

School Wellness Policy

Preamble

Whereas, children need access to healthful foods and opportunities to be physically active in order to grow, learn, and thrive;

Whereas, good health fosters student attendance and education;

Whereas, obesity rates have doubled in children and tripled in adolescents over the last two decades, and physical inactivity and excessive calorie intake are the predominant causes of obesity;

Whereas, heart disease, cancer, stroke, and diabetes are responsible for two-thirds of the deaths in the United States, and major risk factors for those diseases, including unhealthy eating habits, physical inactivity, and obesity, often are established in childhood;

Whereas, 33% of high school students do not participate in sufficient vigorous physical activity and 72% of high school students do not attend daily physical education classes;

Whereas, only 2% of children (2 to 19 years) eat a healthy diet consistent with the five main recommendations from the Food Guide Pyramid;

Whereas, nationally, the items most commonly sold from school vending machines, school stores, and snack bars include low-nutrition foods and beverages, such as soda, sports drinks, imitation fruit juices, chips, candy, cookies, and snack cakes;

Whereas; school districts around the country are facing significant fiscal and scheduling constraints; and

Whereas, community participation is essential to the development and implementation of successful school wellness policies;

Thus, the Millwood Public School District is committed to providing school environments that promote and protect children's health, well-being, and ability to learn by supporting healthy eating and physical activity. Therefore, it is the policy of the Millwood Public School District that;

- The District will engage students, parents, teachers, food service professionals, health professionals, and other interested community members in developing, implementing, monitoring, and reviewing district-wide nutrition and physical activity policies.
- All students in grades PreK-12 will have opportunities, support, and encouragement to be physically active on a regular basis.
- Foods and beverages sold or served at school will meet the nutrition recommendations *of the U.S. Dietary Guidelines for Americans*.
- Qualified child nutrition professionals will provide students with access to a variety of affordable, nutritious, and appealing foods that meet the health and nutrition needs of students; will accommodate the religious, ethnic, and cultural diversity of the student body in meal planning; and will provide clean, safe, and pleasant settings and adequate time for students to eat.

- To the maximum extent practicable, all schools in the District will participate in available federal school meal programs (including the School Breakfast Program, National School Lunch Program [including after-school snacks], Summer Food Service Program, and Fruit and Vegetable Snack Program.
- Schools will provide nutrition education and physical education to foster lifelong habits of healthy eating and physical activity, and will establish linkages between health education and school meal programs, and with related community services.

TO ACHIEVE THESE POLICY GOALS

I. Healthy/Fit and Safe Schools Committees

Each school within the District will strengthen or work within existing Healthy/Fit and Safe Schools Committee to develop, implement, monitor, review, and, as necessary, revise school nutrition and physical activity policies. The committees also will serve as resources to school sites for implementing physical activity policies. The committees also will serve as resources to school sites for implementing those policies. (A Healthy/Fit and Safe Schools Committee should include teachers, parents, students, representatives of the Child Nutrition Service, members of the school board, school administrators, health professionals, and members of the public.)

II Nutrition Education

- A comprehensive curriculum approach to nutrition in PreK through 12th grade will exist.
- Beginning with the 2006-2007 school year, all PreK-12 instructional staff will be encouraged to integrate nutritional themes from the Oklahoma Department of Education and the Oklahoma Department of Health into

daily lessons when appropriate. The health benefits of good nutrition should be emphasized.

- Nutrition education is offered in school cafeteria as well as in the classroom. (§210.12 and 227)
- The USDA guidelines of MyPyramid nutrition education resources or equivalent are recommended for use in the cafeteria and classroom.
- Staff responsible for nutrition education shall be adequately prepared and regularly participate in professional development activities to effectively deliver the nutrition education program as planned.
- Nutrition education will involve sharing information with families and the broader community to positively impact student and the health of the community.
- The District will provide information to families that encourage them to teach their children about health and nutrition and to provide nutritious meals for their families.

III. Physical Education

- Students in physical education classes will participate in an annual health related fitness test, as selected by the instruction.
- Students will not be denied participation in recess, physical education or other physical activity as a form of discipline.
- Physical education instruction is taught by a teacher certified to teach the course by the Oklahoma State Board of Education
- Students in Grades K through 5 will participate in 60 minutes of physical activity each week. (Oklahoma Senate Bill 312)
- Students in Grades K through 5 will receive a 15-minutes recess before lunch each day, rather than recess after meals. Recess before lunch will be implemented to increase consumption and nutrient intake, decrease plate waste and improve cafeteria and classroom behavior.

- Information will be provided to families to help them incorporate physical activity into their children's lives.
- Schools are encouraged to provide community access to and encourage students and community members to use the school's physical activity facilities outside of the normal school day.
- Schools should encourage families and community members to institute programs that support physical activity.

IV. Nutrition Guidelines for all Foods on School Campus

- School lunches and breakfasts will meet menu-planning system guidelines as required by the USDA. (§210.10 and 220.8)
- All foods made available on campus during the School Day will comply with the current USDA Dietary Guidelines for Americans:

Vending machines

A la carte

Beverage contracts

Fundraisers

Concession stands

Student stores

School parties/celebration

- Food providers will take every measure to ensure that student access to foods and beverages meets federal, state and local laws and guidelines. Food providers will offer a wide variety of age appropriate healthy food and beverage selections for elementary schools, middle school, and high school.
- Foods of minimal nutritional value (FMNV) are defined as foods belonging to the specific categories of soda water/carbonated beverages, water ices,

chewing gum, hard candies, jellies and gums, marshmallow candies, fondant, licorice, spun candy, and candy-coated popcorn. (Oklahoma Senate Bill 265)

- In the high school, beverages that are FMNV as well as some electrolyte replacement drinks are allowed as long as it is not served during a meal, in the cafeteria area, or in areas where USDA reimbursable meals are served or eaten.
- In the high school only, carbonated beverages, including regular, diets and caffeine-free may be sold. In the common areas of the high school, vending machines that contain carbonated beverages or foods of minimal nutritional values should remain locked or be rendered inoperable until after the last lunch period. (§210.10)
- Carbonated beverages may not be sold in schools where grades 6 through 8 are located from ½ hour before the start of the school day until after the last class period.
- For grades 6 through 8 vending machines may only contain diet carbonated beverages and shall remain locked or be rendered inoperable until after the end of the last lunch period. Foods of minimal nutritional value are prohibited from being sold or served during student meal service in the food service area where USDA reimbursable meals are served or eaten. (§210.10)
- Students in grades PreK-5 will not have access to FMNV except on special occasions (Oklahoma Senate Bill 265), including the offering of these products after school activities, including sports.

V. Monitoring and Policy Review

The superintendent or designee will ensure compliance with established district-wide nutrition and physical activity wellness policy and regulations. In each school, the principal or designee will ensure compliance with those policies in his/her school and

will report on the school's compliance to the school district superintendent or designee.

School food service staff, at the school or district level, will ensure compliance with nutrition policies within school food service areas and will report on this matter to the superintendent. In addition, the school district will report on the most recent USDA School Meals Initiative (SMI) review findings and any resulting changes. If the district has not received an SMI review from the state agency within the past five years, the district will request from the state agency that an SMI review be scheduled as soon as possible.

The superintendent or designee will develop a summary report every three years on district-wide compliance with the district's established nutrition and physical activity and wellness policies, based on input from schools within the district. That report will be provided to the Board and also distributed to all Healthy/Fit and Safe Schools Committees, parent/teacher organizations, school principals, and school health services personnel in the district.

The Healthy/Fit and Safe Schools committee at each school site will make recommendations regarding health education, nutrition, and health services. The committee will study and make recommendations regarding physical education and physical activity. (Oklahoma Senate Bill 1627)

Policy review. To help with initial development of the district's wellness policies, each school in the district will conduct a baseline assessment of the school's existing nutrition and physical activity environments and policies. The results of those school-by-school assessments will be compiled at the district level to identify and prioritize needs.

Assessments will be repeated every three years to help review policy compliance, assess progress, and determine areas in need of improvement. As part of that review, the school district will review its nutrition and physical activity policies; provision of an environment that supports healthy eating and physical activity; and nutrition and physical education policies and program elements. The district, and individual schools within the district, will, as necessary, revise the wellness policies and develop work plans to facilitate their implementation.