

## **CHILD NUTRITION/WELLNESS AND PHYSICAL FITNESS POLICY**

The Hooker Board of Education recognizes that schools play a vital role in teaching children about appropriate lifelong lifestyle choices regarding food and physical education. We also recognize that we have the responsibility to maintain policies that promote healthy behaviors and to educate our students about the positive and negative implications of their choices to their health and well-being.

Children who eat well-balanced meals and are healthy are more likely to learn in the classroom. The board supports increased emphasis on nutrition as well as physical activity at all grade levels to enhance the well-being of our district's youth. Therefore the board establishes the following policy to promote the health and wellness of students and staff to ensure that our school complies with standards established by state and federal law. This policy requires all schools in the district to:

- Allow parents, students, representatives of the school food authority, physical education teachers, 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 following the guidelines of the Whole School, Whole Community, Whole Child Model recommended by the Center for Disease Control.
- 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.

It is the intent of the board of education that parents, students, child nutrition employees, physical education teachers, health professionals, the school board, school administrators, and the general public to participate in the development, implementation, periodic review and update of this policy. It is expected that the school district's Healthy and Fit Kids Advisory Committee will participate in the process and assist the referenced individuals in preparing written recommendations to the administration and the board of education to be adopted as a part of the school district's local school wellness policy. Specific information regarding these recommendations and the wellness policy are as follows:

### **Definitions**

**School campus:** All areas of the property under the jurisdiction of the school that is accessible to students during the school day.

**School Day:** The period of time from the midnight before to 30 minutes after the end of the instructional day.

**Competitive foods and beverages:** Foods and beverages that are sold on campus outside of the federal reimbursable school meals program during the school day (e.g. in vending machines or school stores).

**Smart Snacks standards:** Nutrition standards issued by the USDA that set limits on the amount of calories, salt, sugar and fat in competitive foods and beverages.

**NUTRITION****School Meal Requirements**

The District will make nutritious foods available on campus during the school day to promote student and staff health. At a minimum, the District'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 the children
- Served in a clean, pleasant and supervised setting
- High in fiber free of added trans fats, and low in added fats, sugar and sodium
- Respectful of cultural diversity (e.g. students will be encouraged to suggest local, cultural and favorite ethnic foods) and religious preferences.
- Reviewed by a registered dietitian or other certified nutrition professional, based on a meal plan provided by a professional resource (such as the State Department of Education, the USDA, the Alliance for a Healthier Generation or The Lunch Box)

The District will also ensure that schools do the following:

- Encourage students to start the day with a healthy breakfast
- Provide breakfast through the USDA School Breakfast Program

**Water:** Schools will make clean drinking water available and accessible without restriction and at no charge at every district facility (including cafeterias and eating areas, classrooms, hallways, playgrounds and faculty lounges) before, during and after school. Schools will also ensure the following:

- Students will be allowed to bring drinking water from home and take water into the classroom, provided that the water is in a capped container, such as 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
- Send applications for reimbursable meal programs to families at the beginning of the school year and make applications available on the District website.

**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.

Competitive Foods and Beverages

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

Other Foods Provided at School

Other foods and beverages provided (not sold) on campus (e.g., for classroom parties, celebrations, and after school programming) must meet the /USDA's Smart Snacks standards. The District, however may allow exceptions for up to two celebrations during the school year, during which the foods and beverages served are not required to meet the Smart Snack standards.

The District will provide parents and teachers with a list of ideas for healthy food as well as no-food alternatives for classroom parties (e.g., the USDA's resource on "Healthy Celebrations") and after school programming (including celebrations).

Fundraising

**Fundraising on Campus during the School Day:** Only fundraisers that feature non-food items or foods and beverages that meet Smart Snacks standards will be permitted. The district, however may allow exemptions for up to 30 fundraisers during the school year, during which the foods and beverages sold are not required to meet the Smart Snacks standards. Importantly, these exempted fundraisers cannot be held during normal meal service times.

**The following will also occur:**

- Fundraising activities will not promote any particular food brands (e.g., fundraisers by fast food chains)
- The District will encourage fundraisers that do not sell food and/or that promote physical activity.

**After-School Concessions and Fundraisers:** Foods and beverages offered at after school concessions or as part of fundraisers outside of school hours will be encouraged to include healthy food options.

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

In addition schools will ensure the nutrition education:

- Complies with state learning objectives and standards
- Provides opportunities or 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.

Nutrition and Healthy Food Promotion

The District will promote healthy food and beverage choices and appropriate portion sizes by doing the following:

- Exhibiting posters, signs or other displays on the school campus that promote healthy nutrition choices
- Providing age-appropriate activities such as contests, food demonstrations and taste testing that promote healthy eating habits
- 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
- 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, meats 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. If the non-compliant advertising is a permanent feature of a permanent fixture (e.g. a scoreboard), such advertising can remain until the permanent fixture is removed or replaced.

Staff Qualifications and Training

The District will follow the USDA's Professional Standards for State and Local Nutrition Programs in selecting local school nutrition program directors. Also, the District will require all personnel in the school nutrition programs to complete annual continuing education and training.

In addition, Child Nutrition Staff will do the following:

- Receive training in basic nutrition, nutrition education, safe food preparation and nutrition standards for healthy meals and snacks
- Organize and participate in educational activities that support healthy eating behaviors and food safety

Farm-to-School Programs

- Where possible, 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 elementary school students (K-6) participate in a minimum of 60 minutes of physical activity each day, whether through physical education, exercise programs, after school athletics, fitness breaks, recess, classroom activities or wellness and nutrition education.

Recess and Physical Activity Breaks

**Recess:** The District will require schools to provide elementary school students (K-6) at least 20 minutes of recess each day (in addition to 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

**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 times.

Physical Education (PE)

The District will require all schools to establish a comprehensive, standards-based P 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. In order for students to be exempt from PE they must have a medical waiver/exemption unless there are extenuating circumstances that necessitate removal of a student from PE.

**Elementary school students (K-6)** will participate in at least 150 minutes of PE per week throughout the entire school year.

In addition, the following requirements apply to all students (K-5):

- 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 have a teacher/student ratio comparable to core subject classrooms size

Teacher Qualifications, Training and Involvement

- 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 and after school
- PE classes will be taught by licensed teachers who are certified or endorsed to teach PE

Punishment and Rewards

- Physical activity will not be used or withheld as punishment. (This does 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 availability of proper equipment and facilities that meet safety standards and will conduct necessary inspections and repairs.

Active Transportation

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 Day.
- Provide bike racks for students, faculty and staff

**OTHER ACTIVITIES THAT PROMOTE SCHOOL WELLNESS**Healthy and Fit School Advisory Committee (Wellness Committee)

All Oklahoma public schools must establish a HFSAC (wellness committee) comprising of at least six individuals who represent different segments of the community, including teachers, parents, school counselors, health care professionals and business community representatives. The HFSAC (wellness committee) is responsible for making recommendations and providing advice to the school principal regarding health education, nutrition, and health services and will meet at least three times a year. The school principal will give consideration to the HFSAC's recommendations.

Professional Development

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

Health Education

Where applicable, the school's health education curriculums will follow the Oklahoma Academic Standards

**IMPLEMENTATION MONITORING AND EVALUATION**Leadership

The District will designate one or more officials to facilitate the development of the 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 officials fully understand the federal and state laws related to wellness policies.

Include the name(s), positions and contact information of the designated official here:

Community Involvement

Name	Position	Contact Information

The District will permit parents, students, representatives of the school food authority, physical education teachers, 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, et.), non-electric means (e.g.) mailings, presentations, etc.), or both
- Ensure that all outreach and communication is culturally appropriate and is translated as needed
- Educate community stakeholders on how they can participate in the development, implementation, review and update of the wellness policy and communicate why their participation is important to the health and wellness of students and the broader community.

Assessment, Revisions, and Policy Updates

At least once every three years, the District will assess 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, representatives of the school food authority, physical education teachers, 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.)

**REFERENCE: 70 O.S. §1-107  
7 CFR, Parts 210 and 220  
7 CFR, Part 245.5**

***THIS POLICY REQUIRED BY  
PUBLIC LAW 108-265, SECTION 204  
AND PUBLIC LAW 111-296***