

WELLNESS

The Wellness policy has been established to support academic, job performance, and good health of students and staff. Each school's site Safe and Healthy Schools Committee will develop an action plan, unique to that site, as part of the Coordinated School Health Framework. The following regulation provides guidance for implementation of this policy.

NUTRITION GUIDELINES/STANDARDS – SCHOOL MEALS

To promote student health, students will not be provided with foods outside the USDA Nutrition Standards, with the exception of two (2) events per school year in which healthy options are also available.

The District will make nutritious foods available on campus during the school day to promote student and staff health. At a minimum, the District's 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 the State Department of Education and the USDA.
- Providing age-appropriate activities, such as contests, food demonstrations, and taste-testing that promote healthy eating habits.

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.

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

- Fruits and/or vegetables will be offered daily at all points of service. Fruits and vegetables should be fresh whenever possible. Frozen and canned fruits will be specified and bid in natural juice, water, or light syrup. Bonus commodity fruits that contain higher sugar contents will be used in limited quantities. Fresh fruits and vegetables from local sources, to the greatest extent possible, will be featured including Farm to School.

- Foods will not be fried on school premises. High fat, processed items will be limited in the cafeteria. Only low fat or baked chips should be offered. Items will be specified and bid with no trans-fats, according to availability.
- Students and staff will be offered a variety of skim and low fat milk, lean meat, beans, fruits, vegetables, and whole grains on a daily basis.

WATER

Schools will make clean drinking water available and accessible without restriction and at no charge at every district facility before, during, and after school. Schools will also ensure the following:

- Students will be provided drinking cups in places where meals and snacks are served.
- Students will be allowed to bring drinking water from home and take water into the classroom, provided that the water is in a capped container, such as a bottle, to prevent spills.
- 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 to inform families of the availability and location of free Summer Food Service Program meals for students when school is not in session.
- Post information on the nutritional content and ingredients of school meals on menus in the cafeteria, on the District website and/or websites of individual schools, and/or in school newsletters.
- Send applications for reimbursable meal programs to families at the beginning of the school year and make applications available on the District website

FUNDRAISING AND OTHER FOODS ON SCHOOL CAMPUSES

- Only foods and beverages that meet the USDA's Smart Snacks standards may be marketed in schools.
- 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. (Child Nutrition and WIC Reauthorization Act of 2004)
- All competitive foods and beverages sold to students during the school day must meet or exceed the USDA's Smart Snacks standards– USDA's "All Food Sold in Schools" Standards and Smart Snacks. Tulsa Public Schools will continue to follow these guidelines regarding fundraising and will not allow for any exemptions to this regulation.

- 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. Two events per school year are allowed during which food and beverages served are not required to meet the Smart Snack standards.
- Sale of caffeinated beverages is not allowed on elementary or middle school campuses. High energy drinks with elevated levels of caffeine will not be available for sale anywhere on school campuses.
- The District will encourage fundraisers that do not sell food and/or that promote physical activity.
- Only fundraisers that feature non-food items and/ or foods and beverages that meet the Smart Snack standards will be permitted during the school day.

NUTRITION EDUCATION

Schools will offer—and integrate into the core curriculum—nutrition education to all grades (K-12), 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.
- Complies with state learning objectives and standards.
- Provides opportunities for students to practice and apply the skills and knowledge taught in the classroom (e.g., by using the cafeteria as a learning lab, visiting local farms, etc.).
- Is made available for staff.
- Is promoted to families and the community.

Curriculum will be provided by Child Nutrition for interested schools/teachers. Family/parent nutrition education opportunities will also be provided through community events and the Child Nutrition Website.

- All schools will be enrolled in USDA Team Nutrition and Fuel Up to Play 60.
- The District will promote healthy food/beverage choices and appropriate portion sizes.
- School staff will promote healthy eating and healthy lifestyles to students and parents.
- Students and staff will receive consistent nutritional messages throughout the school, classroom, cafeteria, and school events.
- Exhibiting posters, signs, or other displays on the school campus that promote healthy nutrition choices.

PHYSICAL ACTIVITY

- Elementary school sites will provide 20 minutes of organized daily recess that promotes physical activity beyond what is provided through physical education classes.
- Elementary schools will have 60 minutes of physical education per week.(Oklahoma Senate Bill 312)All school sites will establish or enhance physical activity opportunities for students, staff, and parents (examples may include, but are not limited to implementation of a walk or bike to school initiative, fitness challenges, family fitness nights, fun walks and runs, bike events, etc.) that help develop the skills needed to participate in lifetime physical activities.
- All school sites will have availability of proper equipment and facilities (examples may include, but are not limited to playground equipment, physical activity equipment, and athletic or fitness facilities) for every student to be active. All equipment and facilities will meet Safety Standards – See Board Policy 7302 – Student Safety.
- Physical activity opportunities are accessible for students of all abilities to a broad range of competitive and noncompetitive physical activities that help to develop the skills needed to participate in lifetime physical activities.
- Students, parents and other community members will have access to the District's physical activity facilities outside the normal school day. (See Board Policy – 8401 Community Use of Facilities)
- Physical activity or the withholding thereof, will not be used to punish academic performance or student behavior.
- All students participating in physical education will be moderately to vigorously active for the majority of class time. (Oklahoma Senate Bill 1876)
- Only medical waivers/exemptions from participation in physical education are allowed.
- The District will integrate physical activity during the school day and provide training for all teachers on how to integrate physical activity into the academic curriculum.
- District has approved Health Education Curriculum for all grade levels that follow National Health Education Standards, and Priority Academic Student Skills (PASS) requirements.
- The District will ensure that all elementary school students (K-5) participate in a minimum of 60 minutes of physical activity each week whether through physical education, exercise programs, after-school athletics, fitness breaks, recess, classroom activities, or wellness and nutrition education.
- Elementary school students (K-5) will participate in at least [150] minutes of PE per week throughout the entire school year.
- 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.

- During PE, students will be given the opportunity to participate in many types of physical activity, including both cooperative and competitive games.
- Students will engage in moderate to vigorous physical activity for more than 50 percent of the PE class time.
- PE classes will be taught by licensed teachers certified or endorsed to teach PE.

The District will do the following:

- Encourage children and their families to walk and bike to and from school.
- Work with local officials to designate safe or preferred routes to school.
- Promote National and International Walk and Bike to School Week/Day.

SEX EDUCATION

The district will ensure student access to evidence-based, age-appropriate, medically accurate sex education that is inclusive and stigma-free based on the National Health Standards.

SCHOOL-BASED ACTIVITIES

- The district will allow students; at least 10 minutes to eat breakfast and 20 minutes to eat lunch from the time they are seated.
- Some form of physical activity will occur, either in the form of recess or physical education classes, just before lunch at all elementary schools in order to increase food consumption and nutrient intake, decrease plate waste, and improve cafeteria and classroom behavior.
- The sale of candy as a fundraiser will be limited. See recommended list of fundraiser activities suggested by the State Department of Education. Fundraisers occurring on campus during the school day must adhere to the Smart Snacks in School – USDA’s “All Food Sold in Schools” Standards. All fundraisers must comply with District Regulation 7201-R. Tulsa Public Schools will continue to follow these guidelines regarding fundraising and will not allow for any exemptions to this regulation. Healthy food choices for lunches and snacks will be encouraged when food is sent from home.
- School gardens are permitted, with site administration approval. Administration approval includes dedication of the resources (i.e. land and water) necessary to implement a school garden.
- The District will incorporate local and/or regional products into the school meal program.
- Elementary schools will be allowed to participate in Child Nutrition’s Farm to Market event.
- As part of their education, students will learn about agriculture and nutrition.
- The District will adopt the Coordinated School Health Framework that is recommended by the Centers for Disease Control and Prevention and will promote the eight components of Coordinated School: Health Education; Physical Education; Health Services; Nutrition Services; Counseling, Psychological and Social Services,

Healthy and Safe School Environment; Health Promotion for Staff, Family and Community Involvement and encourage schools to complete the School Health Index.

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STAFF QUALIFICATION 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.

STAFF WELLNESS

The District recognizes that employee health is essential to student health and to creating healthy school environments. Accordingly, the District will promote healthy eating, physical activity, and overall health to their employees. 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. The District will do the following to support staff wellness:

Nutrition

- Provide employees with access to a refrigerator, microwave, and sink with a water faucet.
- Provide or partner with community organizations or agencies to offer nutrition education through activities such as seminars, workshops, classes, meetings, and newsletters.
- Partner with community organizations or agencies to offer staff accessible and free or low-cost healthy eating/weight management programs.

Physical Activity

- Promote walking meetings.
- Incorporate 10-minute physical activity breaks into every hour of sedentary meetings, trainings, and other workplace gatherings.
- Provide access to on-campus athletic facilities, such as gyms, running tracks, basketball courts, tennis courts, and swimming pools.
- Promote employee participation in physical activity by creating exercise clubs or groups and/or sponsoring employee sports teams.

General Wellness

- Partner with community organizations or agencies to offer voluntary health screenings annually to staff, including free or low-cost health assessments.
- Partner with community organizations or agencies to provide stress management programs annually to staff.

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- Promote tobacco prevention and provide referral information on cessation services through the Oklahoma Tobacco Helpline.
- Ensure access to a private space (other than a restroom) that has an electrical outlet, and provide flexible paid or unpaid break times to allow mothers to express breast milk and/or breastfeed.
- Partner with community organizations or agencies to offer immunization clinics (e.g., flu, Tdap, etc.) to staff.

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 also to serve as food advisory committee members to participate in the development, implementation, review, and update of the school wellness policy and menus. 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, REVISION 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.

Additionally:

- Parents, students, physical education teachers, school health professionals, the school board, school administrators, and the general public will be allowed to participate in the development, implementation, and periodic review and update of the local wellness policy and menus.
- The District will assess how its policy compares with the latest national recommendations on school health, and will update the policy accordingly.
- The District will inform and update the public about the content and implementation of the local wellness policy

IMPLEMENTATION, MONITORING, AND EVALUATION

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.

Designated officials include the district's director of child nutrition, director of child nutrition operations, nutrition educator and the assistant athletic director.

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Cross Reference: 7302 Student Safety

8401 Community Use of Facilities

Legal Reference: Oklahoma Senate Bill 265, 312, 876