

## 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:

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

### 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.

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

Afton School 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.

## WELLNESS POLICY (Cont.)

- 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.

## 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.

**WELLNESS POLICY (Cont.)****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.
- 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)