

## SY 2020-21 APS Wellness Policy Assessment Review

### **SDE Child Nutrition Program requirement for “Local Wellness Policy”**

- Conduct assessment documenting goal achievement; periodically measured
- Shared responsibility in district – get staff and students excited about “health & wellness.”
- Share status with stakeholders.

### **Wellness Policy must contain the following Elements/Goals:**

- Nutrition education
- Physical activity
- Student health information
- Reduce childhood obesity
- Address all foods available on campus

### **Permit Stakeholders to participate in:**

- Development
- Implementation
- Review
- Update

### **Inform public of content and implementation**

#### **\* SY 2020-21 Wellness Policy Review & Annual Wellness Assessment:**

- The APS Wellness Policy #200.065 is based on USDA Wellness Compliance Standards, Alliance for Healthier Generation Model Wellness Policy, and Certified Healthy standards. This policy reflects USDA guidelines and our firm district support/guidance to ensure healthy, fit students mentally, physically and socially.

-- Key APS Wellness Policy guidance includes:

- USDA nutrition & wellness mandates
- Enhanced physical activity in/out classroom; curriculum
- Expanded shared nutrition/physical activity education material to student/family
- Expanded staff wellness & professional development focus
- Inclusion of new USDA SMART Snack competitive food sale requirements

- SY 2020-21 annual Wellness Assessment is inclusive of APS District Wellness Policy review, input and scoring in essential wellness components open for comment from school leaders & wellness reps (insight from site staff), local leaders, community partners, and parents.
- Community partners supporting the TSET Healthy Living Program for Schools help us to strengthen our school policy and practices and increase our future eligibility for wellness grant funding for our schools.
- District continuing to build a culture of wellness; reinforce importance of healthy choices and eliminate marketing of unhealthy products.
- APS is dedicated to District Wellness Committee goals:
  - (1) Promote student/staff physical activity before, during and after the school day.
  - (2) Connect with outside resources to increase student, staff and family health awareness.
  - (3) Incorporate Nutrition and Health Education in the K-6 Curriculum and highly encourage at secondary level.

**\* SY 2020-21 Achievements (list not all-inclusive – many, many more initiatives):**

Team effort on moving Wellness to the next step across entire district.

**- Site/District activities (students & staff):**

- Student Yoga/Breathing Exercises in classroom and open group settings.
- Site website postings featuring monthly menus; healthy foods intercom announcements each morning (brain ticklers to health/wellness.)
- Recess offered before school, lunch time, afternoon timeframe.
- Health lessons & fitness testing; Physical Education & swim classes
- After school athletics (fall, winter & spring.)
- Weight room/work-out room for students & staff.
- Healthy classroom snacks/fruits/vegetables messages sent to parents.
- Team and individual activities such as “Field & Track Day” & “All Star Olympics activities, “Walk-about” on campus for family/students/staff; “Walking Wednesday”, “5K run at track” .
- Go-Noodle, Brain Breaks in classrooms.
- Mthly menu calendars/flyers to parents spotlighting healthy eating and physical activity.

- Physical activity awards and recognition at school and class level.
- After School Title 1 Program mentoring included nutritional education lessons and encouragement of healthy lifestyle
- Staff continued increased water intake supporting wellness.
- District Trash to Treasures Grant awarded \$600 to the District Wellness Committee to support the annual Staff District Wellness Initiative (collection & sharing of favorite staff recipes) to share. Great nutritional awareness example. Awarded 5 six-month gym memberships to Stand Strong Fitness Center for recipe submissions. Collected recipes for future website sharing in SY 2021-22.
- A district employee wellness opportunity presented to participate/learn from a CDC Diabetes Prevention Program.

### **Nutrition Cafeteria & Classroom:**

- Breakfast, Lunch, Title 1 After-School Snack Program, Summer Food Service Program (USDA approved free meals during school year and summer programs.) Food service offered in cafeteria & classroom.
- DoD Fruit & Vegetable Program & State Grant Fruit & Vegetable Classroom Program in which three Elementary level schools participated in “push to the classroom” unique fruits & veg minimum of twice per week with enrichment info.
- Cooking for Kids Chef Bill Harris district visits (virtual and on-site) - healthy food “Taste Tests” at Altus Elementary School; safe hands on “fresh fruit smoothie making” with our students in small groups.
- Virtual Meals Program provided an option for all virtually enrolled students to access weekly menued meal; USDA Waivers allowed parent/guardian/student pickup of 5 brf/5 lunch each Wednesday.
- Community Eligibility Provision Program (free brfst & lunch) @ 5 schools
- District wide rotational menus; Salad Box, Deli Box meal line offerings at 4 school sites.
- Fall 2020 - State Child Nutrition Program Equipment Grant awarded for one dishwasher replacement at Altus Primary School, supporting healthy safe food practices.
- 2020-21 Certified Healthy Schools Application for 7 district sites resulted in award status (Bronze, Silver or Gold) denoting levels of advancement in site health in wellness participation and goals.

### Community Engagement Activities:

- Engagement “paused” for continued barriers of safety remaining in place for our staff and students with Altus Parks & Rec Department, “Walking Wednesday”, Jackson County Community Health Action Team (JCCHAT) Sub Committee Nutr & Fitness Task Force for Body Mass Index assessments in grades 1-6
- MOU with The Salvation Army for district “left over food from meal prep supports local Soup Kitchen”.
- OSU sponsored Cooking for Kids (CFK) Staff Skills Development & OSU CFK Chef district consultation x12 visits (on-site and virtual)
- Oct 2020 - Collaborated with CATCH Program CEO for book publication “When are we going to Teach Health”. New book included a case study titled Working with CATCH and USDA in Normal times and Abnormal Times” featuring our amazing efforts to provide food to our students/community through the Operation Bulldog Thunder Mobile Meals feeding initiative (Spring 2019-20).
- TSET Grant implementation \$30K. Funding provided “Touchless Water Fountains (sports bottle fillups) at 6 sites, learning floor playscapes at 2 sites, Grow Towers at 2 sites supporting AG program and augmenting food in kitchen (fresh grown lettuce).
- Food Bank of OK donations from varied sites.

### **\* MOVING FORWARD - SY 2021-22 District Site Wellness Goals:**

- APS Wellness Policy review
- Positive health & wellness marketing efforts
- Engage w/parents to expand “home wellness” & district program improvements
- Enhance school rotational menu’s/cooking w/recipes/meal lines
- Identify “Farm to School” opportunities
- Encourage staff modeling of healthy behaviors in voice and action
- Seek continued staff wellness/professional development opportunities
- Encourage student physical activity participation in our growing district school athletic program (all grade levels) & at home to promote a full circle health & wellness (school & home).
- Strengthen our focus toward the “Whole School, Whole Community, Whole Child (WSCC) approach to collaborate with our community sector to improve

each child's learning and health.

- Incorporating TSET Healthy Living Program policy guidance into operational practice.
- Reestablish partnering efforts post COVID pause with JCCHAT and encourage active participation in JCCHAT initiatives such as "City Wellness Symposium" for health & wellness education.
- Partnering with OSU Cooking for Kids Program participation at selected district PK-6 site (rotating initiative between sites each year as approved to participate.)
- Participation in USDA Seamless Summer Option Program (free meals to all district students for SY2021-22.)
- Continued enhanced safety practices at all district sites promoting healthy environment.

***"Healthy choices...make physical activity a norm...be a positive role model"***