

Altus Public Schools (APS)

SY 2022-23 Wellness Policy Review and Assessment Summary

Altus Public Schools (APS) accomplished a District Wellness Policy Review and Assessment for School Year 2022-23. 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 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 2022-23 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, such as All-Star Olympics” with student recognition, “expanded student athletics program

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options, i.e. Bulldog Little Dribblers" in lower grades, i.e. archery, track, volleyball, basketball, and wrestling, "walking on the school track & Storybook Walk" 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 the Physical Education classes utilized "Coordinated Approach to Child Health (CATCH) curriculum & equipment", "Guest Speakers (National School Breakfast Week health & nutrition topics at all 7 schools)", "open discussion of mental health/recognizing and coping with emotions", "district grant physical activity equipment", "expanded lunch menus with Salad or Deli Box choices", "healthy classroom snacks", guest speakers for "vision screening (Optometrist) and healthy eating (Dietician)", "Agriculture focused hydroponics and plant window seal grow boxes" and summer feeding with fresh fruits & vegetables, i.e. "watermelon, grapes, carrots".

Staff Wellness offers enhanced nutritional, physical and mental well-being. Activities include "on-site exercise room", "water bottle filling stations at 7 sites via past TSET Grant award", "community sponsored physical activity and mental health event notifications, i.e. annual Community Wellness Symposium sponsored by the Jackson County Community Health Action Team", "active site & district Wellness Committees", "Flu Vaccine Clinic (on-site)", "Vaping Awareness Resource Flyers", "Employee Assistance Program," "Heart Smart Challenge", "Zumba Tuesday", "healthy salad & deli boxes for lunch", "and 10,000 Step Challenge".

Health & Nutrition Education - District sponsored TRASH to TREASURES local grant approved for GaGa Ball Pit, "fresh fruits and vegetables" on meal trays and "provided unique fruits & vegetables to the classroom" with discussion of these items, "Farm to School initiative" providing organic vegetables and organic foods professional development site visit for staff with local farmer, "student centered taste tests" with OSU Cooking for Kids Chef, "student meal line expansion" (salad & deli boxes and specialty bars) across district, "school menu expansion" with USDA & Cooking for Kids recipes, "flavored water and fruit slicing stations available in the cafeteria", "health lessons" during PE and group settings, "small group mental health focused sessions/lunches" with Counselors creating positive
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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 for all”.

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 Jackson County Health Department, “diet and fitness education” by local fitness instructors, dieticians and OSU Extension Office, virtual meals personal contact to every parent/guardian with students doing virtual schooling“, “physical activity” with site parent engagement activities (OSU Chef provided nutrition education and Taste Testing at Elementary Parent Forum)“, ongoing “wellness & nutrition social media push, newsletter, articles and calendar updates shared with families & staff”, and “district grant submission & award, i.e. Generation Youth Grant (kitchen equipment) and Local food for Schools Grant, (fresh beef from a local Beef Producer), State Fresh Fruit & Vegetable Program Grant (fruit/vegetable push to the classroom”, “Hunger Free Oklahoma (HFO) profiled the district School Breakfast Program in the State School Breakfast Report”, and HFO offered strong partnership & funding for our community SNAP Awareness marketing.

“APS District Wellness Goals for SY 23-24” 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, state, and national community partners. Additionally, we look to mirror other model wellness policies from Certified Healthy Schools criteria to embrace best practices and solid educational results for our students and staff.

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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, parents/guardians/student and community partners review in September 2022. This policy is reviewed and approved by the APS Board of Education. The policy will continue to be posted for feedback & improvements received at any point in the school year.

Comments and questions about the 2022-23 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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