

Wagoner Public Schools Wellness Policy

Purpose:

Recent research studies as well as publications targeted to front-line child health professionals; parents and educators have focused public attention on the epidemic in childhood overweight in the United States.¹ 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. While studies debate how to apportion blame among potential causal agents, a consensus has emerged that trends in childhood obesity bode poorly for the health status of children now and as they age to maturity.

The purpose of this document is to facilitate ways Wagoner Public Schools can and will help students learn, establish, and maintain lifelong healthy eating and activity patterns.

Overall Goal:

All students in the Wagoner Public School District shall accrue the knowledge and skills necessary to make nutritious food choices and enjoyable physical activity choices for a lifetime. Each staff and faculty member of the Wagoner Public School District are encouraged to model healthful eating and physical activity as a valuable part of daily life.

To meet this goal, the Wagoner 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.

NUTRITION GUIDELINES/STANDARDS

School Meals

Wagoner Public Schools will comply with the United States Department of Education (USDA) Regulations section 210.10 and 220.8 by creating guidelines to ensure that school lunches and breakfasts meet menu-planning criteria as required by the USDA. 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 the USDA. Breakfast will also provide 1/4 of the RDA for calories, protein, calcium, iron, vitamin A, and Vitamin C, which is also required by the USDA. The total calories from fat in school meals will be limited to 30% (less than 10% from saturated fats when averaged over one week). All school meals will meet the standard Dietary Guidelines for Americans. Local Wellness Regulations (USDA Section 204) are listed in “Attachment A, Section A.”

¹ The Center for Health and Health Care in Schools, “*School Health Issues: Keeping Kids Healthy: Overweight, Nutrition & Physical Exercise.*” <http://www.healthinschools.org/sh/obesity.asp>

Other Food Items Sold on School Campuses (Vending Machines, Ala Carte, etc.)

Wagoner Public Schools is making every effort to make a positive influence on students in their understanding and habits in regard to the need for good nutrition, and to promote student health and reduce childhood obesity.

Elementary Schools

The food service program will provide all food and beverage sales to students in the elementary setting. Food in elementary schools should be sold as balanced meals, given young children's limited nutrition skills; and, foods and beverages sold individually should be limited to low-fat and non-fat milk, foods and vegetables. Special occasions / events are excluded from this policy.

Secondary Schools

In middle and high schools, all foods and beverages sold individually outside the reimbursable meal programs (including those sold through ala carte (snack) lines, vending machines, student stores or fundraising activities) during the school day, or through the after-school programs will meet, within reason, the nutrition standards set forth in the "School Meals" guidelines. Special occasions / events are excluded from this policy.

NUTRITION EDUCATION

Nutrition education will be offered in the school cafeteria of each school site as well as in the classroom. The Safe, Healthy, Fit, and Drug Free School Advisory Committee at each site will consider recommendations from data provided by site and district surveys, research, current statues, and parent and teacher groups to make recommendations regarding health education, nutrition, and health services. Policy guidelines that pertain to nutrition education are listed in "Section B" of "Attachment A."

The cafeteria at each of the cafeteria sites will utilize "My Pyramid" Nutrition education resources to extenuate health and nutrition education.

The elementary and secondary school sites will integrate nutrition education activities into the core curriculum, including math, science, and language arts. Nutrition education will also become a part of the curriculum in Health, Physical Education, and Vocational education classes. The vocational education department may sponsor an annual school health fair, which students, parents and the school staff will participate (If funds for this project are available). Parent nutrition education opportunities will be provided throughout the year at the elementary and secondary level.

PHYSICAL ACTIVITY

Wagoner Public Schools will make a concerted effort to provide each student with the knowledge and skills necessary to perform a variety of physical activities, maintain physical fitness, regularly participate in physical activity, and fully understand the short and long term benefits of physical activity, and value and enjoy physical activity as an ongoing part of a healthy lifestyle.

To accomplish this goal each school site will develop and implement a comprehensive plan to encourage physical activity that includes the following:

- Form a Safe, Healthy, Fit and Drug Free School Advisory Committee.
- Use information (quantitative and qualitative data) to make recommendations regarding, a safe and healthy school environment, physical education and physical activity (Consider strategies to involve family members in program development and implementation).
- Provide at least sixty minutes of physical activity each week for elementary students (time in the elementary school day for supervised recess).
- Provide health and safety instruction (core classes / cross-curriculum instruction) along with physical education and other activity-oriented events that encourage a healthy lifestyle.
- Consider opportunities for joint school and community recreation activities.

Each school site will make effective use of school and community facilities to equitably serve the needs and interests of all students taking into consideration differences of gender, cultural norms, physical and cognitive abilities, and fitness levels. Policies from SB 312, SB 1186 and SB 1627 that pertain to this section are found in “Attachment A, Section C.”

SCHOOL-BASED ACTIVITIES

The school principal is responsible for the establishment of the Safe, Healthy, Fit and Drug Free School Advisory Committee. The committee is scheduled to meet each month and make recommendations to the school principal. The principal, in turn, shall give consideration to recommendations made by the Safe, Healthy, Fit and Drug Free School Advisory Committee.

The principal will make a concerted effort to involve students and parents in the NSLP.² Parents and students may be involved in making menu-planning suggestions, cafeteria enhancement, program promotion, and other related student-community related support activities.

The principal will make sure that the following assurances are adhered to:

- Students will be provided with a clean, safe, enjoyable meal environment.

² NSLP – National School Lunch Program

- Students will be provided with an adequate amount of time to eat breakfast and lunch. A minimum of 15 minutes will be provided at breakfast and 20 minutes at lunch (after students receive their trays).
- The sale of candy as a fundraiser will be closely monitored to promote the sale of healthy snacks.
- All fundraising efforts and classroom parties will be supportive of healthy eating and approved by the district Board of Education.
- The use of candy or sweets as a reward by teachers and administrators will be closely monitored.

Per the school district’s Child Nutrition Programs Agreement, school meals will not be used as a reward or punishment.

The principal will enforce the policies set forth by the Legislature, Oklahoma State Department of Education and the Local Board of Education. Policies from SB 312 and USDA Regulations – sections 210.12 & 227 that pertain to this section are found in “Attachment A, Section D.”

This revised School Wellness Policy adopted by the Board of Education at the regularly scheduled meeting on this, the 7th day of October in the year 2008.

Name of School District

Signature of Superintendent

Signature of Local Board President

ATTACHMENT "A"

Section A

Section(s) 210.10 and 220.8 of Public Law 108-225 Summary Policy Statements

- 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.

Section B

Policy Statements:

- 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.

Section C

Policy Statements:

- 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 (effective school year 2006-2007), students in Grades K through 5 will participate in 60 minutes of physical activity each week.

Section D

Policy Statements:

- 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

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, school meals may not be used as a reward or punishment.
- Per USDA Regulations §210.12 and §227, students and parents will be involved in the NSLP. Parent and student involvement will include menu-planning suggestions, cafeteria enhancement, program promotion, and other related student-community support activities.

Section E

Policy Statements:

- Per Oklahoma Senate Bill 1186, amends 70 O.S. §11-103.9 beginning with the 2008-2009 school year. The amendment requires that public elementary schools provide to students in full-day Kindergarten and Grades one through five an average of an additional 60 minutes of physical activity each week which may include, but not be limited to, physical education, exercise programs, fitness breaks, recess, classroom activities, and wellness and nutrition education. This is a requirement for accreditation.