

### **HEALTH AND WELLNESS POLICY**

**Healthy and Fit School Advisory Committee:** In accordance with the Healthy and Fit Kids Act of 2004, District hereby establishes a Healthy and Fit School Advisory Committee composed of at least six (6) members. The Healthy and Fit School Advisory Committee shall be composed of teachers, administrators, parents of students, health care professionals, and business community representatives. The Safe School Committee and the Healthy and Fit School Advisory Committee may be combined. The Committee shall study and make recommendations to the school principal regarding 1) health education, 2) physical education and physical activity, and 3) nutrition and health services.

**Wellness Policy:** District is committed to the philosophy that healthy students perform better in school and are therefore more likely to successfully complete their education. Additionally, healthy students effectively perform their assigned duties and serve as role models of appropriate wellness behaviors for the students in District.

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 life long 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.

**Goal:** All students in District shall possess the knowledge and skills necessary to make nutritious food choices and enjoyable physical activity choices for a lifetime. All District staff are encouraged to model healthful eating and physical activity as a valuable part of daily life.

To meet this goal, District adopts this wellness policy with the following commitments to nutrition, nutrition education, physical activity, and other school-based activities that support student and staff wellness. Reflecting this philosophy, the following Wellness Policy shall serve as a framework for the students, staff, and patrons of District illustrative of a sound commitment to local health and fitness:

1. It is the goal of District to provide nutrition education, physical activity, and other school-based activities designed to promote student wellness. Such activities shall be undertaken in a manner that the Administration determines is most appropriate for the students of District.

2. Guidelines selected by District for all foods available on campus during the school day shall have the objective of promoting student health and reducing childhood obesity.
3. Guidelines for reimbursable school meals shall not be less restrictive than regulations and guidance issued by the Secretary of Agriculture as those regulations and guidance apply to schools.
4. District shall measure implementation of the Wellness Policy. At least one person within District shall be responsible for such measurement, ensuring that District meets the guidelines and objectives of the Wellness Policy.
5. Wellness is an ongoing and dynamic process. As the Wellness Policy is developed and implemented, District will involve parents, students, representatives of the school food authority, the school board, school administrators and the public in this process.

**Nutrition Guidelines/ Standards:**

- A. **School Meals:** Per United States Department of Agriculture (USDA) Regulations, (7 C.F.R. §210.10 and §220.8), the following requirements apply:
  - School lunches and breakfasts will meet menu-planning system guidelines;
  - School lunches will provide 1/3 of the recommended dietary allowances (RDA) for calories, protein, calcium, iron, vitamin A, and vitamin C;
  - School breakfasts will provide 1/4 of the RDA for calories, protein, calcium, iron, vitamin A, and vitamin C;
  - The total calories from fat in school meals will be limited to 30 percent when averaged over one week;
  - The total calories from saturated fat in school meals will be less than 10 percent when averaged over one week; and
  - School meals will meet the Dietary Guidelines for Americans;
- B. **Other Food Items Sold on School Campus:** In accordance with USDA Regulations (7 C.F.R. §210, Appendix B) and state law (70 O.S. §5-147; 70 O.S. §24-100a), the following requirements apply:
  - Foods of minimal nutritional value (FMNV) are prohibited from being sold or served during student meal services in the food service area where USDA reimbursable meals are served or eaten;
  - 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;
  - Students in elementary schools will not have access to FMNV except on special occasions;
  - Students in middle schools will not have access to FMNV except after

- school, at events which take place in the evening, and on special occasions;
- Diet soda, which is a FMNV, will be available for sale at the middle schools only in vending areas outside of the cafeteria; and
- 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.

- C. Outside Food Services:** Only a parent or a guardian of a child will be allowed to bring food to their child during school hours. The only exception to this will be approved class parties and/or prior approval of building principal.

**Nutrition Education:** Students will be offered nutrition education in the school cafeteria as well as the classroom.

**Physical Activity:** Students in Grades K through 5 will participate in 60 minutes of physical activity each week. 70 O.S. §11-103.9

**School Based Activities:** Per the District's Child Nutrition Programs Agreement, school meals may not be used as a reward or punishment. Students and parents will be involved in the National School Lunch Program (NSLP). Parent and student involvement will include menu-planning suggestions, cafeteria enhancement, program promotion, and other related student-community support activities. (7 C.F.R. §210.10 and §227).