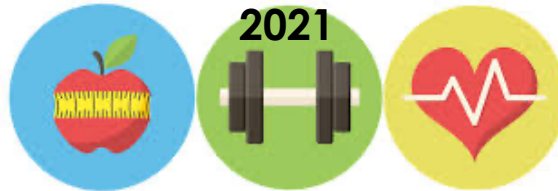


# Piedmont Public Schools Wellness Policy



## **Purpose:**

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

To meet this goal, the Piedmont 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.

### **I. Nutrition Guidelines/Standards**

Per USDA Regulations 210.10, 210.12 and 220.8, school lunches and breakfasts will meet menu planning system guidelines as required by USDA. Piedmont Public Schools offers a breakfast program at all school sites.

Per USDA Regulations 210.10, 210.12 and 220.8, school meals will meet the Menu Planning and Dietary Guidelines for Americans and Nutrition Standards In School per the Institute of Medicine 2007 recommendations. In addition, the Guidelines for 2010 USDA/ Oklahoma Smart Snacks In School Standards, as part of Hunger-Free Kids Act of 2010 will be implemented. (see Addendum A)

Clean drinking water is available without restriction or charge at every facility.

A nutrient analysis of school meals offered to students will be made available upon request.

School staff will support and encourage student participation in the USDA school meals program.

## **II. Other Food Items Sold on School Campuses**

Per USDA Regulations 210, Appendix B, 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.

Per the Child Nutrition and WIC Reauthorization Act of 2004, 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.

Per Oklahoma Senate Bill 265 (effective school year 2007 – 08), students in elementary schools will not have access to FMNV except on special occasions.

Smart Snacks In School standards (Hunger-Free Act 2010) will be implemented. (See Addendum A).

Per Oklahoma Senate Bill 265 (effective school year 2007 – 08), 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.

Per Oklahoma Senate Bill 265, (effective school year 2007 – 08), students in junior high/middle schools will not have access to FMNV except after school, at events which take place in the evening, and on special occasions.

Information from the Oklahoma State Department of Health/ Center for the Advancement of Wellness will be provided to site Wellness Committees (Fit & Healthy Kids Committees) to guide selection of snack choices. (See Addendum B)

High-energy drinks with elevated levels of caffeine will not be available for sale on school campuses during the regular school day. These drinks may be available at concession stands during sporting events and special events.

Schools will abide by the nutrition standards laid out in the *Interim Final Rule on All Foods Sold In School: Smart Snacks, in accordance to the October 2014 Exemptions ruling by the Oklahoma State Board of Education. (See Addendum C)*

*Fundraiser Exemption Form will be completed and approved before fundraiser begins. (See Addendum D)*

### **III. Nutrition Education**

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.

Nutrition education will be integrated into the core curriculum, including math, science, and language arts when appropriate.

Family/parent nutrition education opportunities will be provided on the school web site with Sodexo links and brochures.

Students will receive consistent nutritional messages throughout the school, classroom, cafeteria and school events.

School staff will promote and model healthful eating and healthy lifestyles to students and parents.

### **IV. Physical Activity**

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 – 07), students in Grades Kindergarten through Five will participate in sixty minutes of physical activity each week.

School sites will establish or enhance physical activity opportunities for students, staff and parents.

Elementary school sites will provide twenty minutes of daily recess that promotes physical activity beyond what is provided through physical education classes.

Students will be encouraged to participate in voluntary before- and after-school physical activity programs.

Students and school staff will cooperate with local recreational/sports programs to promote participation in lifelong physical activities.

Recess or other physical activity time will not be canceled for instructional make-up time. Homework/ make-up work will not be sent out to recess to be worked on.

Teachers will refrain from taking recess away as a disciplinary tactic. Think Walks are suggested.

Elementary schools will develop indoor recess schedules that include a rotation of activities, with the goal being that students have at least one day per week, during long term inside recess times, of physical activities. A list of suggestions will be provided to teachers.

School sites will provide adequate equipment for every student to be active. Administrators will be encouraged to provide funds for additional and/or replacement equipment each school year.

## **V. School Based Activities**

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 National School Lunch Program. Parent and student involvement will include menu-planning suggestions, cafeteria enhancement, program promotion, and other related student-community support activities.

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

Students will be provided with an adequate amount of time to eat breakfast and lunch. A minimum of fifteen minutes will be provided at breakfast and twenty minutes at lunch (after students receive their trays).

Recess before lunch will be implemented, when possible, at all elementary schools in order to increase food consumption and nutrient intake, decrease plate waste, and improve cafeteria and classroom behavior.

All fundraising efforts and classroom parties will be supportive of healthy eating.

Food, beverage and candy will not be used to reward or punish academic performance or student behavior.

Students will be involved in planning for a healthy school environment. Students will be asked for input and feedback through the use of student surveys, student committees, and school clubs

## **VI. Wellness**

Professional development required for all staff regarding allergy education.

Vaccinations are made available to students at no cost two times per year.

Vaccinations are made available to staff and their families during the fall. Insurance is accepted.

Piedmont Public Schools' Illness Policy is made available to families multiple times throughout the year. (See Addendum C)

District nurses will provide wellness information periodically throughout the year to staff and families.

CPR & First Aide training is provided multiple times each year to staff.

Introductory CPR provided for all high school students prior to graduation.

School sites offer staff incentives/programs/challenges to encourage healthy choices and overall wellness for staff members. For example, Biggest Loser contests, indoor soccer teams, Zumba, exercise classes.

Preventive Health Screenings (i.e. yearly wellness exam, mammogram van) are made available to all school staff.

# Smart Snacks in School

## USDA's "All Foods Sold in Schools" Standards

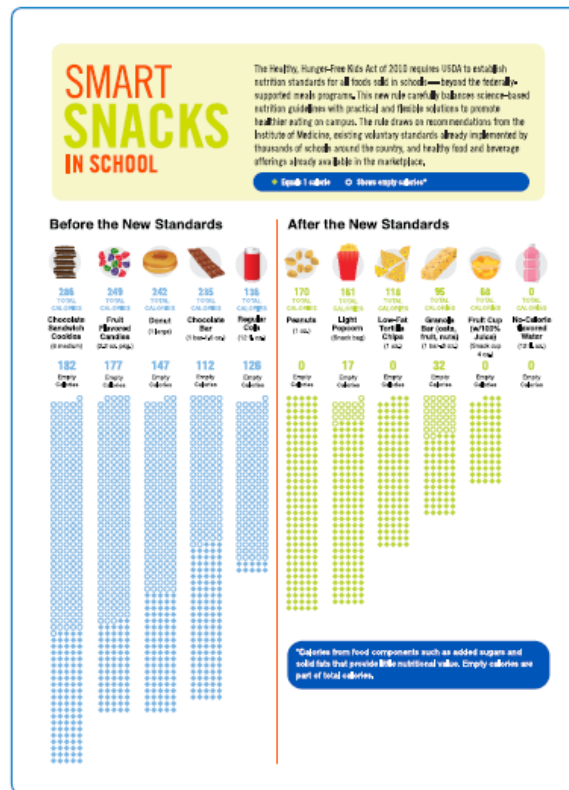
USDA recently published practical, science-based nutrition standards for snack foods and beverages sold to children at school during the school day. The standards, required by the Healthy, Hunger-Free Kids Act of 2010, will allow schools to offer healthier snack foods to children, while limiting junk food.

The health of today's school environment continues to improve. Students across the country are now offered healthier school lunches with more fruits, vegetables and whole grains. The *Smart Snacks in School* standards will build on those healthy advancements and ensure that kids are only offered tasty and nutritious foods during the school day.

*Smart Snacks in School* also support efforts by school food service staff, school administrators, teachers, parents and the school community, all working hard to instill healthy habits in students.

### Nutrition Standards for Foods

- **Any food sold in schools must:**
  - Be a "whole grain-rich" grain product; or
  - Have as the first ingredient a fruit, a vegetable, a dairy product, or a protein food; or
  - Be a combination food that contains at least ¼ cup of fruit and/or vegetable; or
  - Contain 10% of the Daily Value (DV) of one of the nutrients of public health concern in the 2010 Dietary Guidelines for Americans (calcium, potassium, vitamin D, or dietary fiber).\*
  
- **Foods must also meet several nutrient requirements:**
  - **Calorie limits:**
    - Snack items: ≤ 200 calories
    - Entrée items: ≤ 350 calories
  
  - **Sodium limits:**
    - Snack items: ≤ 230 mg\*\*
    - Entrée items: ≤ 480 mg
  
  - **Fat limits:**
    - Total fat: ≤35% of calories
    - Saturated fat: < 10% of calories
    - Trans fat: zero grams
  
  - **Sugar limit:**
    - ≤ 35% of weight from total sugars in foods



\*On July 1, 2016, foods may not qualify using the 10% DV criteria.  
 \*\*On July 1, 2016, snack items must contain ≤ 200 mg sodium per item

## Addendum A, continued

### *Smart Snacks in School: USDA's "All Foods Sold in Schools" Standards*

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#### **Nutrition Standards for Beverages**

- **All schools may sell:**
  - Plain water (with or without carbonation)
  - Unflavored low fat milk
  - Unflavored or flavored fat free milk and milk alternatives permitted by NSLP/SBP
  - 100% fruit or vegetable juice and
  - 100% fruit or vegetable juice diluted with water (with or without carbonation), and no added sweeteners.
- **Elementary schools may sell up to 8-ounce portions, while middle schools and high schools may sell up to 12-ounce portions of milk and juice. There is no portion size limit for plain water.**
- **Beyond this, the standards allow additional "no calorie" and "lower calorie" beverage options for high school students.**
  - No more than 20-ounce portions of
  - Calorie-free, flavored water (with or without carbonation); and
  - Other flavored and/or carbonated beverages that are labeled to contain < 5 calories per 8 fluid ounces or ≤ 10 calories per 20 fluid ounces.
  - No more than 12-ounce portions of
  - Beverages with ≤ 40 calories per 8 fluid ounces, or ≤ 60 calories per 12 fluid ounces.

#### **Other Requirements**

- **Fundraisers**
  - The sale of food items that meet nutrition requirements at fundraisers are not limited in any way under the standards.
  - The standards do not apply during non-school hours, on weekends and at off-campus fundraising events.
  - The standards provide a special exemption for infrequent fundraisers that do not meet the nutrition standards. State agencies may determine the frequency with which fundraising activities take place that allow the sale of food and beverage items that do not meet the nutrition standards.
- **Accompaniments**
  - Accompaniments such as cream cheese, salad dressing and butter must be included in the nutrient profile as part of the food item sold.
  - This helps control the amount of calories, fat, sugar and sodium added to foods by accompaniments, which can be significant.

#### **Public Comment**

USDA is seeking comments on these standards. The formal 120-day comment period is open through October 28, 2013. We also want to continue to receive feedback during implementation of the standards, so that we are able to make any needed tweaks to the standards based on real-world experience. Feedback from students, parents, school food staff, school administrators, State agencies and other interested parties is critical to ensuring successful standards.

To find the standards online, simply go to <http://www.regulations.gov> and search by the docket number, which is FNS-2011-0019, or you may type in the name of the rule "Nutrition Standards for All Foods Sold in School".

**Comment Online:**  
<http://www.regulations.gov>

**Comment by Mail:**  
William Wagoner  
Section Chief, Policy and  
Program Development Branch  
Child Nutrition Division  
Food and Nutrition Service  
P.O. Box 66874  
St. Louis, MO 63166





### Smart Snacks: State Agency Fundraising Exemption

As of July 1, 2014, schools that participate in the National School Lunch Program (NSLP) are required to abide by the nutrition standards laid out in the *Interim Final Rule on All Foods Sold In School: Smart Snacks*. These standards focus on all foods sold on the school premises during the school day and are not a part of the NSLP or School Breakfast Program (SBP). This includes additional a la carte entrees, sides, beverages, items sold in vending machines or school stores, and food focused fundraisers. More information on the standards can be on the [USDA Website](#).

The Smart Snacks standards allow state governments to develop a policy on the number of exemptions for food fundraisers that do not meet the standards. The chart on the right provides you with the number of exemptions a state will allow, with the below information detailing the entirety of a state’s policy including duration and if the number is per building or organization. SNA extends our thanks to the State Agencies that helped provide the information included here.

The information contained within this report is up to date and factual to the best of our knowledge. It will be updated as policies change.

The following 29 states will not have a policy, thus defaulting to zero exempt fundraisers: AL, AK, AZ, CA, CT, DE, HI, IA, KY, LA, ME, MD, MA, MI, MS, MT, NV, NJ, NH, NY, NC, OH, OR, RI, TX, VA, VT, WA, and WV.

#### Summary of States with Exemption Policies

As of October 28, 2014

Arkansas: Nine school days (selected in advance and placed on school calendar) for all grades when the Arkansas Nutrition Standards do not apply. Information confirmed by State Agency staff.

Colorado: Three exemptions per school building.

Florida: Five exemptions for ES, but 10 days/year/campus for MS, 15 days/year/campus for HS, and 10 days/year/campus for combination schools. Fundraisers cannot take place until one hour after the last meal service, and if any part of the exchange happens on the school campus, it is considered a fundraiser.

Georgia: Thirty per year, per building, not lasting more than three days.

State	Exemptions
Alabama	None
Alaska	None
Arizona	None
Arkansas	Nine
California	None
Colorado	Three
Connecticut	None
Delaware	None
Florida	5ES/10 MS/15HS
Georgia	Thirty
Hawaii	None
Idaho	Ten
Illinois	9 ES/36 HS for SY2014-2015
Indiana	Two
Iowa	None
Kansas	One
Kentucky	None
Louisiana	None
Maine	None
Maryland	None
Massachusetts	None
Michigan	None
Minnesota	Case by Case
Mississippi	None
Missouri	Five
Montana	None
Nebraska	Two
Nevada	None
New Hampshire	None
New Jersey	None
New Mexico	One
New York	None
North Carolina	None
North Dakota	Three
Ohio	None
Oklahoma	30
Oregon	None
Pennsylvania	10HS/5ES,MS
Rhode Island	None
South Carolina	Pending
South Dakota	One
Tennessee	Thirty
Texas	None
Utah	Three
Vermont	None
Virginia	None
Washington	None
West Virginia	None
Wisconsin	Two
Wyoming	Five



## Addendum B, continued

State Agency staff will consider additional ones on a case by case basis. Items cannot be sold until 30 minutes after meal time. (Proposed)

Idaho: Ten exempted fundraisers per year, per school site. Each fundraiser must not be longer than four consecutive days. School districts will be able to request approval for additional fundraisers from the state Department of Education.

Illinois: Two-year phased out process that is different at the ES/MS and HS level. For HS, in year one, there are 36 exemption days and nine starting in school year 2015-2016 and beyond. For ES/MS, there are nine in year one and zero starting in school year 2015-2016 and beyond.

Indiana: Two fundraisers per year per building, and they may not last more than one day.

Kansas: Each school group may have one fundraiser per semester, which shall last two days.

Minnesota: LEAs may apply for exemptions over the next few years but aim to phase out completely.

Missouri: Five per year per school building over one day.

Nebraska: Two per organization per semester lasting two days.

New Mexico: One per school, per year.

North Dakota: Three per building lasting one day, per year.

Oklahoma: 30 per school site per semester for a period of 14 days each.

Pennsylvania: Allows 10 for HS, five for ES and MS and can last one week.

South Carolina: As of October, proposed rule to allow 30 per school per year lasting three days.

South Dakota: One per school-sponsored organization per year lasting one day. Non-school sponsored may not hold exempt fundraisers.

Tennessee: 30 per year, per site.

Utah: Three fundraisers per site, per year, which can last no more than five days.

Wisconsin: Two fundraiser exemptions per student organization, per school year.

Wyoming: Five fundraisers per school, which can last up to two weeks.

Dear Wildcat Families

As a reminder, our district policy for illness states any student with a fever above 100 degrees, vomiting, diarrhea, or an undiagnosed rash will be sent home.

That student should remain at home until they are:

1. Fever free for 24 hours
2. No vomiting or diarrhea for 24 hours
3. In some circumstances, a note from your physician may be required for return to school.

\*\*\*Most importantly they must meet the above stated criteria without the use of medication to control symptoms. Please adhere to these rules and allow your child proper time to recover.

Proper hand washing is our best defense against germs and illness. Our teachers and staff are always encouraging our students to wash their hands frequently. Piedmont School district is going above and beyond to keep our students healthy by sanitizing desks, tables, water fountains and many other places every day. We welcome your efforts at home to help make our students aware of ways to stay healthy and ways to keep others healthy.

We appreciate your help and cooperation with managing your child's wellness. As always, please feel free to contact your school's office with any concerns or questions. Let's make this year the best year ever.

Thank you,

Ashley Buckner, RN BSN  
District Nurse  
Piedmont Public Schools