

POLICY # 1.48
WELLNESS POLICY

I. School Health Council

The school district and/or individual schools within the district 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.

The Eufaula Public Schools Wellness Council Members

Parents
Students
Food Service Director
After-School/PPEP Coordinator
Board of Education Member
Administration

II. Nutritional Quality of Foods and Beverages Sold and Served on Campus

- School Meals: Meals served through the National School Lunch and Breakfast Programs will be appealing and attractive to children
- be served in clean and pleasant settings
- meet, at a minimum, nutrition requirements established by local, state, and federal statutes and regulations
- serve only low-fat or fat-free milk and nutritionally-equivalent non-dairy alternatives;
- ensure that half of the served grains are whole grain

Schools should engage students and teachers, through taste-tests of new entrees and surveys, in selecting foods sold through the school meal programs in order to identify new, healthful, and appealing food choices. In addition, schools should share information about the nutritional content of meals with parents, teachers, and students. Such information could be made available on the district website.

Meal Times and Scheduling:

- will provide students with at least 10 minutes to eat after sitting down to breakfast and 15 minutes after sitting down for lunch
- should schedule meal periods at appropriate times, e.g., lunch should be scheduled between 11 a.m. and 1 p.m
- should not schedule tutoring, club, or organizational meetings or activities during meal times, unless students may eat during such activities

- will provide students access to hand washing or hand sanitizing before they eat meals or snacks

Qualifications of School Food Service Staff:

Qualified personnel will administer the school meal programs. As part of the school district's responsibility to operate a food service program, we will provide continuing professional development for all food service personnel in Eufaula schools. Staff development programs should include appropriate certification and/or in training programs for child nutrition director, school nutrition managers, and cafeteria workers, according to their levels of responsibility.

Foods and Beverages Sold Individually (i.e., foods sold outside of reimbursable school meals, such as through vending machines, cafeteria a la carte (snack) lines, fund raisers, school stores, etc.)

Elementary Schools. The school food service program will approve and provide all food and beverage sales to students in elementary schools. Given young children's limited nutrition skills, food in elementary schools should be sold as balanced meals. If available, foods and beverages sold individually should be limited to low-fat and non-fat milk, fruits, and non-fried vegetables.

Middle/Junior High and High Schools. In middle/junior high and high schools, all foods and beverages sold individually outside the reimbursable school meal programs (including those sold through a la carte (snack) lines vending machines, student stores, or fund raising activities) during the school day, or through programs for students after the school day, will meet the Oklahoma State Department of Education Foods of Minimal Nutritional Value Standards. A copy of the FMNV is attached to this policy.

III. Nutrition and Physical Activity Promotion and Food Marketing

Nutrition Education and Promotion. Eufaula School District aims to teach, encourage, and support healthy eating by students. Schools should provide nutrition education and engage in nutrition promotion that:

- is offered at each grade level as part of a sequential, comprehensive, standards-based program designed to provide students with the knowledge and skills necessary to promote and protect their health
- includes enjoyable, developmentally-appropriate, culturally-relevant, participatory activities, such as contests, promotions, taste testing
- promotes fruits, vegetables, whole grain products, low-fat and fat-free dairy products, healthy food preparation methods, and health-enhancing nutrition practices
- emphasizes caloric balance between food intake and energy expenditure (physical activity/exercise)

- links with school meal programs, other school foods, and nutrition-related community services
- includes training for teachers and other staff
- pizza parties will meet nutritional values

Communications with Parents

The district/school will support parents' efforts to provide a healthy diet and daily physical activity for their children. The district/school will send home nutrition information, post nutrition tips on school websites, and provide nutrient analysis of school menus. The district/school will provide foods that meet the district's snack standards and ideas for healthy celebrations/parties and rewards. Classroom disruptions for parties and celebrations will be limited to three per year: (Halloween, Christmas, and Valentines). In addition, the district/school will provide opportunities for parents to share their healthy food practices with others in the school community.

The district/school will provide information about physical education and other school-based physical activity opportunities before, during, and after the school day; and support parents' efforts to provide their children with opportunities to be physically active outside of school. Such supports will include sharing information about physical activity and physical education through a website, newsletter, or other take-home materials, special events, or physical education homework.

Food Marketing in Schools

School-based marketing will be consistent with nutrition education and health promotion. As such, schools will limit food and beverage marketing to the promotion of foods and beverages that meet the nutrition standards for meals or for foods and beverages sold individually. School-based marketing of brands promoting predominantly low-nutrition foods and beverages will be limited to concession and athletic vending. The promotion of healthy foods, including fruits, vegetables, whole grains, and low-fat dairy products is encouraged.

IV. Physical Activity Opportunities and Physical Education

Daily Physical Education (P.E.) K-12 In grades K-5, including students with disabilities, special health-care needs, and in alternative educational settings, students will receive weekly physical education that will meet or exceed minimum state standards. In grades 6-12 students will have the opportunity to enroll in a physical education class that meets or exceeds the state standard for physical education. Each physical education class will be taught by a certified physical education teacher when at all possible.

Daily Recess All elementary school students will have at least 20 minutes a day of supervised recess, preferably outdoors, during which schools should

encourage moderate to vigorous physical activity through the provision of space and equipment.

Physical Activity Opportunities Before and After School All high schools, and middle schools as appropriate, will offer interscholastic sports programs. Schools will offer a range of activities that meet the needs, interests, and abilities of all students, including boys, girls, students with disabilities, and students with special health-care needs.

After-school child care and enrichment programs will provide and encourage through the provision of space, equipment, and activities daily periods of moderate to vigorous physical activity for all participants.

Physical Activity and Punishment Teachers and other school and community personnel will not use physical activity (e.g., running laps, pushups) as punishment.

Use of School Facilities Outside of School Hours School spaces and facilities should be available to students, staff, and community members by arrangement. These spaces and facilities also should be available to community agencies and organizations offering physical activity and nutrition programs. School policies concerning safety will apply at all times.

V. Monitoring and Policy Review 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 or designee.

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 (or if done at the school level, to the school principal). In addition, the school district will report on the most recent USDA School Meals Initiative (SMI) review findings and any resulting changes.

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

A subsequent review of this policy will occur yearly or upon request of the Eufaula Board of Education.

Wellness Policy: Adopted February 2006