

1510

WELLNESS POLICY
WICKLIFFE ELEMENTARY SCHOOL

2405-1 PURPOSE:

Schools have a responsibility to help students learn, establish, and maintain lifelong health 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 achievements in school. The link between nutrition, physical activity, and learning is well documented. Health 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 activity, essential for a healthy weight, are also linked to reduced risk for many chronic diseases. Staff wellness also is an integral part of a healthy school environment since school staff can be daily role models for healthy behaviors.

2405-2 GOAL

All students in Wickliffe 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 Wickliffe School District is encouraged to model healthful eating and physical activity as a valuable part of daily life.

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

2405-3 NUTRITION GUIDELINES AND STANDARDS

A. SCHOOL MEALS:

- Per USDA Regulations #210.10 and #220.6, 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 the USDA.
- Per USDA Regulation #220.8, school breakfasts will provide ¼ of the RDA for calorie, 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 Dietary Guidelines for Americans.
- Healthy food preparation will be implemented. Food will not be fried.
- 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.
- Students will be offered a variety of skim and low fat milk, meat and beans, fruits and vegetables, and whole grains on a daily basis.
- A nutrient analysis of school meals will be made available upon request.
- School staff will support and encourage student participation in the USDA school meals program.

B. OTHER FOOD ITEMS SOLD ON SCHOOL PROPERTY:

- 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, beginning school year 2007-2008 students in elementary schools will not have access to FMNV except on special occasions.
- Per Oklahoma Senate Bill 265, beginning school year 2007-2008, diet soda, an FMNV, will be available for sale at the middle school only in vending areas outside of the cafeterias.
- Per Oklahoma Senate Bill 265, beginning 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.
- Fried food items will not be available for sale as ala carte food items.

- Nutrient rich food items will be available for sale at all places where food and beverages are sold on the school campuses. This includes the cafeteria, vending machines, school stores, and concession stands. 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 of 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 15 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 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.

2405.4 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.
- 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.
- School staff will promote healthful eating and healthy lifestyles to students and parents.

2405.5 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, students in Grades K through 5 will participate in 60 minutes of physical activity each week.
- School sites will establish or enhance physical activity opportunities for students, staff, and parents.

- The Elementary school will provide 20 minutes of daily recess that promotes physical activity beyond what is provided through physical education classes.

2405.6 SCHOOL BASED ACTIVITIES:

- 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 districts 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 support activities.
- Students will be provided with an adequate amount of time to eat breakfast and lunch. A minimum of 15 minutes will be provided at breakfast and 20 minutes at lunch (after students receive their trays)
- The sale of candy as a fundraiser will be prohibited.
- 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.

Wickliffe Public School District Nutrition and Physical Fitness Policy

Curriculum and Instruction

Wickliffe School implements the Priority Academic Student Skills curriculum adopted by the State of Oklahoma. Responsibility for achieving these standards must be borne by all---the student, the parents, the school district and the community. The family, however, plays a critical role in the development of the student.

The Priority Academic Student Skills identifies the essential understandings, critical content, and skills for all subject areas, including Health and Fitness.

Health and Fitness essential Understandings and Skills

Active Lifestyles:

- Understand and apply the concepts of movement
- Understand and apply the concepts of fitness

Healthy Choices and Behavior:

- Understand and apply the concepts of healthy choices and behavior
- Apply knowledge and skills to support lifelong wellness

Health and Fitness Benchmark Standards

Knowledge and skills in health and fitness begin in early childhood and continue through eighth grade so that students ultimately understand the interrelatedness of fitness, personal health practices, and safe living.

The essential understandings and skills described in our Priority Academic Student Skills framework makes it a dynamic document that is reviewed and updated by the state of Oklahoma on a regular basis to ensure that we are meeting the needs of our students in an ever-changing world. During the 2005-2006 school year, the state of Oklahoma will assess students in grades three through eighth to measure the accomplishment of the expectations set forth in the Priority Academic Student Skills.

School Environment

The school environment should be conducive to and promote learning. Students who have nutritious food and appropriate physical activity are better prepared to learn.

Wickliffe school is committed to:

- Providing students a free breakfast and lunch in accordance with the National School Lunch and Breakfast Program Guidelines.
- Ensuring that other food sales to students promote healthy eating habits by:

- Limiting the availability of carbonated beverages and other food products that do not meet the minimal nutritional values, as described by the Food and Nutrition Service of the U.S. Department of Agriculture.
 - Limiting the availability of foods that do not contribute to a healthy diet, including those snack foods with over 40% fat and/or 10% saturated fat, or sugar levels exceeding 40% of added weight from sugar.
 - Limiting portion sizes for snack foods to assist students in meeting recommended dietary intake guidelines.
 - Providing pricing of food products which promote nutritional choices over less healthy one.
- Encouraging school staffs, parent organizations and families to consider nutrition when food products are given to students in classroom settings for rewards and parties or as fundraising incentives. Healthy food or non-food choices should be considered as an alternative. If snack foods are provided, students of any parent not wishing their child to receive a food reward or incentive should be provided a suitable alternative.
 - Providing aerobic physical activity as part of physical education classes at all levels.
 - Providing co-curricular physical activity and competitive sports in grades three through eighth grade for boys and girls.

Family and Community Involvement

Student health and well being is a shared responsibility between schools and families. In order to promote family and community involvement in and support of student's nutrition and physical fitness, Wickliffe School is committed to:

- Encouraging parents to support nutritious food choices and daily physical activity, and promote participation in the school's physical education programs and after school activities.
- Providing information to families on nutrition and healthy eating habits as well as family physical fitness activities.
- Encouraging staff to consider various cultural preferences in nutrition and physical fitness programs.

School Board Policy

1510. Child Nutrition and Physical Fitness Policy

The Wickliffe Board of Education recognizes that childhood obesity has reached epidemic levels throughout the country. Overweight children are a higher risk for developing severe long-term health problems, and overweight children are affected by discrimination, psychological stress, and low self-esteem. However, research indicates that obesity and subsequent diseases are largely preventable through diet and regular physical activity. Research also indicates that becoming physical active and maintaining a regular physical activity program significantly reduces the risk of some obesity and some cancers, diabetes, and other chronic diseases.

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, it is the policy of the board to:

1. Provide students access to nutritious food;
2. Provide opportunities for physical activity and developmentally appropriate exercise; and
3. Provide accurate information related to these topics.

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