

6005.15 A Skiatook Public Schools District Wellness Policy (Child Nutrition and Physical Fitness Program)

The link between nutrition, physical activity, and learning is well documented. Healthy eating and activity patterns are essential for students to achieve their full 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. Skiatook Public Schools is committed to providing an environment that promotes students learning, establishing, and maintaining lifelong healthy eating and activity patterns. Well-planned and effectively implemented school nutrition and fitness programs have been shown to enhance students' 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 Skiatook Public Schools shall possess the knowledge and skills necessary to make nutritious food choices and enjoyable physical activity choices for a lifetime. All staff in Skiatook Public Schools are encouraged to model healthful eating and physical activity as a valuable part of daily life.

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

I. Nutrition Guidelines for all Foods Available on Campus

A. School Meals

Meals served through the National School Lunch and Breakfast Programs will implement all USDA regulations by the fiscal school year 2007-2008:

- Per USDA Regulations §210.10 and §210.8, school lunches and breakfasts will meet menu-planning system guidelines as required by USDA.
- Per USDA Regulation §210.10, school lunches will provide 1/3 of the recommended dietary allowances (RDA) for calories, protein, calcium, iron, vitamin A, and vitamin C as required by USDA;
- Per USDA Regulation §220.8, school breakfasts will provide ¼ of the RDA for calories, protein, calcium, iron, vitamin A, and vitamin C as required by USDA;
- Per USDA Regulations §210.10 and §220.8, the total calories from fat in school meals will be limited to 30 percent when averaged over one week;
- Per USDA Regulations §210.10 and §220.8, the total calories from saturated fat in school meals will be less than 9.9 percent when averaged over one week

- Per USDA Regulations §210.10 and §220.8, school meals will meet the Dietary Guidelines for Americans.
- Healthy food preparation techniques will be implemented. Food items will not be fried.
- Potato products served as part of a reimbursable meal or as an a la carte item will not exceed three ounces per serving and may not be offered more than three times a week, and students may only purchase one serving at a time.
- Fruits and/or vegetables will be offered daily at all points of service. Fruits and vegetables should be fresh whenever possible. Frozen and canned fruits should be packed in natural juice, water, or light syrup.
- Schools serving chips must use reduced-fat or baked varieties, rather than the traditional varieties, whenever possible.
- Beverages such as tea, lemonade, and fruit drinks containing less than 50 percent fruit juice will not be offered to students.
- Ensure that half of the served grains are whole grains.
- Students will be offered a variety of milk, meat, fruits and vegetables, and whole grains on a daily basis.
- A 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 programs.

Skiatook Public Schools Will:

- engage students and parents, through taste-tests of new entrees and surveys, in selecting foods sold through the school meal programs in order to identify new, healthful and appealing food choices; and
- share information about the nutritional content of meals with parents and students. (The information could be made available on menus, web site, on cafeteria menu boards, place cards or other point-of-purchase materials.)

Breakfast

Provide children with breakfast at school, in order to meet their nutritional needs and enhance their ability to learn,

Skiatook Public Schools will:

- operate the School Breakfast Program, to the extent possible;
- arrange schedules and utilize methods to serve school breakfast that encourage participation,
- notify parents and students of the availability of the breakfast program, where available; and

- encourage parents to provide a healthy breakfast for their children through newsletter articles, take-home materials or other means.

Free and Reduced-Priced Meals

Skiatook Public Schools will make every effort to eliminate any social stigma attached to, and prevent the overt identification of, students who are eligible for free and reduced-price school meals. Toward this end, Skiatook Public Schools may:

- utilize electronic identification and payment system;
- promote the availability of school meals to all students; and

Meal Times and Scheduling

Skiatook Public Schools:

- will provide students with at least 10 min. to eat after sitting down for breakfast and 20 min. after sitting down for lunch;
- should schedule meal periods at appropriate time, e.g., lunch should be scheduled between 10:30 a.m. and 1 p.m.;
- should not schedule tutoring, club or organizational meetings or activities during mealtimes, unless students may eat during such activities;
- will provide students access to hand washing or hand sanitizing before they eat meals or snacks; and

Qualification of School Food Service Staff

Qualified nutrition professionals will administer the school meal programs. As part of the school district's responsibility to operate a food service program, Skiatook Public Schools will:

- provide continuing professional development for all nutrition professionals in schools; and
- provide staff development programs that include appropriate certification and/or training programs for child nutrition directors, school nutrition managers and cafeteria workers, according to their levels of responsibility.

Sharing of Foods

Skiatook Public Schools staff should discourage students from sharing their foods or beverages with one another during meal or snack times, given concerns about allergies and other restrictions on some children's diets.

Other Food Items Sold on School Campuses (e.g. vending, a la carte, sales)

- Per USDA Regulation §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 2007-2008), students in elementary schools will not have access to FMNV except on special occasions;
 - Per Oklahoma Senate Bill 265 (effective school year 2007-2008), diet soda, an FMNV, will be available for sale at the middle school only in vending areas outside of the cafeteria;
 - Per Oklahoma Senate Bill 265 (effective school year 2007-2008), healthy food options will be provided at the high school and priced lower than FMNV in order to encourage students and staff to make healthier food choices; and
 - Per Oklahoma Senate Bill 265 (effective school year 2007-2008), students in middle and high school will not have access to FMNV except after school, at events taking place in the evening, and on special occasions.
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- Fried food items will not be available for sale as a la carte food items.
 - Nutrient-rich food items will be available for sale at all places where food and beverages are sold on school campuses. This includes the cafeteria, vending machines, school stores, and concession stands during school hours. The district will follow the recommended food items specified in *Healthy Snack Choices* provided by the OSDE.
 - Snack food items available for sale will contain less than 30 percent or 7 grams of fat per single serving as stated on the Nutrition Facts label (exception: nut and seed mixes).
 - Snack food items available for sale will contain less than 10 percent or 2 grams of saturated fat per single serving as stated on the Nutrition Facts label.
 - Snack food items available for sale will contain no more than 35 percent sugar by weight or 15 grams per single serving as stated on the Nutrition Facts label (exceptions are fresh and dried fruits).
 - Snack food items available for sale will contain less than 480 milligrams of sodium per single serving as stated on the Nutrition Facts label.
 - High energy drinks with elevated levels of caffeine will not be available for sale anywhere on school campus.

Skiatook Public Schools Elementary schools: The school food service program will approve and provide all food and beverage sales to students in elementary schools. To this end:

- food in elementary schools should be sold as balanced meals, given young children's limited nutrition skills; and
- foods and beverages sold individually should be limited to low-fat and non-fat milk, fruits and non-fried vegetables.

Skiatook Public Schools Middle and High schools: In middle and high schools, all foods and beverages sold individually outside the reimbursable school meal programs (including those sold through a la carte [snack] lines, vending machines, student stores or fundraising activities) during the school day, or through programs for students after the school day, will meet the following nutrition and portion size standards:

NOTE: Diet drinks less than ten calories do not fit this rule.

Beverages

- **Allowed:** water or seltzer water without added caloric sweeteners; fruit and vegetable juices and fruit-based drinks that contain at least 50 percent fruit juice and that do not contain additional caloric sweeteners; unflavored or flavored low-fat or fat-free fluid milk and nutritionally equivalent nondairy beverages (as defined by the USDA).
- **Not allowed:** soft drinks containing caloric sweeteners; sports drinks; iced teas; fruit-based drinks that contain less than 50 percent real fruit juice or that contain additional caloric sweeteners; beverages containing caffeine, excluding low-fat or fat-free chocolate milk (which contain trivial amounts of caffeine).

Foods

A food item **sold** individually:

- will have no more than 35 percent of its calories from fat (excluding nuts, seeds, peanut butter and other nut butters) and 10 percent of its calories from saturated and trans fat combined;
- will have no more than 35 percent of its weight from added sugars;
- will contain no more than 230 mg of sodium per serving for chips, cereals, crackers, French fries, baked goods and other snack items; will contain no more than 480 mg of sodium per serving for pastas, meats and soups; and will contain no more than 600 mg of sodium for pizza, sandwiches and main dishes; and
- will include a choice of at least two fruits and/or nonfried vegetables for sale at any location on the school site where foods are sold.

Portion Size

Limit portion sizes of foods and beverages sold individually to those listed below:

- one and one-quarter ounce per serving or less for chips, crackers, popcorn, cereal, trail mix, nuts, seeds, dried fruit or jerky and pretzels,
- Bakery items such as pastries, muffins, doughnuts, cakes, and cupcakes: 3 ounce serving or less,
- two ounce or less for cereal bars/cookies
- four fluid ounces for frozen desserts, including, but not limited to, low-fat or fat-free ice cream, pudding and jello,
- eight ounces for non-frozen yogurt,
- Whole milk, flavored or unflavored. 8 oz or less,

Reduced fat milk, 16 oz serving or less may not contain more than 30 grams total sugar per 8 oz twelve fluid ounces for beverages, excluding water and milk; candy bars and prepackaged candies, 1.5 oz or less

Fundraising Activities

To support children's health and school nutrition-education efforts, Skiatook Public Schools fundraising activities will use only foods that meet the above nutrition and portion size standards for foods and beverages sold individually. Skiatook Public Schools will encourage fundraising activities that promote physical activity and will make available a list of ideas for acceptable fundraising activities.

Snacks

Snacks served during the school day or in after-school programs or enrichment programs will make a positive contribution to children's diets and health, with an emphasis on serving fruits and vegetables as the primary snacks and water as the primary beverage. Skiatook Public Schools will assess if and when to offer snacks based on timing of school meals, children's nutritional needs, children's ages and other considerations. The district will disseminate a list of healthful snack items to teachers, after-school program personnel and parents.

If eligible, schools that provide snacks through after-school programs will pursue receiving reimbursements through the National Lunch Program.

Rewards

Schools will not use foods or beverages, especially those that do not meet the nutrition standards for foods and beverages sold individually, as rewards for academic performance or good behavior, and will not withhold food or beverages (including food served through school meals) as a punishment.

Celebrations

Schools should limit celebrations that involve food during the school day to no more than one party per class per month. Each party should include no more than one food or beverage that does not meet nutrition standards for foods and beverages sold individually. The district will disseminate a list of healthy party ideas to parents and teachers.

School-Sponsored Events

Foods and beverages offered or sold at school-sponsored events inside the school day will meet the nutrition standards for meals or for foods and beverages sold individually. Field trips are exempt from nutrition standards.

Food Safety

All foods made available on campus adhere to food safety and security guidelines.

- All foods made available on campus comply with the state and local food safety and sanitation regulations. Hazard Analysis and Critical Control Points (HACCP) plans and guidelines are implemented to prevent food illness in schools.
- For the safety and security of the food and facility, access to the food service operations are limited to child nutrition staff and authorized personnel. For further guidance, see the USDA food security guidelines.

II. 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.
 - My Pyramid nutrition education resources will be used in the cafeteria and classroom.
 - All schools will apply with USDA to participate as a Team Nutrition school. Each school will conduct nutrition education activities and promotions that involve students, parents, and the community www.teamnutrition.usda.gov.
 - Family/parent nutrition education opportunities will be provided.
 - Advertising and other materials that promote FMNV will be eliminated on all school campuses.
 - Students will receive consistent nutritional messages throughout the school, classroom, cafeteria, and school events.

- Compass Learning Odyssey health and physical education activities and lessons will be utilized in the classroom.
- Age appropriate USDA Team Nutrition resources will be utilized to teach nutrition education to students.
- School staff will promote healthful eating and healthy lifestyles to students and parents.

Skiatook Public Schools will provide nutrition education and engage in nutrition promotion that:

- is part of not only health education classes, but also classroom instruction in subjects such as math, science, language arts, social sciences, and elective subjects;
- includes enjoyable, developmentally appropriate, culturally relevant participatory activities, such as contests, promotions, taste testing, farm visits and school gardens;
- promotes fruits, vegetables, whole-grain products, low-fat and fat-free dairy products, healthy food preparation methods and health-enhancing nutrition practices;
- emphasizes caloric balance between food intake and energy expenditure (physical activity/exercise);
- includes training for teachers and other staff.

III. Physical Activity

Daily Physical Education

- Per Oklahoma Senate Bill 1627, the Healthy and Fit School Advisory Committee at each school site will study and make recommendations regarding physical education and physical activity.
- Per Oklahoma Senate Bill 312 (effective school year 2006-2007), student in Grades K through 5 will participate in 60 minutes of physical activity each week.
 - Elementary students will participate in the Compass Learning Odyssey curriculum to promote positive attitudes and behaviors towards nutrition and physical activity.
 - Students will participate in an annual health-related fitness test (e.g., Fitness Gram, President's Challenge to Physical Fitness, etc.).
 - School sites will establish or enhance physical activity opportunities for students, staff, and parents (fitness challenges, family fitness nights, fun walks and runs, bike events).
 - Students will be encouraged to participate in voluntary before- and after-school physical activity programs.
 - Students will not be denied participation in recess or other physical activity as a form of punishment.

- Recess or other physical activity time will not be canceled for instructional make-up time.
- Staff will serve as physical activity role models for students.
- All playgrounds will implement the recommended safety standards for design, installation, and maintenance.
- School sites will provide adequate equipment (e.g., balls, rackets, and other manipulative) for every student to be active.
- Middle and high schools will offer physical education as an elective.
- Physical Education courses taught by a certified physical education teacher.

Daily Recess

Elementary schools should provide recess for students that:

- is at least 20 minutes a day;
- is preferably outdoors;
- encourages moderate to vigorous physical activity verbally and through the provision of space and equipment; and
- discourages extended periods (i.e., periods of two or more hours) of inactivity.

When activities, such as mandatory school-wide testing, make it necessary for students to remain indoors for long periods of time, schools should give students periodic breaks during which they are encouraged to stand and be moderately active.

Safe Routes to School

The Skiatook Public Schools will:

- assess and, if necessary and to the extent possible, make needed improvements to make it safer and easier for students to walk and bike to school;
- when appropriate, work together with local public works, public safety or police departments in those efforts;
- explore the availability of federal “safe routes to school” funds, administered by the state department of transportation, to finance improvements.

Use of Facilities Outside of School Hours

School spaces and facilities should be available to students, staff and community members before, during, and after the school day, on weekends, and during school vacations. These spaces and facilities also should be available to community agencies and organizations offering physical activity and nutrition programs. School policies concerning safety will apply at all times.

IV. Other School-Based Activities that Promote Student Wellness

- 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 give consideration to 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 NSLP. 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, and enjoyable meal environment.
- Students will be provided with an adequate amount of time to eat breakfast and lunch.
- Working towards implementing recess before lunch at all elementary schools in order 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.
- Classroom teachers and administrators will not use candy or sweets as a reward.
- Students will be involved in planning for a healthy school environment.

Integrating Physical Activity into Classroom Settings

For students to receive the nationally recommended amount of daily activity and for students to fully embrace regular physical activity as personal behavior, students need opportunities for physical activity beyond physical education class. Skiatook Public Schools will:

- offer classroom health education that complements physical education by reinforcing the knowledge and self-management skills needed to maintain a physically active lifestyle and to reduce time spent on sedentary activities;
- discourage sedentary activities, such as watching television;
- provide opportunities for physical activity to be incorporated into other subjects lessons; and
- encourage classroom teachers to provide short physical activity breaks between lessons or classes, as appropriate.

Communication with Parents

The Skiatook Public Schools will support parents' efforts to provide a healthy diet and daily physical activity for their children. The district/school will:

- send home nutrition information, post nutrition tips on school web sites and provide nutrient analyses of school menus;
- encourage parents to pack healthy lunches and snacks and to refrain from including beverages and foods that do not meet the above nutrition standards for individual foods and beverages;

- provide parents a list of foods that meet the district’s snacks standards and ideas for healthy celebrations/parties, rewards and fundraising activities;
- provide information about physical education and other school-based physical activity opportunities before, during, and after the school day;
- support parents’ efforts to provide their children with opportunities to be physical active outside of school, and

Food Marketing in Schools

School-based marketing will be consistent with nutrition education and health promotion.

Skiatook Public Schools will:

- limit food and beverage marketing to the promotion of foods and beverages that meet the nutrition standards for meals or for foods and beverages sold individually;
- prohibit school-based marketing of brands promoting predominantly low-nutrition foods and beverages;
- promote healthy foods, including fruits, vegetable, whole grains, and low-fat dairy products; and
- market activities that promote healthful behaviors (and are therefore allowable) including: vending machine covers promoting water; pricing structures that promote healthy options in a la carte lines or vending machines; sales of fruit for fundraisers; and coupons for discount gym memberships.

V. Plan for Measuring Implementation

Monitoring

The superintendent or designee will ensure compliance with established district-wide nutrition and physical activity wellness policy.

In each school:

- The principal will ensure compliance with those policies in his/her school and will report on the school’s compliance to the school district superintendent or designee; and
- School food service staff, at the school or district level, will ensure compliance with nutrition policies within school food service areas and will report on this matter to the school principal.

In district:

- The school district will report on the most recent USDA School Meals Initiative (SMI) review findings and any resulting changes. If the district has not received

- a SMI review from the state agency within the past five years, the district will request from the state agency that a SMI review be scheduled as soon as possible;
- The superintendent or designee will develop a summary report every three years on district-wide compliance with the district's established nutrition and physical activity wellness policies, based on input from schools within the district; and
 - The report will be provided to the school board and also distributed to all school health councils, parent/teacher organizations, school principals and school health services personnel in the district.

Policy Review

To help with the initial development of the district's wellness policies, each school in the district will conduct a baseline assessment of the school's existing nutrition and physical activity environments and policies. The results of those school-by-school assessments will be compiled at the district level to identify and prioritize needs.

Assessments will be repeated every three years to help review policy compliance, assess progress and determine areas in need of improvement. As part of that review, the school district will review our nutrition and physical activity policies; provision of an environment that supports healthy eating and physical activity; and nutrition and physical education policies and program elements. The district, and individual schools within the district, will, as necessary, revise the wellness policies and develop work plans to facilitate their implementation.

SFA Official

Clerk of the Board

Skiatook Public Schools Wellness Policy

Appendices

- Child Nutrition and WIC Reauthorization Act of 2004

Section 204 of Public Law 108-265 June 30, 2004

- Foods of Minimal Nutritional Value Fact Sheet

OSDE, Child Nutrition Programs, May 2005

- Healthy Snack Choices, OSDE
- Nonfood Reward Ideas, OSDE
- Healthy Fundraising Ideas, Things To Do, OSDE

- Healthy Fundraising Ideas, Things To Sell, OSDE
- School Wellness Policy Web Sites, OSDE
- Health and Physical Education Web Sites, OSDE
- Nutrition Web Sites, OSDE

(Policy Review October 9, 2017)