

## **VERDEN SCHOOL WELLNESS POLICY**

The Verden Board of Education hereby declares its concern for the safety and health of District employees and students. Verden Public Schools recognizes the relationship between academic achievement and student health and wellness, and it is the intent of this policy that staff, students and parents/guardians must work together to provide a safe, secure and healthy learning environment.

### **Healthy Living**

#### **Health and Nutritional Education**

The aim of the Verden Public Schools pre-kindergarten through twelfth grade health and wellness curriculum is to empower students to develop healthy, positive behaviors, skills and attitudes by providing a variety of fitness and health awareness opportunities while establishing school community partnerships that encourage healthy lifelong choices. All students will have education to foster lifelong habits for healthy living including the development of nutritionally sound habits

#### **School Practices**

Nutrition education occurs in the classroom as well as in the larger school community. The District utilizes multiple channels) e.g. classroom, cafeteria and communications with parents) to promote healthy nutritional and physical behaviors. In support of the aim of the Verden Public Schools wellness curriculum:

- Students will be allowed adequate time to consume meals, at least 15 minutes for breakfast and 20 minutes for lunch from the time they are seated.
- Recess before lunch will be encouraged to the greatest extent possible;
- The District provides training and support to food service and other relevant staff to meet nutrition standards for preparing healthy meals;
- During the school day, the District only permits school sponsored fundraisers which offer healthy alternatives.
- The District allows schools gardens on district property and dedicates related resources (e.g. land, water) for the implementation;
- The District encourages parents to provide healthy lunches and snacks when sending food from home.

#### **Nutritional Guideline**

To promote student health, students will not be provided with foods outside the USDA Nutrition Standards with the exception of two (2) events per school year in which healthy options are also available....

### **Schools Meals Service through the National Lunch – Breakfast Program**

Meals served through the National School Lunch and Breakfast Programs will meet the United States Department of Agriculture's (USDA's) requirements. In addition all meals will:

- Be appealing and attractive to children/young adults/staff of various ages and diverse backgrounds;
- Be served in clean and pleasant settings;
- Be accessible to all children and young adults;
- Be designed to feature fresh fruits and vegetables from local sources to the greatest extent possible, including the Farm to School Program.
- Include the provision of safe, unflavored, cool drinking Water throughout the school day at no cost to students;
- Include food high in fiber, free of added Trans fat, low in added fats, sugar and sodium and served in appropriate portion sizes consistent with the USDA standards.

### **Physical Education**

The aim of the Verden Public School pre-kindergarten through twelfth grade physical education curriculum is to enhance quality of life by fostering physical dexterity and lifelong health and well-being in an environment that promotes participation and the development of the whole person. The District supports quality physical activity throughout the school day. Practices which support the accomplishment of this aim include:

- Students in grades pre-Kindergarten through five will participate in physical activity a minimum of 120 minutes per week through daily recess, integrated physical activity within the academic classroom and physical education activities. Time spent in these activities, per state law, will meet the requirements for accreditation by the Oklahoma State Board of Education. Students in all grades will be offered a range of physical activity choices, which may include competitive and non-competitive options. In addition, teachers and other school personnel at all grade levels may provide opportunities to students for additional physical activity by integrating physical activity into the academic curriculum, including adaptive physical education;
- Students participating in physical education will be moderately to vigorously active for the majority of class time;
- Physical Activity, or the withholding thereof, will not be used to punish academic performance or student behavior in the classroom;
- The District provides proper equipment and facilities to support physical education classes and other school sponsored physical activities;
- The District provides training for teachers for integrating physical activity into the curriculum.
- Students, parents and other community members will have access to the District's physical activity facilities outside the normal school day.

**Monitoring and Policy review**

The District's Healthy and Fit School Committee will use the School Health Index to develop an action plan unique to that site as part of the Coordinated School Health Framework. Each plan will be evaluated and updated annually. Additionally, with input from the Healthy and Fit School Committee, each site will use the annual Comprehensive Local Education Plan (CLEP) process to set and measure goals related to students wellness. Curricula for the health and physical education programs in the District, using current Oklahoma State Health Wellness standards, are reviewed according to the textbook adoption schedule for the state of Oklahoma. These processes provide for public input by involving stakeholders from all District school sites as well as the community. Oversight for the district Wellness policy will be maintained by the Superintendent for Student Services.

**Purpose:**

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 activity, 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 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.

**Overall Goal:**

Verden Public School District is committed to providing school environments that promote and protect children's health, well-being and ability to learn by supporting healthy eating and physical activity. All students in Verden 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 Verden School District is encouraged to model healthful eating and physical activity as a valuable part of daily life.

To meet this goal, the Verden Public 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.

Verden Public School will create, strengthen or work within existing school health councils to develop, implement, monitor, review, and, as necessary revise school nutrition and physical activity policies. The council also will serve as resources to school sites for implementing those policies. (A school health council consists of a group of individuals representing the school and community, and should include parents, students, and representatives of the school food authority, members of the school board, school administrators, teachers, health professional, and members of the public.

## **Nutrition Guidelines/Standards**

### **School Meals**

- Per USDA Regulations 210.10 and 220.8, school lunches and breakfast will meet menu-planning system guideline as required by USDA.
- Per USDA Regulations 210.10, school breakfast 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 Regulations 220.8, school breakfast 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 10 percent when averages over one week
- Per USDA Regulations 210.10 and 220.8 school meals will meet the Dietary Guidelines for Americans

### **Meals served through the National School Lunch and Breakfast Programs will:**

- be appealing and attractive to children;
- be served in clean and pleasant setting;
- meet, at minimum, nutrition requirements established by local, state and federal statutes and regulations;
- Offer a variety of fruits and vegetables;
- Serve only low-fat (1%) and fat free milk

Foods and beverages sold or served at school will meet the nutrition recommendations of the U.S. Dietary Guideline for Americans.

Qualified child nutrition professionals will provide students with access to a variety of affordable, nutritious, and appealing foods that meet the health and nutrition needs of the students; will accommodate the religious, ethnic, and cultural diversity of the student body in meal planning; and will provide clean, safe, and pleasant setting and adequate time for students to eat.

Schools serving chips will use reduced-fat or baked varieties, rather than the traditional varieties, whenever possible.

A nutrient analysis of school meals offered to students will be made available upon request. To the maximum extent practical, our school will participate in available federal school meal programs (including the School Breakfast Program, National School Lunch Program, and Summer Food Service Program).



### **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 2007-2008), students in elementary schools will not have access to FMNV except on special occasions
- Per Oklahoma Senate Bill 265 (effective school year 2007-2008), students in middle and junior high schools will not have access to FMNV except after school, at events which take place in the evening, and on special occasions.
- 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.
- Nutrients-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. 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 will be elevated levels of caffeine will not be available for sale anywhere on the school campus.

### **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 school will study and make recommendations regarding health education, nutrition, and health services.
- Verden Public Schools aims to teach, encourage, and support healthy eating by students. Schools should provide nutrition education and engage in activities to promote nutrition.
- Nutrition and wellness education will provide when possible through the Physical Education Department of each school per state and age appropriate curriculum requirements, and the following guidelines:

- Sequential and interdisciplinary Nutrition education is promoted and provided.
- School based activities are consistent with local wellness policy goals.
- Students in grades Pre-K-12 th grade receive nutritional education that is interactive and assists in the development of skills they need to adopt healthy eating behaviors.
- Nutrition educations shall be offered through the Physical Education Department or classroom instructor and may be offered in other classroom settings as needed or requested by the teacher or supervising educator.
- Staffs that provide nutrition education shall have appropriate training and will utilize appropriate resources for materials and training.
- My Pyramid nutrition education resources will be used in the cafeteria and classroom.
- School staff will promote healthful eating and healthy lifestyles to students and parents,

### **Physical Activity**

- Per Oklahoma Senate Bill 1627, the Healthy and For 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), students in Grades K through 5 will participate in 60 minutes of physical activity each week.

Schools will provide physical education programs to all students, which may include athletics. Elementary schools will provide physical education instruction for students in full-day kindergarten through grade 5 for 90 minutes each week. Physical Education classes will be aligned with the **Oklahoma Academic Standards** and taught by certified Physical Education teachers.

Verden Public Schools offers 45 minutes a day of physical education and recess activities. The physical education program requires students to demonstrate proper stretching techniques, exercise that will enhance muscular strength, muscular endurance, and vigorous physical activity. The physical education program also requires students to demonstrate movement concepts and forms, as well as development of personal and social behaviors. Each student will learn necessary skills to perform a variety of activities. Students will understand that physical activities provide enjoyment, self-expression, and challenge to each student.

The physical education program offers a wide variety of vigorous activities that include:

Jump Rope	Hula Hoop activities
Running Program	Parachute activities
Obstacle Course	Basketball drills and games
Soccer drills and games	Tag games
Relay Games	Kick ball
Throwing games	Varied strength exercises

During all games and activities students will demonstrate appropriate behavior. Students will show good sportsmanship and cooperation during group activities. The safety procedures and game rules will be followed while participating and using classroom equipment. Students will gain muscular strength and endurance, cardiovascular endurance and improved body composition.

- Elementary school site will provide 30 minutes of daily recess that promotes physical activity beyond what is provided through physical education classes.
- Students will be encouraged to participate in interscholastic activities at the secondary level
- Students and school staff will collaborate with local recreational departments and youth fitness programs to promote participation in lifelong physical activities.
- School sites will provide adequate equipment for students to be active.
- The playground will meet the recommended safety standards for design, installation, and maintenance.

#### 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 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.

The superintendent or designee will ensure compliance with established district wide nutrition and physical activity wellness policies. In each school, the principal or designee will ensure compliance with those policies in his/her school and will report on the school's compliance to the school district superintendent.

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 superintendent. In addition, the school district will report on the most recent USDA School Meals Initiative (SMI) review finding and any resulting changes.

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

Assessments will be repeated 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 will, as necessary, will revise the wellness policies and develop work plans to facilitate their implementation.

- Students will be provided with a clean, safe, enjoyable meal environment.
- 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).
- Students will be involved in planning for a healthy school environment.