

Wellness Policy

The Colcord School District recognizes the relationship between academic achievement and student health and wellness. This policy reflects the Colcord School District's Board of Education's commitment to removing health-related barriers to learning by establishing health policy, health promotion and health education. The board values school-based activities designed to provide students with a school environment that supports and promotes wellness, healthy eating and active lifestyle. The board recognizes the District role as part of the larger community, to model and actively practice the promotion of family health, physical activity, and good nutrition.

Coordinated School Health

The district will adopt the Coordinated School Health Program model that is recommended by the Centers for Disease Control and Prevention (CDC) for planning and coordinated school health activities. This model will help create a school environment that conveys consistent messages and is conducive to healthy eating, physical activity, and wellness for all staff, students and their families.

The Coordinated School Health Program includes the following eight components: Health Education; Physical Education; Health Services; Family and Community Involvement; Counseling, Psychological, and Social Services; Nutrition Services; Healthy School Environment, and Health Promotion for Staff.

Nutrition

The District will make nutritious foods available on campus during the school day to promote student and staff health. At a minimum, the District Child Nutrition Program will served reimbursable meals that meet United States Department of Agriculture (USDA) requirements as well as follow principles of the Dietary Guidelines for Americans.

The Child Nutrition Program will serve the following: food high in fiber, free of added trans-fat, low in added fats, sugar, and sodium, respectful of cultural diversity and served in appropriate portion sizes consistent with USDA standards.

- Child Nutrition Programs are accessible to all children. Students will be encouraged to start each day with a healthy breakfast.
- Meals served through the Child Nutrition Programs will: be appealing and attractive to children of various ages and diverse backgrounds, be served in a clean, safe, and pleasant setting.
- The Child Nutrition Program will pursue partnerships with local/regional farms to facilitate a Farm-to-School program. Meals served within the federally reimbursable meal program will be designed to feature fresh fruits and vegetables from local sources to the greatest extent possible.
- Child Nutrition staff will be engaged in wellness activities and educational opportunities that support healthy eating behavior and food safety.

- Annual training is provided to Child Nutrition Staff on basic nutrition, nutrition education, and nutrition standards for preparing healthy meals.
- Training and support are provided to enable Child Nutrition Staff to become full partners in providing excellent food to our students.
- Safe, unflavored, cool drinking water will be offered at no charge throughout the school day. Only low or non-fat varieties of milk will be allowed. Juice will be 100 percent juice with no added caloric sweeteners.
- 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. Recess before lunch will be encouraged to the greatest extent possible for the purpose of reducing food waste.
- Students are provided only healthy food and beverage options for food beyond the school food services (vending machines, school stores, and food/beverages for snacks and celebrations).

Nutrition Education

The goal of nutrition education is to facilitate the adoption of healthy eating and other health-promoting nutrition-related behaviors. Nutrition education occurs in the classroom as well as in the larger school community.

- Nutrition education begins with the food services personnel. This includes annual on-going training regarding safe food preparation and nutritional standards.
- Nutrition education will be provided in all grades and will be integrated into core curriculum. In the classroom, it is included in the scope and sequence in core subjects, such as math, science, language arts, social sciences, and elective subjects.
- Nutrition education will teach students the knowledge and skills necessary to adopt healthy eating and regular physical activity as part of their lifestyle.
- Nutrition education is coordinated with child nutrition services to reinforce messages on healthy eating. The school cafeteria environment allows students to apply critical thinking skills taught in the classroom.
- Nutrition resources that include learning opportunities which enhance health will be made available for staff.
- Nutrition education is provided to families and the community through communication with parents, educational workshops, homework materials, screening services, and health-related exhibitions and fairs.
- Healthy eating behaviors are promoted through the use of multiple channels including: classroom, cafeteria, and communications with parents.

Nutrition Guidelines and Standards for Foods and Beverages Outside of School Meal Programs (Competitive Foods) from the Institute of Medicine (IOM)

- Students will be provided only healthy food and beverage options in vending machines and school stores. These foods and beverages will meet the following standards:
 - Fruits, vegetables, whole grains, and related combination products (contain a total of >1 serving fruits, vegetables, and/or whole grains), or a nonfat/low-fat dairy.
 - Snack foods offered to high-school students in after-school settings and activities are not required to meet this standard.\
 - Foods low in calories:
 - Snacks are <200 calories per portion as packaged and a la carte entrée item do not exceed calorie limits on comparable National School Lunch Program (NSLP) items
 - Foods low in fat:
 - No more than 35% of total calories from fat.
 - Exceptions to the standard are:
 - ❖ Nuts and seeds: fat content will not count against the total fat content of the product.
 - Less than 10% of total calories from saturated fats
 - Zero trans fat(<0.5g per serving)
 - Foods low in added sugar:
 - Snacks, foods, and beverages provide,35%of calories from total sugars per portion as packaged
 - Exceptions to the standard are:
 - ❖ 100% fruits and fruit juices in all forms without added sugars
 - ❖ 100% vegetables and vegetable juices without added sugars
 - 4-oz portion as packaged for elementary/middle school
 - 8 oz portion for high school
 - ❖ Unflavored nonfat and low-fat milk and yogurt
 - ❖ Flavored nonfat and low-fat milk (<22g of total sugars per 8 oz serving)
 - ❖ Flavored nonfat and low-fat yogurt(,30g of total sugars per 8-oz. serving)
 - Foods low in Sodium:
 - Snacks have <300 mg sodium per portion as packaged or have <480mg per entrée portion as served for a la carte items
 - Caffeine-free foods and beverages:
 - An exception is naturally occurring trace amounts of caffeine
 - Water without flavoring, additives, or carbonation
 - Plain potable water is available at all times for free

***High School after school hours

- The remaining available beverage choices must follow the criteria below:

- Sugar free, made with nonnutritive sweeteners of <5 calories per portion as packaged
- Caffeine-free
- Not vitamin-or nutrient-fortified (includes but not limited to vitamin waters, energy drinks, sports drinks.
- With or without carbonation or flavoring

Physical Education and Physical Activity

General Requirements

The District will ensure that all students (K-12) 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 physical education 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.
- Schools, when schedule allows 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-12) short breaks (three to five minutes) throughout the day to let them stretch, move around, and breakup their time spent sitting. These physical activity breaks may take place during and/or between classroom times.

Physical Education (PE)

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

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

In addition, the following requirements apply to all students (K-8)

- 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

- Teachers will receive training on how to integrate physical activity into the curriculum. Some portion of this training will be incorporated into annual professional development.
- Schools will allow teachers the opportunity to participate in or lead physical activities throughout the school day.
- 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. 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 [cross reference any School Board or District policies] regarding use of school facilities during non-school hours, the District will work with the [local government-city/county/recreation district] 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 racks.
- Encourage parents to supervise groups of children who walk or bike together to and from school.

Other Activities that Promote School Wellness

Healthy and Fit School Advisory Committee (HFSAC)

All Oklahoma public schools must establish a HFSAC comprising at least six individuals who represent different segments of the community, including teachers, parents, school counselors, health care professionals, and business community representative. The HFSAC is responsible for making recommendations and providing advice to the school principal regarding health education, nutrition, and health services, and will meet at least four times a year.

The school principal will give consideration to the HFSAC's recommendations.

Staff Wellness

The District will implement an employee wellness program that promotes the physical, mental, and emotional health of its staff.

The program will include the following:

- Health education
- Voluntary annual health screenings
- Stress management programs
- A breastfeeding policy
- Physical activity opportunities, available before and/or after school
- Nutrition education and weight management programs
- Promotion of the Oklahoma Tobacco Helpline (1-800-QUIT-NOW)
- Oklahoma State Employee Assistance Programs for substance abuse

- Crisis management and prevention training
- 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 National Health Education Standards or the state-approved Priority Academic Student Skills (PASS) requirements.

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.

Include the name(s), position(s), and contact information of the designated official(s) here:

Name	Position	Contact Information (email address is sufficient)

Community Involvement

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 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., mailings, 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

Every two 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.
- The District will inform and update the public about the content and implementation of the local wellness policy (via the District's website, handouts, newsletters sent directly to families' homes, etc.).

School Fundraising Activities

School fundraising activities that include the sale of healthy foods, beverages and non –food items is a public demonstration of the school's commitment to promoting healthy behaviors amount students, families and the communities at large, while helping clubs, groups or organizations meet their financial needs.

- Fundraisers sponsored by the school or that occur on campus during the school day will be supportive of healthy eating
- For fundraising activities outside the school day, clubs, groups and organizations should support children's health and reinforce nutrition lessons. Out district encourages that fundraising activities should include healthy foods and/or physical activity and/or non food items. School fundraising activities that include the sale of healthy foods and non-food is a public demonstration of the school's commitment to promoting healthy behaviors among students, families and the communities at large. While helping clubs, groups or organizations meet their financial needs.

School Gardens

The District allows school gardens and dedicates resources (i.e., land, water, containers, raised beds, Etc) for school gardens and/or has schools actively participate in community gardens. The District supports the incorporation of school or community gardens into the standards Based curriculum as a hands-on, interdisciplinary teaching tool to increase knowledge and influence student food choices and lifelong eating habits. The district will support the sustainability of school gardens through activities that could include: Fundraising, solicitation of community donations, and the use of existing resources.

Staff Wellness

The District highly values the health and well-being of every staff member and support staff members to maintain a healthy lifestyle. District staff will be encouraged to model healthful eating and physical activity habits to demonstrate support of healthy lifestyle habits to the students.

Mental Health and Wellness

Develop resources to address the mental health needs of the district. Mental health needs include;

- Successful implementation and response to the crisis plan
- Strengthening existing resources through a unified and consistent approach to counseling across all school sites.
- Expansion of successful initiatives to provide evidence-based programs and support groups that benefit students, staff and community (which includes programs implemented for all school sites)
- Support and assistance to counselors at all school sites for timely response to student needs and concerns.
- Support and assistance to counselors, teachers and school staff for identification of students that may be at risk of mental health issues.
- Support and assistance to counselors for referrals and follow-up.
- Further development of referral sources for mental health issues.
- Support for staff through health and wellness programs, individual counseling and referral resources.

Access to Facilities for Physical Activity after School Hours

Students, parents, and other community members will have access to, and be encouraged to use, the schools outdoor physical activity facilities outside the normal school day. *(Senate Bill 1882 ensures greater liability protection for schools who choose to open their facilities for recreational use)*

Community/Family Involvement

The district recognizes that parents and guardians have a primary and fundamental role in promoting and protecting their children's health and well-being. The district support parents' efforts to provide a healthy diet and daily physical activity for their children. The district encourages parents to provide

healthy lunches and snacks and to refrain from including beverages and foods that do not meet good nutrition standards for foods and beverages.

Marketing of food and/or beverages

School-based marketing should be consistent with nutrition education and health promotion. School-based marketing of brands promoting predominately low nutrition food and beverages is prohibited. The promotion of healthy foods, including fruits, vegetables, whole grains and low fat dairy products is encouraged.

Monitoring and Evaluation

An assessment of the District’s Wellness Policy will be completed by Sharron Simmons, Child Nutrition Director, to help review policy compliance, assess progress, and determine areas in need of improvement. As part of that review a wellness committee will review nutrition and physical activity policies; provision of the environment that supports healthy eating and physical activity; and nutrition and physical education policies and program elements. The District will seek input from stakeholders; e.g. staff and faculty, parents, and students on the development and seek recommendations based on: new techniques, proven strategies, and guidelines which reflect emerging scientific knowledge relevant to the health of students and staff.

This School Wellness Policy was adopt by the Board of the Colcord School District at the regularly scheduled meeting on the 18th day of August, 2014

SFA OFFICIAL

BOARD CLERK