

WELLNESS POLICY

Introduction:

The Board of Education of the Afton School District recognizes that the health and well being of our students plays a crucial role in their ability to learn. Our employees have a unique opportunity and responsibility to provide students with the skills, knowledge, and support they need to establish healthy behaviors that may serve them well for the rest of their lives. The Board has recognized the importance of developing, implementing, and monitoring a district-wide wellness plan. Afton School District will promote strategies to encourage wellness and healthy lifestyle decisions.

Wellness encompasses a broad range of program areas; nutrition and hydration, nutrition education, physical activity and physical education, psychosocial health, medical care and health education, among others.

The Federal "Child Nutrition and WIC Reauthorization Act of 2004", Section 204 of Public Law 108-265, requires the district to establish a district wide wellness policy. Afton School District created a wellness committee, consisting of students, community members, nutrition staff member, regular education teachers, and physical education staff.

Propose:

Purpose

The Afton Public School 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 that promote 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

Goal:

All students in the Afton 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 in the Afton Public School District are encouraged to model healthful eating and physical activity as a valuable part of daily life.

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

The Afton School District will have healthy food and beverage options for: parties; events; celebrations; fundraising and concessions during school hours.

Afton School District will comply with Nutrition Standards for Foods in School and USDA's All Foods Sold in Schools Standards.

NUTRITION GUIDELINES/STANDARDS

School Meals

- Per USDA Regulations §210.10 and §220.8, 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 limited to less than 10 percent when averaged over one week.
- Per USDA Regulations §210.10 and §220.8, school meals will meet the Dietary Guidelines for Americans.
- Students will be allowed adequate time to consume meals, at least 10 minutes for breakfast and 20 minutes for lunch from the time they are seated.

Other Food Items Sold on School Campuses:

- 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 2007-08), students in elementary schools will not have access to FMNV except on special occasions.
- Per Oklahoma Senate Bill 265 (effective school year 2007-08), diet soda, an FMNV, will be available for sale at the junior high only in vending areas outside of the cafeteria.
- Per Oklahoma Senate Bill 265 (effective school year 2007-08), healthy food options will be provided at each school site and priced lower than FMNV in order to encourage students and staff to make healthier food choices.

- Fundraisers that occur on campus during the school day will be supportive of healthy eating. District will not allow foods of minimal nutritional value to be sold. Fundraising activities outside the school day (excluding concessions) should support children's health and reinforce nutrition.
- District has approved Health Education Curriculum for grade levels that follow National Health Education Standards. District has adopted the Coordinated School Health Framework Health Education, Physical Education, health Services Nutrition Services, Counseling, Psychological and Social Services.
- Safe unflavored cool drinking water is provided throughout the school day at no cost to students.

School Meal Requirements

The Afton School District will make nutritious foods available on campus during the school day to promote student and staff health. At a minimum, the Afton School 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 Afton School District will ensure that all meals are the following:

- Accessible, appealing, and attractive to all 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 Afton School 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. Afton 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.
- 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.
- 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).

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.

- Healthy eating behaviors are promoted through the use of multiple channels including: classroom, cafeteria and communications with parents. District participates in the Farm to School Program. District allows school gardens and dedicates resources for school gardens and/or district schools actively participate in community gardens.

Information and Promotion: As required under the National School Lunch Program (7 CFR 210.12), the Afton School District will promote activities to involve students and parents in the School Lunch Program. In addition, the Afton School District will do the following:

- Inform families about the availability of breakfasts for students.
- 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.
- 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.
- 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 Afton School District will 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 or exceed 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 Afton School District, however, may allow exemptions 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 Afton School 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 "[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 the Smart Snacks standards will be permitted. *The Afton School District, however, may allow exemptions for up to [two] 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.*

Comment on Fundraising

State law allows Oklahoma schools to hold up to 30 exempted fundraisers (provided that they are not held during normal meal service times); however, districts may choose to allow fewer, or zero, exempted fundraisers.

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: At least [50 percent] of foods and beverages offered during after-school concessions or as part of fundraisers held outside of school hours must comply with the USDA's Smart Snack standards.

Nutrition Education

Afton 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 that nutrition education:

- Complies with state learning objectives and standards.
- 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.

Nutrition and Healthy Food Promotion

The Afton School 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, 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 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 Afton School 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 and School Gardens

The District will allow school gardens on District property.

The following will also occur:

- 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.
- 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 ACTIVITY

- 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 2006-07), students in Grades K through 5 will participate in 60 minutes of physical activity each week.
- District policy supports Quality Physical Activities during the school day inclusive of: Integration of physical activity into academic curriculum through classroom movement breaks and other activities that promote movement breaks and other activities that promote movement.
- Physical activity will not be withheld as a punishment or used as a punishment during the school day (this does not pertain to athletic programs).
- Physical activity opportunities are accessible for students of all abilities to a broad range of competitive and noncompetitive physical activities that help to develop the skills needed to participate in lifetime physical activities.
- The Afton School District has a shared or joint use policy that allows school grounds and/or buildings to be open to students, their families and the community for access to physical activity outside the school day.

SCHOOL-BASED ACTIVITIES

- Per Oklahoma Senate Bill 1627, each 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 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.
- District policy bans the use of food, beverages or candy as a reward or punishment for academic performance or student behavior.
- District policy allows only healthy food and beverage options for snacks, classroom birthdays, classroom parties and celebrations. (Two parties per school year may be exempted if healthy options are available)

PHYSICAL EDUCATION AND PHYSICAL ACTIVITY POLICY

General Requirements

The District will encourage all students in K-12th to 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-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-12th) 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.

Physical Education (PE)

The District will require all schools to establish a comprehensive, standards-based PE curriculum for each grade (K-12th). Schools will encourage PE classes and equipment afford all students (K-12th) an equal opportunity to participate in PE.

Elementary school students (K-5th) will participate in at least 150 minutes of PE per week throughout the entire school year.

Middle and high school students (6th-12th) that participate in PE will participate in at least 225 minutes of PE per week throughout the entire school year.

In addition, the following requirements apply to all students(K-12th):

- 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 classroom size.

Teacher qualifications, Training and Involvement

- Schools will allow teachers the opportunity to participate in or lead physical activities before, during 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 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 encourage school staff, students and their families to participate in physical activity outside of the school day. The PE teacher can instruct classroom staff at a faculty meeting. Allowing staff, students and their families to use school recreational facilities during non-school hours is one way to increase opportunities to engage in physical activity. Consistent with state law and District policies and procedures regarding use of school facilities during non-school hours, the District will work with the Town of Afton and community-based organizations to coordinate and enhance opportunities for staff, students and their families to engage in physical activity using school facilities before and after the school day, during weekends and during school vacations.

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 Week/Day.
- Provide bike races for students, faculty and staff.
- Encourage parents to supervise groups of children who walk or bike together to and from school.

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.
- 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.
- Encourage staff to join children and youth in physical activity whenever possible.
- Limit screen time to less than 60 minutes per day to be used only for homework and other educational or physical activity purposes.

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:

Nutrition:

Will encourage staff to serve foods and beverages that meet Smart Snacks standards at all staff meetings, training, special occasions (e.g., birthdays and retirement parties), and other workplace gatherings.

Provide employees with access to a refrigerator, microwave and sink with a water faucet.

Physical Activity

Promote waking meetings.

Incorporate 10-minute physical activity breaks into every hour of sedentary meetings, trainings and other workplace gatherings.

Provide access to on-campus athletic facilities, such as gyms, running tracks, basketball courts, tennis courts and swimming pools.

Promote employee participation in physical activity by creating exercise clubs or groups and/or sponsoring employee sports teams.

Use posters, pamphlets and other forms of communication to promote physical activity (including stairwell use, if applicable).

Provide information about local physical activity resources and facilities, such as walking trails, community parks and recreation facilities.

General Wellness

Partner with community organizations or agencies to offer voluntary health screenings annually to staff, including free or low-cost health assessments.

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 mothers to express breast milk and/or breastfeed.

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.

Professional Development

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

Health Education

Where applicable, schools' health education curriculums will follow the Oklahoma Academic Standards.

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.

Community Involvement

Name:	Position:	Contact Information:
Ike Mustain	MS Principal	imustain@aftonschools.net
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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., mailing, 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.

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.