

ALTUS PUBLIC SCHOOLS WELLNESS POLICY

Purpose

The Altus Public School District (the District) recognizes the important role that schools play in the development of Children's lifelong health habits, their ability to learn, and their overall well-being. Schools can improve the health of students not only by educating them about the importance of healthy behaviors, but also by implementing policies that promote those behaviors.

The District is committed to support of the Whole School, Whole Community, Whole Child (WSCC) concept. This model is a collaborative effort of school, health and community to support our student's being healthy, safe engaged, supported and challenged. The student's in our district are the focus of our decision making and we seek to align health and education to improve each child's cognitive, physical, social and emotional development.

Therefore, the District establishes the following policy to promote the health and wellness of students and staff and to ensure its schools to comply with those standards established by federal and state law. Specifically, this policy requires all schools in the District to:

- Allow parents, students, representatives of the school food authority, physical education teachers, school health professionals, the school board, school administrators, and general public to participate in the development, implementation, review, and update of the school wellness policy.
- Establish nutrition guidelines that meet or exceed the United States Department of Agriculture's (USDA) school meal requirements and the nutrition standards for competitive foods and beverages.
- Create goals for nutrition promotion and education, physical activity and physical education, and other activities that promote student as well as staff health.
- Adopt a plan to ensure the policy is properly implemented, regularly assessed, and periodically updated.

Definitions

School campus

All areas of the property under the jurisdiction of the school that are accessible to students during the school day.

- **School Day**
The period of time from the midnight before to 30 minutes after the end of the instructional day.

USDA Non-Discrimination Statement: This institution is an equal opportunity provider.

Adopted 06/13/06

Revised 12/14/15

Revised 07/09/19

- **Competitive foods and beverages**
Foods and beverages that are sold on campus outside of the federal reimbursable school meals program during the school day (e.g., in vending machines or school stores).

NUTRITION

School Meal Requirements

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 the United States Department of Agriculture's (USDA) requirements and follow the Dietary Guidelines for Americans (DGA).

Specifically, the District will ensure that all meals are the following:

- Accessible, appealing, and attractive to all children
- Served in a clean, pleasant, and supervised setting
- High in fiber, free of added trans fats and low in added fats, sugar, and sodium
- Respectful of cultural diversity (e.g., students will be encouraged to suggest local, cultural, and favorite ethnic foods) and religious preferences
- Menu's will be reviewed by the Child Nutrition Director and other consulting chef's or school nutrition professionals through out the school year. Alternative menu options or menued foods and associated nutritional values will be based on a meal plan provided by a professional resource such as the State Department of Education, the USDA, the Alliance for a Healthier Generation, or other reputable resources

Water: Schools will make clean drinking water available and accessible without restriction and at no charge at every district facility (including cafeterias and eating areas, classrooms, hallways, playgrounds, and faculty lounges) before, during, and after school. Schools will also ensure the following:

- Students will be provided drinking cups, glasses, or reusable water bottles in places where meals and snacks are served.
- Students may be allowed to bring drinking water from home and take water into the classroom, provided that the water is in a capped container, such as a bottle to prevent spills.
- All water sources and containers will be maintained on a regular basis to ensure good hygiene standards (including drinking fountains, water jugs, hydration stations, and other methods for delivering drinking water).
- Federal law requires that schools provide clean drinking water to students during meal time, in areas where school meals are served.

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Information and Promotion: As required under the National School Lunch Program (7 CFR 210, 12), the District will promote activities to involve students and parents in the School Lunch Program. In addition, the District will do the following:

- Inform families about the availability of breakfasts for students.
- Distribute materials to inform families of the availability and location of free Summer Food Service Program meals for students when school is not in session
- Post information on the nutritional content and ingredients of school meals on menus in the cafeteria, on the District website and/or websites of individual schools, and/or in school newsletters.
- Send applications for reimbursable meal programs to families at the beginning of the school year and make applications available on the District website.

Adequate Time to Eat: The District will allow students at least 10 minutes to eat breakfast and 20 minutes to eat lunch from the time they are seated.

Competitive Foods and Beverages

All competitive foods and beverages sold to students during the school day must seek to meet or exceed the USDA's Smart Snacks standard. The district, however will allow 15 exemptions per site, per semester (15 exemptions less than state allowed exemptions quantity), during the school year, during which the foods and beverages served are not required to meet the Smart snack standards. These exempted fundraisers cannot be held during normal meal service times to include breakfast, lunch or during after school meal programs. The District Wellness Representative will work with Principals to track fundraising efforts at each school site.

Other Foods Provided at School

A variety of healthy food choices are available whenever food is sold or served on district property or at district sponsored events.

Other foods and beverages provided (not sold) on camps (e.g., for classroom parties, celebrations, shared snacks, afterschool-programming) are highly encouraged to meet the USDA's Smart Snacks standards.

The district will provide parents and teachers with a list of ideas for healthy food as well as non-food alternatives for classroom parties (e.g., the USDA's resources on "Healthy Celebrations") and after-school programming (including celebrations).

Fundraising

Fundraising on Campus During the School Day: Only fundraisers that feature non-food items or foods and beverages that meet the Smart Snacks standards will be permitted unless counted as an exemption as described above.

The following will also occur:

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- Fundraising activities will not promote any particular food brands (e.g., fundraisers by fast food chains).
- The District will encourage fundraisers that do not sell food and or that promote physical activity.

Nutrition Education

Schools will offer-and integrate into the core curriculum-nutrition education to all grades (K-12), providing students the knowledge and skills necessary for lifelong healthy eating behaviors, including the following:

- What it means to eat healthfully, consume the proper nutrients, and maintain a wholesome and balanced diet; weight management; safe food preparation, handling and storage, cultural diversity related to food and eating.
- Age-appropriate nutrition-related skills including, but not limited to, planning healthy meals, and understanding food labels.
- How to read labels and understand the problems associated with unhealthy food marketing to children; critically evaluating nutrition information, misinformation and commercial food advertising.

In addition, schools will ensure that nutrition education:

- Complies with state learning objectives and standards.
- Provides students consistent nutritional messages throughout the school, classroom, After-School Programs (Title 1 and after-school child care), cafeteria and school events
- Provides opportunities for students to practice and apply the skills and knowledge taught in the classroom (e.g., by using the cafeteria as a learning lab, visiting local farms, etc.).
- Is made available for staff
- Is promoted to families and the community.
- The Healthy and Fit School committee at each school site will study evidence based strategies and make recommendation regarding health education, nutrition, health services, physical education and physical activity.

Rewards and Punishment

- The Oklahoma Department of Education prohibits the denial of school meals for Actions.
- Exceptions are allowed when required by a student's IEP, 504, or behavior management plan.

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- The District highly encourages site Principals to capitalize on healthy rewards by minimizing and controlling the use of foods of minimal nutritional value such as candy in the classroom.

Nutrition and Healthy Food Promotion

The District will promote healthy food and beverage choices and appropriate portion sizes by doing the following:

- Exhibiting posters, signs, or other displays on the school campus that promote healthy nutrition choices.
- Providing age-appropriate activities, such as contests, food demonstrations, and taste-testing that promote healthy eating habits.
- Offering information to families (via communications with parents, educational workshops, screening services, and health-related exhibitions and fairs) and encouraging them to teach their children about nutrition and healthy eating behaviors.
- Encouraging school staff to display healthy eating habits and physical activity choices to students (e.g., by eating with students during meal times consuming only healthy snacks, meals, and beverages in front of students, sharing positive experiences with physical activity with students, etc.).

Food and Beverage Marketing

Only foods and beverages that meet the USDA's Smart snacks standards may be marketed in schools. The marketing of any brand, without reference to a specific product, is prohibited unless every food and beverage product manufactured, sold, or distributed under the corporate brand name meets the Smart Snacks standards.

Marketing includes the following:

- Advertising on any property or facility owned or leased by the school and used at any time for school-related activities (including school buildings, athletic fields, parking lots, school buses, vending machines, scoreboards, uniforms, educational materials, and supplies).
- Corporate-sponsored programs that provide funds to schools in exchange for consumer purchases of certain items. Programs involving purchase of foods and beverages that do not meet the USDA's Smart Snacks standards are not permitted.

If the non-compliant advertising is a permanent feature of a permanent fixture (e.g., a scoreboard), such advertising can remain until the permanent fixture is removed or replaced.

Staff Qualifications and Training

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The District will follow the USDA's Professional Standards for State and Local Nutrition Programs in selecting local school nutrition program directors. Also the District will require all personnel in the school nutrition programs to complete annual continuing education and training.

In addition, Child Nutrition Staff will do the following:

- Receive training in basic nutrition, nutrition education, safe food preparation, and nutrition standards for healthy meals and snacks.
- Organize and participate in educational activities that support healthy eating behaviors and food safety.

Farm-to-School Programs and School Gardens

The District will allow school gardens on District property.

The following will also occur:

- The district will incorporate local and/or regional products into the school meal program.
- Schools are encouraged to take field trips to local farms.
- As part of their education, students will learn about agriculture and nutrition.

PHYSICAL EDUCATION AND PHYSICAL ACTIVITY

General Requirements

The district will ensure at a minimum that all elementary school students grades K-5 participate in a minimum of 60 minutes of physical activity each week, whether through physical education, exercise programs, after-school athletics. Fitness breaks, recess, classroom activities, or wellness and nutrition education. All students (K-12) will be highly encouraged to participate in physical activity described above on a daily/weekly basis as recommended by the CDC and encouraged by the USDA.

Physical Activity: Recess & Physical Activity Breaks

Recess: The District will require schools to provide elementary school students (K-5) at least 20 minutes of recess each day (in addition to the PE requirements). Additionally, the District will do the following:

- Develop indoor recess guidelines to ensure students can have adequate physical activity on days when recess must be held indoors.
- Encourage schools to hold recess before lunch, in order to increase food consumption, reduce waste, and improve classroom attentiveness when students return from lunch.

Physical Activity:

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- After school enrichment and child care programs are encouraged to incorporate verbally and through the provision for all participants weekly.
- Students will be encouraged to participate in voluntary before-and after-school physical activity programs such as intramurals, clubs, and at the secondary level, interscholastic athletics.
- School sites will establish or encourage physical activity and developmentally appropriate exercise opportunities for students, staff, and parents, such as fitness challenges, family fitness nights, fun walks and runs, walk or bake to school safe route initiatives.
- Students and school staff will collaborate with local recreational departments and youth fitness programs to promote participation in lifelong physical activities.

Physical Activity Breaks: The District will require schools to provide all students (K-12) short breaks (three to five minutes) throughout the day to let them stretch, move around, and break up their time spent sitting. These physical activity breaks may take place during and/or between classroom time.

Physical Education (PE)

The District will require all schools to establish a comprehensive, standards-based PE curriculum offered for each grade (K-12). Schools will ensure that PE classes and equipment afford all students (K-12) an equal opportunity to participate in PE.

Elementary students (K-5) will participate in 60 minutes of moderate to vigorous physical activity each week.

Middle and high school students (6-12) that participate in PE will participate in at least 225 minutes of PE per week throughout the semester.

In addition, the following requirements apply to all students (K-12):

- During PE, students will be given the opportunity to participate in many types of physical activity, including both cooperative and competitive games.
- Students will engage in moderate to vigorous physical activity for more than 50 percent of the PE class time.
- PE classes will have a teacher/student ratio comparable to core subject classroom size.

Teacher Qualifications, Training, and Involvement

- Teachers will be trained on how to integrate physical activity into the curriculum. Some portion of this training will be incorporated into annual professional development.
- Schools will allow teachers the opportunity to participate in or lead physical activities before, during, and after school.

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- PE classes will be taught by licensed teacher who are certified or endorsed to teach PE.

Punishment and Rewards

- Physical activity will not be used or withheld as punishment. (This does not apply to participation on sports teams that have specific academic requirements.)
- The District will provide a list of alternative ways for teachers and staff to discipline students.
- The District will strongly encourage teachers to use physical activity (e.g., extra recess) as a reward.

Grounds, Facilities, and Equipment

The District will ensure the availability of proper equipment and facilities that meet safety standards and will conduct necessary inspections and repairs.

Community Use of Recreational Facilities

The District will encourage school staff, students, families and the community to participate in physical activity outside of the school day. Allowing staff, students, families and the community to use school recreational facilities during non-school hours is one way to increase opportunities to engage in physical activity. Consistent with state law and District policies and procedures, District Policy #300.100 will be followed regarding use of school facilities during non-school hours.

Active Transportation

The District will do the following:

- Encourage children and their families to walk and bike to and from school.
- Work with local officials to designate safe or preferred routes to school.
- Promote National and International Walk and Bike to School Week/Day.
- Provide bike racks for students, faculty, and staff.
- Encourage parents to supervise groups of children who walk or bike together to and from school.

After-School Programs Physical Activity and Screen Time

After-school programming (norm of 1 hour in length) will do the following:

- Dedicate at least 10% of program time to physical activity, which includes a mixture of moderate to vigorous physical activity.
- Utilize outdoor space for physical activity as much as possible each day (weather permitting with appropriate protection from the elements).

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- Provide equal opportunities for children and youth with disabilities to be physically active.
- Encourage staff to join children and you in physical activity whenever possible.

OTHER ACTIVITIES THAT PROMOTE SCHOOL WELLNESS

Staff Wellness

The District recognizes that employee health is essential to student health and to creating healthy school environments. Accordingly, the District will implement an employee wellness program that promotes healthy eating, physical activity, and overall health. The District may partner with community agencies and organizations (e.g., local health departments, hospitals, and health insurance companies) to assist in providing education services, and resources for staff.

The will do the following to support staff wellness:

Nutrition

- Encourage only those foods and beverages that meet Smart Snacks standards at staff meeting, trainings, special occasions (e.g., birthdays and retirement parties), and other workplace gatherings.
- Provide employees with access to a refrigerator, microwave, and sink with a water faucet.
- Provide or partner with community organizations or agencies as available to offer nutrition education through activities such as seminars, workshops, classes, meetings, and newsletters.
- Partner with community organizations or agencies as available to offer staff accessible and free or low cost health eating/weight management programs.

Physical Activity

- Promote walking meetings
- Incorporate 10-minute physical activity breaks into every hour of sedentary meetings, trainings, and other workplace gatherings.
- Provide access to on-campus athletic facilities, such as gyms, running tracks, basketball courts, tennis courts, and swimming pools.
- Promote employee participation in physical activity by creating exercise clubs or groups and/or sponsoring employee sports teams.
- Use posters, pamphlets, and other forms of communication to promote physical activity (including stairwell use, if applicable).

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- Provide information about local physical activity resources and facilities, such as walking trails, community parks, and recreation facilities.

General Wellness

- Partner with community organizations or agencies as available to offer voluntary health screenings annually to staff, including free or low-cost health assessments.
- Partner with community organizations or agencies as available to provide stress management programs annually to staff.
- Promote tobacco prevention and provide referral information on cessation services through the Oklahoma Tobacco Helpline 1 800 QUITNow.
- Provide access to private space (other than a restroom) that has an electrical outlet, and provide flexible paid or unpaid break times to allow mothers to express breast milk and/or breastfeed.
- Partner with community organization agencies as available to offer immunization clinics, (e.g., flu, Tdap, etc.) to staff.
- Provide or partner with community organizations or agencies as available to offer free or low-cost first aid and CPR training.

Professional Development

The District will provide staff with educational resources and annual training in health and health-related topics.

Health Education

Students will be presented with a wide spectrum of health information, delivered in different aspects throughout an instructional program with standards to grow student skillsets such as taking proactive role in preventing disabling chronic health conditions, unnecessary injury and disease along with health promotion; goal setting, decision making and taking responsibility for health enhancement; and to adopt health-enhancing attitudes and behavior; the district shall adopt a comprehensive health education program consistent with the requirements of state and federal law.

The concepts addressed in the health curriculum will be: mental health, human growth and development; nutrition; family and consumer health; prevention and control of disease; health services and medical advances; drugs, including alcohol and tobacco; community and environment health; safety and first aid; and health.

IMPLEMENTATION, MONITORING, AND EVALUATION

Leadership

The District will designate one or more official(s) to facilitate the development of the local school wellness policy, oversee appropriate updates to the policy and ensure each

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school's compliance with the policy. The District will ensure the designated official(s) fully understand(s) the federal and state laws related to wellness policies. The District Wellness appointed leaders include the Child Nutrition Program Director and Site Principals.

Community Involvement

The District will permit parents, students, representatives of the school food authority, physical education teachers, school health professionals, the school board, school administrators, and the general public to serve on the local school wellness policy committee and participate in the development, implementation, review, and update of the local school wellness policy. To encourage broad public participation in the process, the District will do the following:

- Actively notify parents and the broader community about the content and implementation of as well as any changes to the wellness policy, whether through electronic communication (e.g., email, District website, etc.), non-electronic means (e.g., mailings, presentations, etc.), or both.
- Ensure that all outreach and communication is culturally appropriate and translated as needed.
- Educate community stakeholders on how they can participate in the development, implementation, review, and update of the wellness policy and let them know why their participation is important to the health and wellness of students and the broader community.

Assessments, Revisions, and Policy Updates

At least once every three years, the District will measure the extent to which schools are in compliance with the local wellness policy, as well as progress made in attaining the policy's goals. Additionally:

- Parents, students, physical education teachers, school health professionals, the school board, school administrators, and the general public will be allowed to participate in the development, implementation, and periodic review and update of the local wellness policy.
- The district will assess how its policy compares with the latest national recommendations on school health, and will update the policy accordingly.
- The District will inform and update the public about the content and implementation of the local wellness policy (via the District's website, handouts, newsletters sent directly to families' homes, etc.).
- District leadership will support site Principals in implementation of Board policy and program changes as necessary to increase its effectiveness. In addition the following will be assessed:

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- Additionally, they will designate one person per site to measure how effectively the plan is being implemented and school policy compliance.
- Work with the Child Nutrition Program to track the number of students that participate in the school lunch program.
- Document the number of participants in PE classes, intramural activities and competitive sports.
- Report and document results of testing in curricular areas (Presidents Physical Fitness Testing, etc.).
- Compare the number of participants at each level each year
- All building, grade-level and age appropriate comprehensive nutrition, health and physical education curricula for accuracy, completeness, balance, and consistency with state and local district educational goals and standards.
- Ensure teachers deliver nutrition, health and physical education through age-appropriate, culturally relevant, participatory activities that include social learning strategies and activities.
- Provide public updates to families and community organizations; support their involvement, to the extent practicable, in nutrition, health and physical education.