

HEALTHY AND FIT KIDS

Goal:

All students in the Choctaw-Nicoma Park 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 the Choctaw Nicoma Park School District are encouraged to model healthful eating and physical activity as a valuable part of daily life.

To meet this goal, the Choctaw- Nicoma Park 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

1. School Meals

- A. Per USDA Regulations §210.10 and §220.8, school lunches and breakfasts will meet menu-planning system guidelines as required by USDA.
- B. 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.
- C. Per USDA Regulation §220.8, school breakfasts will provide ¼ of the RDA for calories, protein, calcium, iron, vitamin A, and vitamin C as required by USDA.
- D. 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.
- E. Per USDA Regulations §210.10 and §220.8, the total calories from saturated fat in school meals will be limited to 10 percent when averaged over one week.
- F. Per USDA Regulations §210.10 and §220.8, school meals will meet the Dietary Guidelines for Americans.
- G. Healthy food preparation techniques will be implemented.
- H. Fruits and/or vegetables will be offered daily. Fruits and vegetables should be fresh whenever possible. Frozen and canned fruits should be packed in natural juice, water, or light syrup.
- I. Schools serving chips may use reduced-fat or baked varieties or pretzels rather than the traditional varieties.
- J. Students will be offered a variety of skim and lowfat milk, meat and beans, fruits and vegetables on a daily basis.
- K. School staff will support and encourage student participation in the USDA school meals programs.

HEALTHY AND FIT KIDS (cont.)**2. Other Food Items Sold on School Campuses**

- A. Per USDA Regulation §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.
- B. 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.
- C. Per Oklahoma Senate Bill 265 (effective school year 2007-2008), students in elementary schools will not have access to FMNV except on special occasions.
- D. Per Oklahoma Senate Bill 265 (effective school year 2007-2008), diet soda, an FMNV, will be available for sale at the junior high only in vending areas outside of the cafeteria.
- E. Per Oklahoma Senate Bill 265 (effective school year 2007-2008), 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.
- F. Nutrient-rich food items will be available for sale at all places where food and beverages are sold on school campuses. This includes the cafeteria, vending machines, school stores, and concession stands. The district will follow the recommended food items specified in **Healthy Snack Choices** provided by the OSDE.
- G. Snack food items will be made available for sale which contains no more than 35 percent sugar by weight or 15 grams per single serving as stated on the Nutrition Facts label (exceptions are fresh and dried fruits).
- H. Snack food items will be made available for sale which contains less than 480 milligrams of sodium per single serving as stated on the Nutrition Facts label.
- I. High energy drinks with elevated levels of caffeine will not be available for sale anywhere on school campus.

Nutrition Education

- A. Regulations §210.12 and §227, nutrition education is offered in the school cafeteria as well as the classroom.
- B. 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.

HEALTHY AND FIT KIDS (cont.)

- C. My plate nutrition education resources will be used in the cafeteria and classroom.
- D. Nutrition education is integrated into the core curriculum, including math, science, and language arts.
- E. Family/parent nutrition education opportunities will be provided.
- F. Students will receive consistent nutritional messages throughout the school, classroom, cafeteria, and school events.
- G. School staff will promote healthful eating and healthy lifestyles to students and parents.

Physical Activity

- A. 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.
- B. Per Oklahoma Senate Bill 312, students in Grades K through 5 will participate in 120 minutes of physical activity each week.
- C. School sites may establish or enhance physical activity opportunities for students, staff, and parents (fitness challenges, family fitness nights, fun walks and runs, bike events).
- D. Elementary school sites will provide 20 minutes of daily recess that promotes physical activity beyond what is provided through physical education classes.
- E. 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.
- F. Students and school staff will collaborate with local recreational departments and youth fitness programs to promote participation in lifelong physical activities.
- G. Staff will serve as physical activity role models for students.
- H. All playgrounds will meet the recommended safety standards for design, installation, and maintenance.
- I. School sites will provide adequate equipment (e.g. balls, rackets, and other manipulatives) for every student to be active.

HEALTHY AND FIT KIDS (cont.)

School-Based Activities

- A. 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.
- B. Per the school district's Child Nutrition Programs Agreement, school meals may not be used as a reward or punishment.
- C. 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.
- D. Students will be provided with a clean, safe, enjoyable meal environment.
- E. 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).
- F. Elementary schools will be encouraged to participate in the **Healthier US School Challenge**.
- G. 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 and /or student committees, and school clubs.