how physical activity is being incorporated into the school day;

- A summary of the types of physical activities the students are exposed to in the physical education programs;
- Suggestions on monitoring the physical activity progress of their child and how to encourage regular participation in physical activity; and
- Information on the benefits of physical education and physical activity.
- Also pursuant to State law (70 O.S. §11-103.9), students will engage in moderate or vigorous activity the majority of the time allotted for physical education classes.
- Teachers and other school personnel will not use physical activity as a punishment or withhold opportunities for physical activity (withholding recess or PE) as a punishment.
- Availability of proper equipment and facilities that meet safety standards is ensured.
- Only medical waivers/exemptions from participation in physical education will be accepted.
- The District will provide opportunities for participation in a broad range of competitive and noncompetitive physical activities for students of all abilities that help to develop the skills needed to participate in lifetime physical activities
- District schools will have a walk or bike initiative. Schools should engage parents in organizing adult supervised groups to facilitate safe walking and biking.
- Students will be given opportunities for physical activity during the school day by integrating physical activity into the academic curriculum.
- Training for teachers on integrating physical activity into the curriculum will be provided.

ACCESS TO SCHOOL FACILITIES AFTER SCHOOL HOURS FOR PHYSICAL ACTIVITY

Policy Statements

- District policy allows school grounds and/or buildings to students, their families and the community for access to physical activity outside the school day and will be secured as necessary.

SCHOOL-BASED ACTIVITIES

Policy Statements

- Per Oklahoma State Law (70 O.S. §24-100a), 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, beverages, candy, and food may not be used as a reward or punishment.
- Per USDA Regulations §210.12 and §227, students and parents will be involved in the Child Nutrition Programs. Parent and student involvement will include menu-planning suggestions, cafeteria enhancement, program promotion, and other related student-community support activities.

COORDINATED SCHOOL HEALTH

Policy Statements

- The District will adopt the Coordinated School Health Framework that is recommended by the Centers for Disease Control and Prevention (CDC) for planning and coordinating school health activities. This model will help create a school environment that conveys consistent messages and is conducive to healthy eating, physical activity, and wellness for all staff, students and their families.
- The Coordinated School Health Program encourages schools to complete the School Health Index (SHI) and includes the following eight components: Health Education; Physical

Education; Health Services; Nutrition Services; Counseling, Psychological and Social Services; Healthy and Safe School Environment; Health Promotion for Staff; and Family and Community Involvement.

- The established Healthy and Fit Advisory Committee will be tasked with completing a minimum of two modules of the SHI per school year.
- 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 clubs.
- The District will implement Health Education Curriculum for all grade levels that follow national Health Education Standards, Priority Academic Student Skills (PASS) Requirements, or Common Core Standards when available.

STAFF WELLNESS

Policy Statements

- The District values the health and well-being of staff members and students. In order to be role models for students, District staff will be expected to display healthful eating and physical activity choices to the students.

COMMUNITY/FAMILY INVOLVEMENT

Policy Statements

- The district recognizes that parents and guardians have a primary and fundamental role in promoting and protecting their children's health and well-being. The district supports parents' efforts to provide a healthy diet and daily physical activity for their children. The district encourages parents to provide healthy lunches and snacks and to refrain from including beverages and foods that do not meet good nutrition standards for foods and beverages.
- The school will further promote family and community involvement through various school activities and functions. Information regarding school activities can be disseminated in the community.

MARKETING OF FOOD AND/OR BEVERAGE

Policy Statements

- School-based marketing should be consistent with nutrition education and health promotion.
- School-based marketing of brands promoting predominantly low-nutrition foods and beverages is prohibited. The promotion of healthy foods, including fruits, vegetables, whole grains and low-fat dairy products is encouraged.

Additional School Services

In an effort to fully promote a healthy and safe environment, school staff will be trained in a variety of topics, including school violence prevention and child abuse. If a student is in need of counseling, psychological, or social services, the students will be referred to the appropriate professionals to address such needs. Additionally, if a student has a medical need, the services can be provided through the school nurse or designee as appropriate. However, the parents will be contacted, and if necessary, the student referred to a medical professional. The school may also provide periodic information to parents regarding issues such as bullying and school safety.

POLICY MONITORING AND REVIEW

The Western Heights School Wellness Policy will be monitored on a daily basis by the Director of Student Nutrition. Compliance with this policy will be formally reviewed on an annual basis by the Director of Student Nutrition through the use of a checklist containing all policy elements. The checklist will be completed annually by no later than June 1; this documentation will remain on file in the office of the Director for a period of no less than five (5) years from the date of completion.

APPENDIX

INSTITUTE OF MEDICINE STANDARDS FOR COMPETITIVE FOODS AND BEVERAGES

The Western Heights School District will ensure that students' eating habits contribute to their learning achievement and lifelong good health. The district has adopted the following nutrition standards utilizing the Institute of Medicine's Recommended Nutrition Standards for Foods in School and USDA's All Foods Sold in Schools standards. These standards apply to: a la carte, vending, classroom events, celebrations, class snacks, parties, concessions, after-school programs, intramural events, fundraisers, and extracurricular events.

- Whole foods: Foods are fruits, vegetables, whole grains, and related combination products (contain a total of ≥ 1 serving fruits, vegetables, and/or whole grains), or nonfat/low-fat dairy
 - High School, only after-school, snack foods may be offered that do not meet whole foods standard
- Calories:
 - Snacks are ≤ 200 calories per portion as packaged and
 - Entrée items are ≤ 350 calories per portion as served and do not exceed calorie limits on comparable National School Lunch Program (NSLP) items
- Fat: Snacks, foods, and beverages meet the following criteria for dietary fat per portion as packaged:
 - No more than 35% of total calories from fat
 - Less than 10% of total calories from saturated fats
 - Zero trans fat ($< 0.5\text{g}$ per serving)
- Sugar: Snacks, foods, and beverages provide $\leq 35\%$ of calories from total sugars per portion as packaged
 - Exceptions to the standard are:
 - 100% fruits and fruit juices in all forms without added sugars
 - 100% vegetables and vegetable juices without added sugars
 - ≤ 8 fl oz portion as packaged for elementary school
 - ≤ 12 fl oz portion as packaged for middle/high school
 - Unflavored and flavored nonfat and low-fat milk
 - ≤ 8 fl oz portion as packaged for elementary school
 - ≤ 12 fl oz portion as packaged for middle/high school
 - Flavored nonfat and low-fat yogurt ($\leq 30\text{g}$ of total sugars per 8-oz serving)
- Sodium:
 - Snacks have ≤ 200 mg sodium per portion as packaged
 - Entrée items have ≤ 480 mg per portion as served
- Caffeine: Foods and beverages are caffeine-free, with the exception of naturally occurring trace amounts
- Plain, potable water is available at all times for free
- Water without flavoring, additives, or carbonation
- **High School only after school hours
 - At least 50% of available beverage choices must meet the criteria above
 - The remaining available beverage choices must follow the criteria below:
 - Sugar-free, made with nonnutritive sweeteners
 - Caffeine-free
 - Not vitamin-or nutrient fortified
 - <5 calories per portion as packaged
 - With or without carbonation or flavoring

Child Nutrition Programs Wellness Policy**(Effective July 1, 2006)**

As part of their CNP local wellness policy, SFAs must establish nutrition guidelines/standards that address the types of food items that will be available to students on each school campus during the school day. The term **FMNV** does not include foods such as potato chips, chocolate bars, donuts, snack cakes, and cookies. There are many food items considered to be **junk food** that are not included in the definition of FMNV. SFAs should promote student health and the prevention of childhood obesity by further restricting food items that parents, teachers, students, and the public consider to be **junk food**.

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