

## Bethel Public School District Wellness Policy

(Revised November 2024)

### Purpose

The Bethel Public School 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.

Therefore, the District establishes the following policy to promote the health and wellness of students and staff and to ensure our schools 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 the 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.
  - 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).
  - Smart Snacks standards - Nutrition standards, issued by the USDA, that set limits on the amount of calories, salt, sugar, and fat in competitive foods and beverages.
-

## 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
- Reviewed by a registered dietitian or other certified nutrition professional / 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)

The District will also ensure that schools do the following:

- Encourage students to start the day with a healthy breakfast.
- Provide breakfast through the USDA School Breakfast Program.
- 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 in places where meals are served.
- 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).

#### 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, when and where applicable, to inform families of the availability and location of free Summer Food Service Program meals for students when school is not in session.

- Send applications for reimbursable meal programs to families at the beginning of the school year or as need through the year and make applications available on the District website.

#### Adequate Time to Eat

The district will allow students sufficient Breakfast and Lunch periods that are long enough to give all students adequate time to be served and eat their meals.

#### Competitive Foods and Beverages

All competitive foods and beverages sold to students during the school day must meet or exceed the USDA's Smart Snacks standards.

#### Other Foods Provided at School

Other foods and beverages provided (not sold) on campus (e.g., for classroom parties, celebrations, and afterschool-programming) must meet the USDA's Smart Snacks standards. [The District, however, may allow exemptions for up to [two] celebrations during the school year, during which the foods and beverages served are not required to meet the Smart Snack 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. [The District, however, may allow exemptions for up to [30] fundraisers during the school year, during which the foods and beverages sold are not required to meet the Smart Snack standards. Importantly, these exempted fundraisers cannot be held during normal meal service times.]

The following will also occur:

- 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, 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.
- How to read labels and understand the problems associated with unhealthy food marketing to children. In addition, schools will ensure that nutrition education:

- Complies with state learning objectives and standards.
  - Provides opportunities for students to practice and apply the skills and knowledge taught in the classroom is made available for staff. The Cafeteria will be available, if needed, for learning labs.
- Is promoted to families and the community.

#### Rewards and Punishment

School Meals may not be used to reward or punish academic performance or student behavior.

#### 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.
- Teachers (grades K-5) will be encouraged to use Oklahoma Ag in the classroom curriculum.
- Offering information through education activities and promotions that involve students, parents and the community through handouts, community education classes, and cafeteria menus.
- School staff will be encouraged to promote healthful eating and healthy lifestyles to students and parents.

#### 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 district or 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).
- Coupons, discounts, and corporate incentive programs that reward students (e.g., when they reach certain academic goals) with free or discounted items. Such rewards may not include foods or beverages that fail to satisfy the USDA's Smart Snacks standards.
- 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

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.

## PHYSICAL EDUCATION AND PHYSICAL ACTIVITY

General Requirements: The district will ensure all students in Grades K-5 will participate in 60-90 minutes of physical activity each week and students entering 6<sup>th</sup>-12<sup>th</sup> grade will have the opportunity to participate in athletics.

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

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

Denial of participation in recess or other physical activity as a form of discipline or instructional make up time is discouraged and if used, should be minimal. This does not apply to participation on sports teams that have specific academic requirements.

Staff will be encouraged to be physically active and to serve as healthy role models.

All playgrounds will meet or exceed the recommended safety standards for design, installation, maintenance, and repairs.

School sites will provide adequate equipment for every student to be physically active.

## Recess and 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.
- Encourages 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 Breaks:

The District will encourage 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 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 school students (K-5) will participate in at least [60-90] minutes of PE per week throughout the entire school year. Middle School and High school (6-12) will be encouraged to participate in physical activities each week through the entire school year.

## 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 encourage 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, health insurance companies, and local chapters of national organizations, such as the American Cancer Society, American Heart Association, Red Cross, and YMCA) to assist in providing education, services, and resources for staff.

### Professional Development

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

### Health Education

Where applicable, schools' health education curriculums will follow the Oklahoma Academic Standards.

## 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 school's compliance with the policy.

The District will ensure that the designated official(s) fully understand(s) the federal and state laws related to wellness policies.

Bethel School 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.

## 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 communications (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.

The School Health Index, or a similar tool, will be used by the Healthy and Fit School Advisory Committee to assess the compliance, progress and to determine areas of improvement of each school and school food service. A report will be given to the superintendent or designee. The district will, as necessary, revise the wellness policies.

---

i 7 CFR 2010.11.

il Ramstetter CL, Murray R, and Garner AS. "The Crucial Role of Recess in Schools." Journal of School Health, 80(11): 517-526, 2010.

Available at: [www.ohioactionforhealthykids.org/wp-content/documents/CrucialRoleOfRecess.pdf](http://www.ohioactionforhealthykids.org/wp-content/documents/CrucialRoleOfRecess.pdf).

## Resources to promote Health and Wellness

[www.bethel.k12.ok.us](http://www.bethel.k12.ok.us) wellness policy and Healthy fit school advisory committee

[www.regionalfoodbank.org](http://www.regionalfoodbank.org)

[www.extension.okstate.edu/county/pottawatomie](http://www.extension.okstate.edu/county/pottawatomie)

[www.smartsnacks](http://www.smartsnacks) smart snack calculator

[www.foodplanner.healthiergeneration.org](http://www.foodplanner.healthiergeneration.org)

[www.ourcommunitymarket.org](http://www.ourcommunitymarket.org)

[www.cancer.org](http://www.cancer.org)

[www.heart.org](http://www.heart.org)

[www.redcross.org](http://www.redcross.org)

[www.ymca.org](http://www.ymca.org)

[www.sde.ok.gov](http://www.sde.ok.gov)

[www.usda.gov](http://www.usda.gov)

[www.oklahoma.gov/tset](http://www.oklahoma.gov/tset)

---

