COMPREHENSIVE WELLNESS POLICY
2026-2027

I. Local Wellness Policy Review and Update

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.

Below are the names, positions, and contact information of the designated officials:

- Superintendent: Dr. Jason Perez, jasonperez@dcsok.org
- Assistant Superintendent: Dr. Cordell Ehrich, cordellehrich@dcsok.org
- Chief Officer of Special Services: Dr. Tracy Blankenship, tracyblankenship@dcsok.org
    - Deer Creek Board of Education Member: Stanlen Green, stanlengreen@dcsok.org
    - Executive Director of Curriculum and Instruction: Mark Phillips, markphillips@dcsok.org
- Director of Child Nutrition: Jonathan Lankford, jonathanlankford@dcsok.org
- Director of Federal Programs: Sarah Dunn, sarahdunn@dcsok.org
- Director of Student Services: Stephanie Andraszek, stephanieandraszek@dcsok.org
- Director of Maintenance: Evan Brown, evanbrown@dcsok.org
- District Head Nurse: Adrienne Sumearll, adriennesumearll@dcsok.org
- Curriculum Coordinator: Cheyenne Heath, cheyenneheath@dcsok.org
- Curriculum Coordinator: Adrienne Turner, adrienneturner@dcsok.org
- Health and Wellness Coordinator: Brian Johnson, brianjohnson@dcsok.org
- Director of Family Life Ministry-Church of the Servant: Chris Ward, cward@churchoftheservant.com
- Child Nutrition Administrative Assistant: Fredia Smith, frediasmith@dcsok.org
- Deer Creek High School Assistant Principal: Brock VanCleave, brockvancleave@dcsok.org
- Deer Creek High School Teacher: Mike Donnelly, mikedonnelly@dcsok.org
- Deer Creek Middle School Assistant Principal: Marcus Smith, marcussmith@dcsok.org
- Deer Creek Intermediate Assistant Principal: Heather Flinton, heatherflinton@dcsok.org
- Grove Valley Elementary Assistant Principal: Victoria Vaughn, victoriavaughn@dscok.org

Leaders and additional members of the District Wellness Committee agree to meet annually to review and update the Board of Education on changes and amendments to the policy. It is the responsibility of the committee to ensure that this policy represents the growth and diversity of the district.

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:

- At least once every three years, the District will measure the extent to which schools comply with the local wellness policy, as well as the progress made in attaining the policy's goals.
- 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.
- 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.

II. Purpose

The Deer Creek School District recognizes the relationship between academic achievement and student/staff health and wellness. This policy reflects the Deer Creek School District's Board of Education's commitment to removing health-related barriers to learning by establishing health policy, health promotion, and health education. The board values school-based activities designed to provide students with a school environment that supports and promotes wellness, healthy eating, and an active lifestyle. The board recognizes the District's role as part of the larger community, to model and actively practice the promotion of family health, physical activity, and good nutrition.

Therefore, the district has adopted the Coordinated School Health Program model recommended by the Centers for Disease Control and Prevention (CDC) for planning and coordinating school health activities. This model will help create a school environment that conveys consistent messages and is conducive to healthy eating, physical activity, and wellness for all staff, students, and their families.

The Coordinated School Health Program includes the following eight components: Health Education; Physical Education; Health Services; Family and Community Involvement; Counseling, Psychological, and Social Services; Nutrition Services; Healthy School Environment, and Health Promotion for Staff

III. Public Release Information

A copy of the district wellness policy will be made available by request to the Child Nutrition Department at 20701 N. MacArthur Blvd, Edmond OK 73012, or online at: https://www.deercreekschools.org/

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 or nutrition 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 are culturally appropriate and translated as needed.
- Educate community stakeholders on how they can participate in the development, implementation, review, and update of the wellness or nutrition policy and let them know why their participation is important to the health and wellness of students and the broader community.

IV. Health/Nutrition Education

Where applicable, schools' health education curriculums will follow the Oklahoma Academic Standards and new health education and literacy laws and guidance. This includes providing health and nutrition education to all grade bands, complying with and supporting learning objectives and standards outlined in the Oklahoma Academic Standards for Health and the state's Health Education Act, to give students the knowledge and skills necessary for lifelong healthy behaviors. Schools will ensure that nutrition education:

- Includes how to read labels and understand the problems associated with unhealthy food marketing to children.
- Explains what it means to eat healthfully, consume the proper nutrients, and maintain a wholesome and balanced diet.
    - 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.
- The goal of nutrition education is to facilitate the adoption of healthy eating and other health-promoting nutrition-related behaviors. Nutrition education occurs in the classroom as well as in the larger school community.
- Nutrition education begins with food services personnel. This includes annual and ongoing training regarding safe food preparation and nutritional standards.
- Health education will teach students the knowledge and skills necessary to adopt healthy eating and regular physical activity as part of their lifestyle.
- Health education information is provided to families and the community through communications with parents, educational workshops, homework materials, screening

services and parent nights, encouraging them to teach their children about nutrition and healthy eating behaviors.

V. Physical Activity and Education

The Deer Creek School District recognizes the importance of physical activity and physical education in promoting health and academic achievement and is an important part of a student's comprehensive, well-rounded education program that will positively impact life-long health and well-being. The District supports quality physical activity throughout the school day.

General Requirements:

- The District will ensure that all elementary students participate in a minimum of sixty (60) minutes of physical activity each day, whether through physical education, exercise programs, after-school athletics, fitness breaks, recess, classroom activities, physical activity throughout the school day, or wellness and nutrition education.
- Elementary school students (K-5) will participate in at least 60 minutes of PE per week throughout the entire school year.

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.
- This curriculum will be updated to support and prioritize new State and Federal learning standards that become available.
    - Students will engage in moderate to vigorous physical activity for more than 50% of the PE class time.
- Proper equipment and facilities that meet safety standards are required.
    - During PE, students will be given the opportunity to participate in many types of physical activity, including those that can be incorporated into everyday lifelong activity, as well as competitive and cooperative games.
    - PE classes will have a teacher/student ratio comparable to core subject classroom ratios
    - PE classes will be taught by licensed teachers who are certified or endorsed to teach PE.

Recess and Physical Activity Breaks:

- The District will require schools to provide elementary school students (K-5) with at least 20 minutes of recess each day (in addition to the PE requirements).
- The District will develop indoor recess guidelines to ensure students can have adequate physical activity on days when recess must be held indoors.
- Students will be given opportunities for physical activity during the school day by integrating physical activity into the academic curriculum.
- The District will require 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 times.

- Teachers and other school personnel are strongly encouraged to use physical activity opportunities as rewards such as extra recess.
- The District will provide support for teachers and other staff to incorporate classroom-based physical activities, such as classroom energizers, into academic lessons or as a break.
- Teachers will receive training on how to integrate physical activity into the curriculum. Some portion of this training will be incorporated into annual professional development.

Rewards and Punishments:

- Teachers and other school personnel will not use physical activity as a punishment or withhold opportunities for physical activity (withholding recess or PE) as a punishment.
    - This does not apply to participation on sports teams that have specific academic requirements.

Grounds, Facilities, and Equipment for Physical Activity:

- The District will ensure the availability of proper equipment and facilities that meet safety standards and will conduct necessary inspections and repairs.

VI. Health Services

Partnerships: Deer Creek Public Schools is partnered with the Oklahoma County Health Department and the Oklahoma County Sheriff's Department to provide health services and education to students, staff, and the community.

Substance Use Prevention: The District recognizes the need for substance use and abuse prevention as the use of alcohol and drugs negatively impacts students' current and future levels of function and wellbeing. The district will take steps to research and implement developmentally appropriate and grade level appropriate evidence-based prevention programs.

VII. Family and Community Involvement

The district recognizes that parents and guardians have a primary and fundamental role in promoting and protecting their children's health and well-being. The district supports parents' efforts to provide a healthy diet and daily physical activity for their children. The district encourages parents to provide healthy lunches and snacks and to refrain from including beverages and foods that do not promote a healthy lifestyle.

Health education information is offered to families through communications with parents, educational workshops, homework materials, screening services, and parent nights, encouraging them to teach their children about nutrition and healthy eating behaviors.

Active Transportation: The District will work with local officials to designate safe or preferred routes to school. This includes local coordination to create designated drop-off locations and procedures that promote physical activity and safety.

VIII. Counseling, Psychological, and Social Services

The District will develop resources to address the mental health needs of the district. Mental health needs include:

- Successful implementation and review of the Student Mental Health Protocol through a partnership with NorthCare.
- Strengthening existing resources through a unified and consistent approach to counseling across all school sites.
- Expansion of successful initiatives to provide evidence-based programs and support groups that benefit students, staff, and the community (which includes programs implemented for all school sites).
- Support and assistance to counselors at all school sites for timely response to student needs and concerns.
- Support and assistance to counselors, teachers, and school staff for identification of students that may be at risk of mental health issues.
- Support and assistance to counselors for referrals and follow-up.
- Further development of referral sources for mental health issues.
- Support for staff through health and wellness programs, individual counseling, and referral resources.

IX. Nutrition Services

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's) requirements as well as follow principles of the Dietary Guidelines for Americans (DGA).

The Child Nutrition Program:

- The Child Nutrition Program is accessible to all children.
- The Child Nutrition Program will ensure that all meals are the following:
    - High in fiber
    - Free of added trans fat
    - Low in added fats
    - Low in sugar
    - Low in sodium
    - Accessible, appealing, and attractive to all children.
    - Served in a clean, pleasant, and supervised setting.
        - Respectful of cultural diversity (e.g., students will be encouraged to suggest foods that reflect cultural traditions) and religious preferences.

        - Reviewed by a registered dietitian or other certified nutrition professional and/or based on a meal plan provided by a professional resource (e.g., the State Department of Education, the USDA, the Alliance for a Healthier Generation, or The Lunch Box).
        - The District will ensure that schools provide breakfast through the USDA School Breakfast Program.
        - Students will be provided drinking cups, glasses, or reusable water bottles in places where meals and snacks are served.
        - All water sources and containers will be maintained regularly to ensure good hygiene standards (including drinking fountains, water jugs, hydration stations, and other methods for delivering drinking water).
        - 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.
        - The District will send applications for reimbursable meal programs to families at the beginning of the school year and make applications available on the District website.
        - The District will 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.
        - The District will distribute meals for weekends through the Oklahoma Regional Food Bank's Backpack Program to students who have been identified as at-risk for hunger or identified as homeless as per the McKinney–Vento Homeless Assistance Act.
- Adequate Table Time: The District will allow students at least 10 minutes to eat breakfast and 20 minutes to eat lunch from the time they are seated and/or provide sufficient lunch periods that are long enough to give all students (K-12) adequate time to be served and eat their lunches.
- The District will follow the USDA's Professional Standards for State and Local Nutrition Programs in selecting local child nutrition program directors. The District will also require all personnel in the child nutrition programs:
    1. Complete annual continuing education and training.
    2. Receive training in basic nutrition, nutrition education, safe food preparation, and nutrition standards for healthy meals and snacks.
    3. Organize and participate in educational activities that support healthy eating behaviors and food safety.

<u>Water:</u> Safe, unflavored, cool drinking water will be available and accessible without restriction and at no charge throughout the school day.

<u>School Meal Requirements:</u>

- Students will be encouraged to start each day with a healthy breakfast.
    - The District will inform families about the availability of breakfasts for students.

- The District will 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.

Nutrition and Healthy Food Promotion: The District will do the following:

- Promote healthy food and beverage choices and appropriate portion sizes.
- Provide age-appropriate activities, such as food demonstrations and taste-testing that promote selection and consumption of healthy foods.
- Offer information to families (via communications with parents, educational workshops, screening services, and parent nights) and encourage them to teach their children about nutrition and healthy eating behaviors.
- Exhibit posters, signs, or other displays on the school campus that promote healthy nutrition choices.
- Encourage school staff to display healthy eating habits and physical activity choices to students (e.g., by eating with students during mealtimes, consuming only healthy snacks, meals, and beverages in front of students, sharing positive experiences with physical activity with students, etc.).

Rewards and Punishments: The District encourages non-food and beverage items to be used for rewards and will provide guidance to teachers on alternative reward systems.

School Gardens: Allow school gardens on District property through a project review process. Each school site will be responsible for the upkeep and maintenance of their school gardens.

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.

X. Healthy School Environment

After-School Physical Activity and Screen Time: After-school programming will do the following:

- Limit screen time to less than 60 minutes per day to be used only for homework and other educational or physical activity purposes.
- Encourage staff to join children and youth in physical activity whenever possible.
- Utilize outdoor space for physical activity as much as possible each day (weather permitting and with appropriate protection from the elements).
- Provide equal opportunities for children and youth with disabilities to be physically active.

Competitive food and beverages: All competitive foods and beverages sold to students during the school day must meet the USDA's Smart Snacks standards. Smart Snacks in Schools support efforts by school food service staff, school administrators, teachers, parents, and the school community, all working hard to instill healthy habits in students

Other foods provided at school: Other foods and beverages provided (not sold) on campus must meet the USDA's Smart Snacks standards.

Food and Beverage Marketing: Only foods and beverages that meet the USDA's Smart Snacks standards may be marketed in schools.

Fundraising: School fundraising activities that include the sale of healthy foods, beverages, and non-food items are a public demonstration of the school's commitment to promoting healthy behaviors among students, families, and the communities at large while helping clubs, groups or organizations meet their financial needs. The District encourages fundraising activities that include healthy foods, and/or physical activity, and/or non-food items. The District has updated the written exempt fundraiser policy to allow for fundraisers, including the sales of food and beverage items, to be granted an exception to the Smart Snack rules when the policy is followed. See policy EFAC for exempt fundraiser policies.

XI. Health Promotion for Staff

The District highly values the health and well-being of every staff member and supports staff members to maintain a healthy lifestyle. District staff will be encouraged to model healthy eating and physical activity habits to demonstrate support for healthy lifestyle habits to the students. Accordingly, the District will do the following to support staff wellness:

- Provide employees with access to a refrigerator, microwave, and sink with a water faucet.
- Nutrition education will be made available to staff.
- Partner with community organizations or agencies in order to offer nutrition education through activities such as seminars, workshops, classes, meetings, and/or newsletters.
- Partner with community organizations or agencies to offer staff accessible and free or low-cost healthy eating/weight management programs.
- 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 breastfeeding and/or breast milk to be expressed.
- Promote walking meetings.
- Provide information about local physical activity resources and facilities, such as walking trails, community parks, and recreation facilities.
- 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 offer immunization clinics (e.g. flu, Tdap, etc.) to staff.