

SCHOOL WELLNESS POLICY

Comment on Required & Prioritized Elements

- Elements of this policy that are REQUIRED by federal or state law are featured in green font.
- Elements in **BOLD** text, regardless of the font color, have been designated as high impact policies by a team of expert reviewers.

Purpose

This School District (the 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 and creating environments that facilitate those behaviors.

Therefore, the District establishes the following policy to promote the health and wellness of students and staff and to ensure its 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.

Provisions Required in Written Wellness Policies

Federal law requires school districts to include certain elements in their written wellness policies. This *School District* Wellness Policy is organized around those required elements. This section provides a list of required elements and a link to each corresponding element in the sample Wellness Policy:

Nutrition

- The USDA's meal pattern requirements for reimbursable meals under the National School Lunch Program and School Breakfast Program (See [School Meal Requirements](#))
- The USDA's Smart Snacks in Schools standards governing competitive foods (i.e., foods and beverages available for sale on campus outside of the school meal program) (See [Competitive Foods and Beverages](#))
- Nutrition standards for all foods and beverages provided, but not sold, to students on campus during the school day (See [Other Foods Provided at School](#))
- Specific goals for nutrition education (See [Nutrition Education](#))
- Specific goals for nutrition promotion (See [Nutrition and Healthy Food Promotion](#))
- Policies that allow marketing only of foods and beverages that meet the Smart Snacks standards governing competitive foods (i.e., those foods and beverages that may be sold on the school campus during the school day) (See [Food and Beverage Marketing](#))

Physical Education and Physical Activity

- Specific goals for physical activity (See [General Requirements](#))

Other Activities that Promote School Wellness

- Specific goals for other school-based activities that promote student wellness (See [Other Activities that Promote School Wellness](#))

Implementation, Monitoring, and Evaluation

- The name(s) of the district or school official(s) responsible for ensuring each school's compliance with the local school wellness policy (See [Local Leadership](#))
- A written plan allowing for stakeholder involvement and participation in the development, implementation, review, and update of the local school wellness policy (See [Community Involvement](#))

NUTRITION

School Meal Requirements

- **The District will make nutritious foods available on campus during the school day to promote student and staff health. At 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:**
 - **High in fiber.**
 - **Free of added trans fats.**
 - **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.**
 - **The District will also offer breakfast using alternate meal service options such as Breakfast in the Classroom, Second Chance Breakfast, Breakfast After the Bell, and/or Grab & Go Breakfast carts in the hallways.**
 - **The District will also encourage students to start the day with a healthy breakfast.**
- **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, glasses, or reusable water bottles in places where meals and snacks 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)**

- **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.**
- **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:
 - **Send applications for reimbursable meal programs to families at the beginning of the school year and make applications available on the District website.**
 - **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.**
 - Inform families about the availability of breakfasts for students.
 - 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.
- **Adequate Time to Eat: 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.**

Competitive Foods and Beverages

- **All competitive foods and beverages sold to students during the school day must meet the USDA's Smart Snacks standards.**¹

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 (2) 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 "[Popular Events](#)") 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 *two (2) 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.**
- 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.
- **After-School Concessions and Fundraisers: Foods and beverages offered at after-school concessions or as part of fundraisers held outside of school hours must also comply with the [USDA's Smart Snacks standards](#).**

Nutrition Education

- **Schools will provide nutrition education to all grades (K-12), to give students the knowledge and skills necessary for lifelong healthy eating behaviors, including the following:**
 - **How to read labels and understand the problems associated with unhealthy food marketing to children.**
 - **What it means to eat healthfully, consume the proper nutrients, and maintain a wholesome and balanced diet.**
- **In addition, schools will ensure that nutrition education:**
 - **Complies with and supports state learning objectives and standards, including those related to [Oklahoma Academic Standards for Health](#) and the state's [Health Education Act](#).**
 - **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.**

Rewards and Punishment

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

Comment on Rewards and Punishment

The Oklahoma Department of Education prohibits the denial of school meals for disciplinary action. This policy language goes beyond the minimum requirement and prohibits the use of all foods, beverages, and candy for rewarding or punishing students.

Nutrition and Healthy Food Promotion

- The District will promote healthy food and beverage choices and appropriate portion sizes by doing the following:
 - **Providing age-appropriate activities, such as food demonstrations and taste-testing that promote selection and consumption of healthy foods.**
 - **Offering information to families (via communications with parents, educational workshops, screening services, and health-related exhibitions and fairs) and encouraging them to teach their children about nutrition and healthy eating behaviors.**
 - **Exhibiting posters, signs, or other displays on the school campus that promote healthy nutrition choices.**
 - Encouraging school staff to display healthy eating habits and physical activity choices to students (e.g., by eating with students during meal times, consuming only healthy snacks, meals, and beverages in front of students, sharing positive experiences with physical activity with students, etc.).

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 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. The District will also 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.

Farm-to-School Programs and School Gardens

- **The District will allow school gardens on *District* property.**
- **The District will dedicate resources (e.g., tools, materials, volunteer hours, etc.) to build a school garden on District property and/or actively participate in community gardens by dedicating the same resources as would be required for gardens on District property; establish designated areas where students can garden with guidance; offer related nutrition and food preparation lessons and opportunities for taste testing and hands-on learning.**
- **The District will incorporate local and/or regional products into the school meal program.**
- Schools will take field trips to local farms.
- As part of their education, students will learn about agriculture and nutrition.

PHYSICAL EDUCATION AND PHYSICAL ACTIVITY

General Requirements

- **The District will ensure that all 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.**

Comment on General Requirements for Physical Education and Physical Activity

Federal law requires that districts include measurable mandates for physical activity but it does not outline what those requirements should be.

Oklahoma state law requires that school districts ensure elementary students (K-5) participate in a minimum average of 60 minutes of physical activity each week.

The District's policy above goes beyond the minimum requirements and requires that *all students* (not just elementary school students) receive a *minimum of 60 minutes* of physical activity *each day* (instead of each week, as required by state law), because this is the amount recommended by the CDC and encouraged by the USDA.

Comment on Classroom Activities/Integrating Physical Activity throughout the School Day

Many school districts are focusing on integrating physical activity as part of the entire school day, including classroom physical activity. Implementation at the classroom level requires a significant amount of training, support, buy-in, and unique individual planning among teachers and administrators. The Centers for Disease Control and Prevention (CDC) and its partners have prepared a guide for implementing these strategies: [Integrate Physical Activity in Schools: A Guide for Putting Strategies into Practice](#).

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.**
 - **Require 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 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 time.

- **Physically Active Classrooms: Provide support for teachers and other staff to incorporate classroom-based physical activities, such as classroom energizers, into academic lessons or as a break.**

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.
- **Elementary school students (K-5) will participate in at least 150 minutes of PE per week throughout the entire school year.**
- **Middle school students (6-8) will participate in at least 225 minutes of PE per week throughout the entire school year.**
- **High school students (9-12) will participate in at least 225 minutes of PE per week throughout the entire school year.**

Comment on Physical Education (PE)

Although federal law strongly encourages but does not require PE, Oklahoma state law requires that all elementary school students (K-5) receive a minimum of 60 minutes of PE per week, not including recess time.

Recognizing that [SHAPE America guidelines](#) recommend that students receive PE instruction for a total of 150 minutes/week in elementary school and 225 minutes/week in middle and high school, this District has set the above minimum PE requirements.

- **In addition, the following requirements apply to all students (K-12):**
 - **Students will engage in moderate to vigorous physical activity for more than 50 percent of the PE class time.**
 - **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.**

Teacher Qualifications, Training, and Involvement

- **PE classes will be taught by licensed teachers who are certified or endorsed to teach PE.**
- **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.

- Schools will allow teachers the opportunity to participate in or lead physical activities before, during, and after school.

Punishment and Rewards

- **Physical activity will not be used or withheld as punishment. (This does not apply to participation on sports teams that have specific academic requirements.)**
- The District will provide a list of alternative ways for teachers and staff to discipline students.
- The District will strongly encourage teachers to use physical activity (e.g., extra recess) as a reward.

Grounds, Facilities, and Equipment

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

Community Use of Recreational Facilities

- **The District will allow staff, students, their families, and other neighbors and community members to use school recreational facilities during non-school hours to increase opportunities to engage in physical activity.**
- **Consistent with state law, District policies and procedures, and applicable School Board policies regarding the use of school facilities during non-school hours, the District will work with local government (including city, county, and/or recreation districts) and/or community-based organizations to coordinate and enhance physical activity opportunities using school facilities before and after the school day, during weekends, and during school vacations.**

Comment on Community Use of Recreational Facilities

The USDA specifically encourages, but does not require, districts to incorporate provisions regarding the community use of recreational facilities into their wellness policy. This policy supports and cross-references any and all District, Board of Education, or Superintendent policies addressing community use of facilities, shared/joint use agreements, or open use.

Active Transportation

- **The District will do the following:**
 - **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.**

- Encourage children and their families to walk and bike to and from school.
- Encourage parents to supervise groups of children who walk or bike together to and from school.
- Provide bike racks for students, faculty, and staff.
- Promote National and International Walk and Bike to School Week/Day.

After-School Physical Activity and Screen Time

After-school programming will do the following:

- **Dedicate at least 20%, or at least 30 minutes (whichever is more), of program time to physical activity, which includes a mixture of moderate to vigorous physical activity.**
- **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.

OTHER ACTIVITIES THAT PROMOTE SCHOOL WELLNESS

Comment on Other Activities that Promote School Wellness

Federal law requires all local school wellness policies to establish strategies or actions for “other activities that promote school wellness” but it does not outline what those requirements should be. *This School District* supports this strategy with the following actions:

Health Education

- Where applicable, schools' health education curriculums will follow the [Oklahoma Academic Standards](#) and new health education and literacy laws and guidance.
- Where applicable, multi-component, school-based health promotion interventions will be delivered, including: educational, behavioral, environmental, and other obesity prevention efforts (e.g., education classes, enhanced physical education, healthy food promotion, family outreach, etc.)

Health Education Bill

By the 2023-2024 school year, school districts shall be required to provide instruction addressing all health education subject matter standards, as adopted by the State Board of Education pursuant to Section 11-103.6 of Title 70 of the Oklahoma Statutes.

The purpose of this act is to:

1. Ensure students receive instruction in health, particularly at an early age when habits are formed;
2. Support the health and well-being of children that have been affected by traumatic experiences;
3. Improve academic outcomes for students;
4. Improve the overall health outcomes of Oklahoma’s population.

Health education may be integrated into one or more existing subjects or provided as an addition to existing coursework.

Staff Wellness

- **The District recognizes that employee health is essential to student health and to creating healthy school environments. Accordingly, the District will implement 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.

- The District will do the following to support staff wellness through:
 - Nutrition
 - **Provide employees with access to a refrigerator, microwave, and sink with a water faucet.**
 - **Provide (or partner with community organizations or agencies in order to offer) nutrition education through activities such as seminars, workshops, classes, meetings, and/or newsletters.**
 - **Serve only those foods and beverages that meet Smart Snacks standards at all staff meetings, trainings, special occasions (e.g., birthdays and retirement parties), and other workplace gatherings.**
 - **Partner with community organizations or agencies to offer staff accessible and free or low-cost healthy eating/weight management programs.**
 - Physical Activity
 - **Provide access to on-campus athletic facilities, such as gyms, running tracks, basketball courts, tennis courts, and swimming pools.**
 - **Promote walking meetings.**
 - **Promote employee participation in physical activity by creating exercise clubs or groups and/or sponsoring employee sports teams.**
 - **Provide information about local physical activity resources and facilities, such as walking trails, community parks, and recreation facilities.**
 - **Incorporate 10-minute physical activity breaks into every hour of sedentary meetings, trainings, and other workplace gatherings.**
 - **Use posters, pamphlets, and other forms of communication to promote physical activity.**
 - **Promoting stairwell use, if applicable, throughout the workday by making stairs appealing and posting motivational signs.**
 - General Wellness
 - **Partner with community organizations or agencies to provide stress management programs annually to staff.**
 - **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 breastfeeding and/or breast milk to be expressed.**
 - **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.**
 - **Provide or partner with community organizations or agencies to offer free**

or low-cost first aid and CPR training.

Comment on Staff Wellness

Staff health and wellness is a critical component to creating healthier school environments. Accordingly, the District supports and promotes employee health with the above provisions.

Professional Development

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

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.
- Below are name(s), position(s), and contact information of the designated official(s) below (USDA requires districts to only include the position of the designated official(s); the District also strongly encourages that the individuals' contact e-mail address be provided):

Name	Position	Contact Information (Email address is sufficient)

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.**

Comment on Community Involvement

Under USDA rules, districts must develop—and include in their wellness policy—a plan for allowing broad public participation in the development, implementation, review, and update of local school wellness policies. The above list of actions constitutes such a plan.

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. 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.
 - 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 (via the District’s website, handouts, newsletters sent directly to families’ homes, etc.).

Comment on Triennial Assessments

Under Federal Law, districts are required to conduct these assessments at least once every three years (although the law does not require that the assessments be included in the written wellness policy).

¹ 7 CFR 2010.11.