

Altus Public Schools (APS)

SY 2021-22 Wellness Policy Review and Assessment Summary

Altus Public Schools (APS) accomplished a District Wellness Policy Review and Assessment for School Year 2021-22. This policy is reviewed annually and assessed to document movement toward health, wellness, and physical activity goals for both students and staff. Stakeholders from the Altus community, district staff and parents are highly encouraged to provide feedback from the policy review on current and future district wellness goals.

The updated APS Wellness Policy guides efforts toward the following key wellness elements: (1) nutrition education, (2) physical activity, (3) student health information, (4) reduce childhood obesity, and (5) address all foods available on campus. The annual assessment showed local district wellness goals have been a great roadmap in promoting student/staff physical activity before, during and after the school day, connecting with outside resources for student, staff, and family wellness awareness, and incorporating nutrition and health education curriculum at lower and secondary grade levels.

Key aspects of APS strategy implemented toward overall district wellness were based on mandates and standards from USDA School Wellness Compliance Guidelines, Alliance for Healthy Generation Model Wellness Policy and Certified Healthy Schools standards.

Progress continued this school year toward all 2021-22 goals at every school site. A few examples are as follows:

SITE SPECIFIC WELLNESS ACTIVITIES:

Student Wellness creates opportunities to engage the brain and body. Activities include “yoga training”, “drawing/coloring/posting nutrition awareness posters”, “health and fitness lessons” via classroom and overhead announcements, encouraged “fresh cool water consumption”, healthy snack promotion, “5K run/walk at all grade levels” and varied “physical activity events” with student recognition, “expanded student athletics program options” in lower grades, i.e. This institution is an equal opportunity provider.

archery, track, volleyball, basketball, and wrestling, “walking on the school track” before and during school hours, extra recess activity, “student & staff challenges”, i.e. free throw and crab soccer, “brain breaks and go noodle in classroom, and “CATCH curriculum & equipment” in Physical Education Class.

Staff Wellness offers enhanced physical and mental well-being. Activities include “on-site exercise room creation & use”, “district wellness challenges”, “community physical activity event notifications” pushed info from District Wellness Committee to school site level,

Health & Nutrition Education - District sponsored TRASH to TREASURES local grant approved for GaGa Ball Pit at Elementary Level school, “fresh fruits and vegetables” increased during meal service and additional grant to “push unique fruits & vegetables to the classroom” with food item enrichment activity, “Farm to School initiative” started with local farmer from Ft Cobb (professional development site visit for CNP staff and 4 deliveries of fresh products to all district schools for inclusion on meal trays), “student centered taste tests” with OSU Cooking for Kids Chef at PK/K Grade Center”, “student meal line expansion” (salad & deli boxes and/or specialty bars) across district, “school menu expansion” with USDA & Cooking for Kids recipes, “flavored water available in the cafeteria”, “health lessons” during PE and group settings, “small group lunches” with Counselors creating positive social & emotional climate & fun, “health & wellness tips on school calendars” for family education, district partners came into our schools for activities such as “Healthy Kids Booth’s event”, “Food Pyramid presentation”, “Healthy Body lessons”, “Dental Health lessons”.

Community Engagement for Family, Students & Staff - “Core fitness exercise balls & packets of wellness materials” provided by SW Oklahoma Community Action Group, OSU “Cooking for Kids Chef district consultation & culinary skills training”, “hand washing & safety education” by JCHD, “diet and fitness education” by local fitness instructors/dietitians/OSU Extension Office, virtual meals personal contact to every parent/guardian with students doing virtual schooling“, “physical activity” with site parent engagement activities, ongoing

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“wellness & nutrition social media, newsletter and calendar updates shared with families & staff”.

“APS District Wellness Goals for SY 22-23” will continue a strong student and staff wellness focused momentum in the following areas: (1) increase parental education and involvement at all grade levels, (2) advance school menu’s with increase USDA recipes cooked from scratch, (3) create opportunities for staff to model wellness to our students, (4) further emphasize healthy foods in classrooms for parties and rewards, (5) increase avenues of marketing, (6) advance staff professional development opportunities, (7) improve community health awareness, (8) conduct school health program review and (9) broaden overall wellness partnering efforts with our local and state community partners. Additionally, we look to mirror other model wellness policies Certified Healthy Schools criteria to embrace best practices and solid educational results for our students and staff.

The APS District Wellness Policy #200.065 was available for review and open for feedback on the APS website (www.altusps.com) by the District Wellness Committee, district staff, parent/guardian/student and community partner review in April 2022. The policy was updated and reviewed/approved by the APS Board of Education in May 2022. The policy will continue to be posted for feedback & improvements at any point in the school year.

Comments and questions about the 2021-22 APS District Wellness Annual Assessment should be directed to Sabina Garrett, Child Nutrition Program Director at 580-481-3092 or view the District Wellness Policy on the APS website at altusps.com.

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