PIEDMONT PUBLIC SCHOOLS
WELLNESS PLAN
2026-2027

The link between nutrition, physical activity, and learning is well documented. Healthy eating and activity patterns are essential for students to achieve their full academic potential, full physical and mental growth, and lifelong health and well-being. Healthy eating and physical activity, essential for a healthy weight, are also linked to reduced risk for many chronic diseases. Schools have a responsibility to help students learn, establish, and maintain lifelong healthy eating and activity patterns. Well-planned and effectively implemented school nutrition and fitness programs have been shown to enhance student's overall health, as well as their behavior and academic achievement in school. Staff wellness also is an integral part of a healthy school environment since school staff can be daily role models for healthy behaviors.

Goal:
All students in Piedmont Public School District shall possess the knowledge and skills necessary to make nutritious food choices and enjoyable physical activity choices for a lifetime. All staff at Piedmont Public Schools District are encouraged to model healthy eating and physical activity as a valuable part of daily life.

To meet this goal, the Piedmont Public School District adopts this school wellness policy with the following commitments to nutrition, nutrition education, physical activity, and other school-based activities that support student and staff wellness.

Whole School, Whole Community, Whole Child (WSCC)

The education, public health, and school health sectors have each called for greater alignment that includes integration and collaboration between education leaders and health sectors to improve each child's cognitive, physical, social, and emotional development. Public health and education serve the same children, often in the same settings. The Whole School Whole Community, Whole Child (WSCC) model focuses on the child to align the common goals of both sectors to put into action a whole child approach to education. The district will develop a committee of district and site administrators, employees, parents/guardians, students, and community members to guide the development

Whole School, Whole Community, Whole Child (WSCC) Model



and implementation of the annual wellness plan. This committee will meet at least four times per year. This wellness plan can be found at piedmontschools.org. The district will retain records to document compliance of the wellness policy at the district's administration offices.

The school official leading and coordinating the district wellness committee is Mrs. Lisa Campbell, Assistant Superintendent. She can be reached via email at lisa.campbell@piedmontschools.org

What is the WSCC model?
The Whole School, Whole Community, Whole Child, or WSCC model, is CDC's framework for addressing health in schools. The WSCC model is student-centered and emphasizes the role of the community in supporting the school, the connections between health and academic achievement and the importance of evidence-based school policies and practices.

The WSCC model has 10 components:

1. Physical education and physical activity
2. Nutrition environment and services
3. Health education
4. Social and emotional climate
5. Physical environment
6. Health services
7. Counseling, psychological and social services
8. Employee wellness
9. Community involvement
10. Family engagement

Learn more about each of the 10 components.

Piedmont Public Schools Safe and Healthy Schools Committee developed the following statements regarding initiatives we are using to meet the WSCC components:

Physical Education and Physical Activity
Physical Education classes and physical activity affect physical, social, emotional, and cognitive well-being. Piedmont Schools emphasizes health education to promote healthy lifestyles, both inside and beyond the classroom.

PIEDMONT PUBLIC SCHOOLS
WELLNESS PLAN
2026-2027

Nutrition Environment and Services
Piedmont Schools believes nutrition is a large part of overall student health. Our school sites make every effort to ensure each student obtains adequate nutrition every day.

Health Education
Piedmont Schools emphasizes health education to promote healthy lifestyles both inside and beyond the classroom. Students in grades PK-4 receive health education through specials classes and physical education classes. Students in grades 7-12 have the option to choose Health or Nutrition and Wellness as an elective. Piedmont Intermediate and Piedmont High School offer Active Lifestyles as an elective to help students learn skills to be active and healthy.

Social and Emotional Climate
Piedmont Schools offers a comprehensive program that includes grade and age-appropriate prevention and intervention components for the social and emotional well-being of every child. School sites offer sensory pathways for students who need a reset from the classroom environment, and many sites also have reset rooms available for students.

We are committed to creating and maintaining a safe, supportive environment through clear, thoughtful communication and consistent follow-up when situations arise. This includes providing updates, addressing concerns, and communicating next steps so students and families understand how situations are being handled. We recognize that how we communicate matters, especially when navigating difficult conversations. Facial expressions, body language, word choice, and tone all play an important role in building trust and ensuring students and families feel heard, respected, and supported.

Physical Environment
The physical environment is at the base of the hierarchy of needs. Students must feel safe, wanted, and welcome in any school environment to thrive and learn. Piedmont Schools must provide a safe physical place, free from negativity.

Health Services
The Piedmont Schools Health Services team, composed of registered nurses and healthcare professionals, supports student learning by functioning as healthcare providers and care managers in the school setting.

- Promote ideal health practices for students, staff, and the school community.
- Serve as consultants for the health concerns of students, families, and staff.
- Provide health interventions, education, and referrals to address actual or potential health problems.

- Implement healthcare practices consistent with the National School Nurse Association and OK State Department of Health Standards of Care.
- Serve as a link between health care providers, families, staff, and community agencies to support student and family health.
- Promote and assist in the control of communicable diseases through immunization programs, early intervention, surveillance, and follow-up of contagious diseases.

District Nurse Amy Siefke, BSN, RN, NCSN, serves as the subcommittee leader for staff wellness and health promotion.

Counseling, Psychological and Social Services
As the need for support for student mental health grows, Piedmont Public Schools has hired three Licensed Professional Counselors. The role of these individuals is to help students navigate difficult situations and to connect students and families to outside resources to improve mental health. Licensed Professional Counselors also see students for scheduled and routine short-term services when appropriate.

Each school site has a counselor serving as a support person in partnership with all students, staff, and parents to help every child have a successful and positive school experience. As part of the elementary counseling program, classroom lessons are offered on a rotating schedule. Counselors at all sites also see students individually and in small groups with the option to refer the student to a district Licensed Professional Counselors as needed.

The School-Based Family Services Program is a partnership between Oklahoma Human Services and local school districts that places a School-Based Family Specialist (SBFS) on campus. Piedmont Public Schools has two school-based family specialists. The SBFS connects students and families with local and state resources, helping address non-academic challenges that impact learning. By providing support to families, students, teachers, and administrators, the SBFS improves student outcomes, reduces risk factors, and strengthens overall community well-being.

Employee Wellness
It is vital for employees to feel their best to perform their duties in the classroom across the district. Employee wellness encompasses mental, physical, social, and vocational health.

Piedmont schools have a partnership with Community Care to provide an Employee Assistance Program (EAP) to assist with whole employee wellness in conjunction with initiatives provided by the PPS Health Services team. This program is a benefit that is available to assist employees and their immediate dependents (spouse and children) in the identification and resolution of

personal problems or concerns that may harm personal or professional lives. Personal problems or concerns include but are not limited to marital, family, alcohol, drug, emotional, and stress. Employees can learn more about the Community Care Employee Assistance Program here.

Community Involvement
Piedmont Schools recognizes the profound impact our community has on our schools. We encourage our community members to actively participate in being advocates for our school district, highlighting the accomplishments of students and educators in the classroom and the community.

Family Engagement
Piedmont Public Schools recognizes a child's education is a responsibility shared by teachers, parents, extended family, and community members. We are eager to work collaboratively with you in the best interest of your student(s).

Many of our school sites offer opportunities to volunteer or take a more active role in your student's school through PTO. Please reach out to your student's school site for more information on how to get involved. **Piedmont Board of Education Policy**: Parent Participation in the School District

I. Nutrition Guidelines/Standards

Per USDA Regulations 210.10, 210.12, and 220.8, school lunches and breakfasts will meet menu planning system guidelines as required by USDA. Piedmont Public Schools offers a breakfast program at all school sites.

Per USDA Regulations 210.10, 210.12, and 220.8, school meals will meet the Menu Planning and Dietary Guidelines for Americans and Nutrition Standards In School per the Institute of Medicine 2007 recommendations. In addition, the Guidelines for 2010 USDA/Oklahoma Smart Snacks In School Standards as part of the Hunger-Free Kids Act of 2010 will be implemented. Piedmont Schools will meet or exceed state nutrition standards such that only those foods that comply or exceed those nutrition standards are permitted to be marketed or promoted to students. (see USDA Food and Nutrition Services "A Guide to Smart Snacks In Schools")

Clean drinking water is available **without restriction** or charges at every facility. Nutrient analysis of school meals offered to students will be made available upon request. School staff will support and encourage student participation in the USDA school meals program.

II. Other Food Items Sold on School Campuses

Per USDA Regulations 210, Appendix B, foods of minimal nutritional value (FMNV) are prohibited from being sold or served during student meal services in the food service area where USDA-reimbursable meals are served or eaten.

Per the Child Nutrition and WIC Reauthorization Act of 2004, 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.

Per Oklahoma Senate Bill 265 (effective school year 2007-08), students in elementary schools will not have access to FMNV except on special occasions.

Smart Snacks In School standards (Hunger-Free Act 2010) will be implemented. (see USDA Food and Nutrition Services "A Guide to Smart Snacks In Schools")

Per Oklahoma Senate Bill 265 (effective school year 2007-08), healthy food options will be provided at the high school and priced lower than FMNV to encourage students and staff to make healthier food choices.

Per Oklahoma Senate Bill 265, (effective school year 2007 - 08) students in junior high/middle schools will not have access to FMNV except after school, at events that take place in the evening, and on special occasions.

Information from the Oklahoma State Department of Health/ Center for the Advancement of Wellness will be provided to site Wellness Committees (Fit & Healthy Kids Committees) to guide the selection of snack choices. (See State of Oklahoma Human Services Department - OK DHS School Nutrition Compliance Handbook)

High-energy drinks with elevated levels of caffeine will not be available for sale on school campuses during the regular school day.

These drinks may be available at concession stands during sporting events and special events.

Schools will abide by the nutrition standards laid out in the Interim Final Rule on All Foods Sold In School: Smart Snacks, per the October 2014 Exemptions ruling by the Oklahoma State Board of Education.

The fundraiser Exemption Form will be completed and approved before the fundraiser begins. (See "Fundraisers" at the bottom of State of Oklahoma Human Services Department - OK DHS School Nutrition Compliance Handbook)

III. Nutrition Education

Per USDA Regulations 210.12 and 227, nutrition education is offered in the school cafeteria as well as the classroom.

Per Oklahoma Senate Bill 1627, the Healthy and Fit School Advisory Committee at each school site will study and make recommendations regarding health education, nutrition, and health services.

Nutrition education will be integrated into the core curriculum, including math, science, and language arts when appropriate.

Family/parent nutrition education opportunities will be provided on the school website with Sodexo links and brochures.

Students will receive consistent nutritional messages throughout the school, classroom, cafeteria, and school events.

School staff will promote and model healthful eating and healthy lifestyles to students and parents.

IV. Physical Activity

Per Oklahoma Senate Bill 1627, the Healthy and Fit School Advisory Commit at each school site will study and make recommendations regarding physical education and physical activity.

Per Oklahoma Senate Bill 312 (effective school year 2006 - 07), student
Grades Kindergarten through Five will participate in sixty minutes of physical activity each week.

School sites will establish or enhance physical activity opportunities for students, staff, and parents.

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

Students will be encouraged to participate in voluntary before and after-school physical activity programs including school clubs and classes that promote physical activities, i.e. Running Club or Active Lifestyles classes. Students and school staff will cooperate with local recreational/sports programs to promote participation in lifelong physical activities.

Recess or other physical activity time will not be canceled for instructional make-up time. Homework/ make-up work will not be sent out to recess to be worked on or completed. Teachers will refrain from taking recess away as a disciplinary tactic.

Elementary schools will develop indoor recess schedules that include a rotation of activities, with the goal being that students have at least one day per week, during long-term inside recess times, of physical activities.

A list of suggestions will be provided to teachers. School sites will provide adequate equipment for every student to be active. Administrators will be encouraged to provide funds for additional and/or replacement equipment each school year.

V. School-based activities
Per Oklahoma Senate Bill 1627, each school site will establish a Healthy and Fit School Advisory Committee that meets and makes recommendations to the school principal. The school principal shall consider recommendations made by the Healthy and Fit School Advisory Committee.

Per the school district's Child Nutrition Programs Agreement, school meals may not be used as a reward or punishment.

Per USDA Regulations 210.12 and 227, students and parents will be involved in the National School Lunch Program.

Parent and student involvement will include menu-planning suggestions, cafeteria enhancement, program promotion, and other related student-community support activities. Students will be provided with a clean, safe, enjoyable meal environment.

Students will be provided with an adequate amount of time to eat breakfast and lunch.

A minimum of fifteen minutes will be provided at breakfast and twenty minutes at lunch (after students receive their trays). Recesses before lunch will be implemented, when possible, at all elementary schools to increase food consumption and nutrient intake, decrease plate waste and improve cafeteria and classroom behavior.

All fundraising efforts and classroom parties will be supportive of healthy eating.

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

Students will be involved in planning for a healthy school environment. Students will be asked for input and feedback through the use of student surveys, student committees, and school clubs.

VI. Wellness

Wellness Education

District nurses will provide wellness information periodically throughout the year to staff and families.

CPR & First Aid training is provided multiple times each year to staff. Introductory CPR is provided for all high school students before graduation.

Allergy Education

Professional development is required for all staff regarding allergy education.

Vaccinations and Vaccine Clinics

Vaccinations are made available to students at no cost two times per year.

Vaccinations are made available to staff and their families during the fall. Insurance is accepted.

Health Programs

School sites offer staff incentives/programs/challenges to encourage healthy choices and overall wellness for staff members. Examples include weight loss challenges, indoor soccer teams, and exercise classes.

Preventive Health Screenings (i.e. yearly wellness exam, mammogram van) are made available to all school staff.

Tobacco on Campus

Smoking and the use of tobacco products or vapor products in any form is prohibited on district property by all persons. This prohibition includes school buildings, grounds, parking lots, personal vehicles and school-owned vehicles. Possession of tobacco products or vapor products by students on school property is prohibited.

This policy applies to employees of the District, students, visitors and any other person present on District property. This policy also applies to all District facilities including stadiums. This policy is in effect 24 hours per day, 7 days per week.

Students are prohibited from possessing Tobacco Products or Vapor Products on District property and at any off-site, school-sponsored meeting or event, including, but not limited to field trips and athletic events.

Ash receptacles, such as ash trays or ash cans, are not permitted on District property. The District will not accept donations of gifts, money or materials from the tobacco industry. The District will not participate in any type of services, events, or programs that are funded by the tobacco industry.

Marijuana on Campus
Smoking, vaping, or possessing marijuana (as defined in Board of Education Policy, Medical Marijuana, Hemp & Cannabidiol (CBD)) on District property is strictly prohibited. Refer to the District's policy on Medical Marijuana, Hemp & Cannabidiol (CBD) for further information.

Students
All students will receive instruction on avoiding tobacco use.

Any student using, possessing or distributing tobacco products or vapor products in violation of this policy will be subject to appropriate disciplinary measures, including out-of- school suspension, pursuant to the board's policies regarding student discipline.

Students found in violation of the policy will have their parents contacted for a first violation. A second offense could include disciplinary action. The school administrator will confiscate the prohibited Tobacco Product or Vapor Product. Information about the Oklahoma Tobacco Helpline will be provided to the student in violation of this policy in order to provide a resource for tobacco cessation.

Staff
The District will communicate and promote the available tobacco cessation benefits and insurance coverage for all employees to all prospective employees, new employees at the time of hire, and all existing employees on an annual basis.

Any violation of this policy by staff will be referred to the appropriate supervisor. One written warning will be issued to the staff member with a copy placed in his or her district personnel file. Further violations will be considered willful neglect of duty and will be dealt with accordingly based on established policies and procedures for suspension, demotion, dismissal and non-renewal of staff.

Employees who violate the policy shall be subject to disciplinary action in accordance with

the employee bargaining agreements and/or the District's faculty handbook. Information about the Oklahoma Tobacco Helpline will be provided to staff members in violation of this policy in order to provide a resource for tobacco cessation.

Citizens

Citizens who are observed smoking or using tobacco products or vapor products on district property in violation of this policy will be asked to refrain from using these products on school property. If the individual fails to comply with the request, his or her violation of policy may be referred to the building principal or other district supervisory personnel responsible for the area or program during which the violation occurred. The supervisor shall make a decision on further action which may include a directive to leave school property. Repeated violations may result in a recommendation to the superintendent or board of education to prohibit the individual from entering district property for a specified period of time. If deemed necessary by the school administration or the board of education, local law enforcement officials may be called upon to assist with enforcement of this policy.

V. District Illness Policy

Piedmont Public Schools' District Illness Policy is made available to families multiple times throughout the year.

Our district policy for illness states any student with a fever above 100 degrees, vomiting, diarrhea, or an undiagnosed rash will be sent home.

That student should remain at home until they are:
1. Fever free for 24 hours
2. No vomiting or diarrhea for 24 hours
3. In some circumstances, a note from your physician may be required for your return to school.
*** Most importantly, your student must meet the above-stated criteria without the use of medication to control symptoms. Please adhere to these rules and allow your child proper time to recover.

Proper hand washing is our best defense against germs and illness. Our teachers and staff are always encouraging our students to wash their hands frequently.

Piedmont School district works diligently to keep our students healthy by sanitizing desks, tables, water fountains, and many other places every day. These efforts are increased during times of increased absences and illness in our school buildings.

PIEDMONT PUBLIC SCHOOLS
WELLNESS PLAN
2026-2027

We welcome your efforts at home to help make our students aware of ways to stay healthy and ways to keep others healthy.

We appreciate your help and cooperation in managing your child's wellness.