

## WELLNESS POLICY

The Stillwater Public Schools Board of Education is committed to helping students and staff learn, establish, and maintain lifelong wellness patterns. Schools cannot achieve the primary mission of education if students and staff are not healthy and fit physically, mentally, and socially. Schools can improve the health of students and staff not only by educating them about the importance of healthy behaviors, but also by implementing policies that promote those behaviors.

Therefore, the district establishes the following policy to promote the health and wellness of students and staff and to ensure its schools comply with those standards established by federal and state law. Specifically, this policy requires all schools in the district to do the following:

- Use the Whole School, Whole Community, Whole Child (WSCC) framework for improving student learning and the health environment in schools.
- Allow parents, students, representatives of the nutrition services department, 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 school wellness policy.
- Establish nutrition guidelines that meet or exceed the United States Department of Agriculture's (USDA) school meal requirements and the nutrition standards for competitive foods and beverages.
- Create goals for nutrition promotion and education, physical activity and physical education, and other activities that promote student health.
- Adopt a plan to ensure the policy is properly implemented, regularly assessed, and periodically updated.

### NUTRITION

#### School Meal Requirements

The district will make nutritious foods available on campus during the school day to promote student and staff health. At a minimum, the district nutrition services department will serve reimbursable meals that meet the USDA requirements and follow the Dietary Guidelines for Americans (DGA). Nutrition guidelines/standards will follow policy COA-R1 and the Healthy, Hunger-Free Kids Act of 2010.

Specifically, the district will ensure that meals are the following:

- Accessible, appealing, and attractive;
- Served in a clean, pleasant, and supervised setting;
- High in fiber, free of added trans fats, and low in added fats, sugar, and sodium;
- Respectful of cultural diversity (e.g., students will be encouraged to suggest local, cultural, and favorite ethnic foods) and religious preferences;
- Reviewed by a registered dietitian or based on a meal plan provided by a professional resource (such as a State Department of Education, the USDA, the Alliance for a Healthier Generation, or The Lunch Box).

The district will ensure that schools do the following:

- Encourage starting the day with a healthy breakfast; and
- Provide breakfast through the USDA School Breakfast Program.
- **The District will offer breakfast using alternate meal service options such as Breakfast in the Classroom, Second Chance Breakfast, Breakfast After the Bell, and/or Grab & Go Breakfast carts in the hallways**

**Water:** Schools will make clean drinking water available and accessible without restriction and at no charge at every district facility (including cafeteria and eating areas, classrooms, hallways, playgrounds, and faculty lounges) throughout the entire school day. Schools will also ensure the following:

**WELLNESS POLICY (Cont.)**

- Students will be provided free drinking water in places where meals are served.
- Students will be allowed to bring drinking water to school and take water into the classroom, provided that the water is in a clear, capped container.
- All water sources and containers will be maintained on a regular basis to ensure good hygiene standards (including drinking fountains, water jugs, hydration stations, and other methods for delivering drinking water).

**Information and Promotion:** As required under the National School Lunch Program (7 CFR 210) the district will promote activities to involve students and parents in the National School Lunch Program. In addition, the district will do the following:

- Inform families about the availability of breakfasts for students;
- Distribute materials to inform the families of the availability and location of free summer food service program meals for students when school is not in session;
- Post information on the nutritional content and ingredients of school meals on menus in the cafeteria, on the district website, or websites of individual schools, or in school newsletters; and
- Make available applications for reimbursable meal programs to families and make application available on the district website.

**Adequate Time to Eat:** The district recommends students be allowed at least ten (10) minutes to eat breakfast and twenty (20) minutes to eat lunch from the time they are seated.

Competitive Foods and Beverages

All competitive foods and beverages sold to students during the school day must meet or exceed the USDA’s Smart Snacks standards.

Classroom Parties, Snacks, and Celebrations

The district will provide parents, students, and teachers with a list of ideas for healthy food as well as non-food alternatives for classroom parties and celebrations. These foods and beverages, which meet the USDA’s Smart Snacks standards, will be served during classroom parties, snacks, and celebrations. A list of USDA Smart Snacks can be found at [www.stillwaterschools.com/Departments/ChildNutrition](http://www.stillwaterschools.com/Departments/ChildNutrition).

Fundraising

**Fundraising on Campus During the School Day:**

When fundraisers include food sales the following must occur:

- Fundraising activities must comply with policy CFB-R4.
- Fundraising sales may not occur during school meal times.
- Fundraising activities will not promote any particular food brands (e.g., fundraisers by fast food chains).
- The district will encourage fundraisers that do not sell food or that promote physical activity.
- **Only fundraisers that feature non-food items or foods and beverages that meet the Smart Snacks standards will be permitted.**
  - **The District, however, may allow exemptions for up to two (2) fundraisers during the school year, during which the foods and beverages sold are not required to meet the Smart Snack standards. Importantly, T these exempted fundraisers cannot be held during normal meal service times.**

**WELLNESS POLICY (Cont.)**

**After-School Concessions and Fundraisers:** (e.g., during after-school programming, events, clubs, and evening concessions): SPS recommends that food and beverages sold at after-school concessions or as part of fundraisers held outside of school hours meet USDA's Smart Snack standards.

Nutrition Education

Schools will offer, and integrate when appropriate into the core curriculum, nutrition education to all grades (PreK-12), providing students the knowledge and skills necessary for lifelong healthy eating behaviors, including the following:

- What it means to eat healthfully, consume the proper nutrients, and maintain a wholesome and balanced diet;
- How to read labels and understand the problems associated with unhealthy food marketing to children.

In addition, schools will ensure that nutrition education accomplishes the following:

- Complies with state and federal learning objectives and standards; **including those related to Oklahoma Academic Standards for Health and the state's Health Education Act;**
- Provides opportunities for students to practice and apply the skills and knowledge taught in the classroom;
- Is made available to staff;
- Is promoted to families and the community.

Rewards and Punishment

Food, beverages, and candy will not be used to reward or punish academic performance, student behavior, or other achievement.

Nutrition and Health Food Promotion

The district will promote healthy food and beverage choices and appropriate portion sizes by doing the following:

- Exhibiting posters, signs, or other displays on the school campus that promote healthy nutrition choices;
- Providing age-appropriate activities, such as contests, food demonstrations, and taste-testing that promote healthy eating habits;
- Offering information to families (via communications with parents, educational workshops, screening services, and health related exhibitions and fairs) and encouraging them to teach their children about nutrition and healthy eating behaviors;
- Encouraging school staff to display healthy eating habits and physical activity choices to students (e.g., by consuming only healthy snacks, meals, and beverages in front of their students, sharing positive experiences about physical activity with their students, etc.)

Food and Beverage Marketing

**Only foods and beverages that meet the USDA's Smart Snacks standards may be marketed in schools. The marketing of any brand, without reference to a specific product, is prohibited unless every food and beverage product manufactured, sold, or distributed under the corporate brand name meets the Smart Snacks standards.**

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## WELLNESS POLICY (Cont.)

### Staff Qualifications and Training

The district will follow the USDA's Professional Standards for State and Local Nutrition Programs in selecting local school nutrition program directors. The district will require all personnel in the school nutrition programs to complete annual professional development as required by USDA Professional Standards Continuing Education Requirements including basic nutrition, nutrition education, safe food preparation, and nutrition standards for healthy meals.

### Farm-to-School Programs and School Gardens

The district will allow school gardens on district property. The following will also occur:

- The district will dedicate resources (e.g., tools, materials, volunteer hours, etc.) to build school gardens on district property or actively participate in community gardens by dedicating the same resources as would be required for gardens on district property.
- The district will incorporate local or regional products into the school meal program.
- Schools may take field trips to local farms.
- As part of their education, students will learn about agriculture and nutrition.

## PHYSICAL EDUCATION AND PHYSICAL ACTIVITY

### General Requirements

The district will ensure that all students (PreK-12) have the opportunity to participate in a minimum of sixty (60) minutes of physical activity each day, whether through physical education, exercise programs, after-school athletics, fitness breaks, recess, classroom activities, **physical activity throughout the school day**, or wellness and nutrition education.

Physical activity opportunities will be accessible for students of all abilities and include a broad range of competitive and noncompetitive activities that help to develop the skills needed to participate in a lifetime of physical activities. When appropriate, physical activity will be integrated into the academic curriculum.

### Recess and Physical Activity Breaks

Elementary school students (PreK-5) will participate in at least 150 minutes of physical activity and physical education per week throughout the entire school year.

**Recess:** The district will require schools to provide elementary school students (PreK-5) at least twenty (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;
- **Encourages** ~~Recommend~~ PreK-5 schools to hold recess before lunch, in order to increase food consumption, reduce waste, and improve classroom attentiveness when students return from lunch.

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## WELLNESS POLICY (Cont.)

**Physical Activity Breaks:** The district will require schools to provide all students (PreK-12) short breaks (3-5 minutes) throughout the day to let them stretch, move arounds, and break up their time spent sitting. These physical activity breaks may take place during or between classroom times. **The district will provide equal opportunities for children and youth with disabilities to be physically active.**

**Physically Active Classrooms:** Provide support for teachers and other staff to incorporate classroom-based physical activities, such as classroom energizers, into academic lessons or as a break.

After-school programming will do the following:

- Dedicate at least 20%, or at least 30 minutes (whichever is more), of program time to physical activity, which includes a mixture of moderate to vigorous physical activity.
- Utilize outdoor space for physical activity as much as possible each day (weather permitting and with appropriate protection from the elements).
- Provide equal opportunities for children and youth with disabilities to be physically active.
- Encourage staff to join children and youth in physical activity whenever possible.
- Limit screen time to less than 60 minutes per day to be used only for homework and other educational or physical activity purposes.

### Physical Education (PE)

The district will require all schools to establish a comprehensive, standards-based PE curriculum for each grade (PreK-12). Schools will ensure that PE classes and equipment will afford all students an equal opportunity to participate in PE. **This curriculum will be updated to support and prioritize new State and Federal learning standards that become available.**

In addition, the following requirements apply to all students (PreK-12):

- 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% of the PE class time.
- Only medical waivers/exemptions from participation in physical education will be allowed.

### Teacher Qualifications, Training, and Involvement

Teachers will receive training on how to integrate physical activity into the curriculum. Some portions 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 should be taught by teachers who have met state requirements 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.

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## WELLNESS POLICY (Cont.)

### 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 procedure, *Guidelines for Use of School Facilities*, regarding use of school facilities during non-school hours, the district will work with the City of Stillwater 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; **this includes local coordination to create designated drop off locations and procedures that promote physical activity and safety**
- 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.

### District Wellness Goals

1. The district will inform families about the availability of breakfast for students.
2. The district will distribute materials to inform families of the availability and location of free summer food service program meals for students when school is not in session.
3. The district will recommend students be allowed at least ten (10) minutes to eat breakfast and twenty (20) minutes to eat lunch from the time they are seated.
4. The district will ensure that all students (PreK-12) have the opportunity to participate in a minimum of sixty (60) minutes of physical activity each day.
5. The district will require schools to provide elementary students (PreK-5) at least twenty (20) minutes of recess each day.
6. The district will require schools to provide all students (PreK-12) short breaks (3-5 minutes) throughout the day to let them stretch, move around, and break up their time spent sitting.

## OTHER ACTIVITIES THAT PROMOTE SCHOOL WELLNESS

### Healthy and Fit School Advisory Committee (HFSAC)

Each school site shall establish a Healthy and Fit School Advisory Committee to be composed of at least six members. The advisory committee may be composed of teachers, administrators, parents of students, health care professionals and business community representatives.

The Healthy and Fit School Advisory Committee may be combined with the Safe School Committee as determined by the site principal.

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## WELLNESS POLICY (Cont.)

### District Wellness Committee

An assessment of the district's wellness policy will be completed ~~biannually~~ **once every three years** to help review policy compliance, assess progress, and determine areas of improvement. As part of that review, the district wellness committee, which includes teachers, administrators, students, parents, nutrition services personnel, and community members (such as medical professionals), will review nutrition and physical activity policies; review nutrition and physical education policies and program elements; and review environmental provisions that support healthy eating and physical activity. The School Physical Activity and Nutrition Policy and Environmental Assessment (PEA) will be a tool to assess the level of implementation of the policy and program elements. Results from this tool, as well as input from stakeholders, will be utilized to plan for future improvements. Results and information about the wellness policy and its implementation will be shared with the public.

### Staff Wellness

The district recognizes that employee health is essential to student health and creating healthy school environments. Accordingly, the district will implement an employee wellness program that promotes healthy eating, physical activity, and overall health. The district may partner with community agencies and organizations (e.g., local health departments, hospitals, health insurance companies, and local chapters of national organizations, such as the American Cancer Society, American Heart Association, Red Cross, and YMCA) to assist in providing education, services, and resources for staff. The district will do the following to support staff wellness:

### Nutrition

- Encourage foods and beverages that meet Smart Snacks standards at all staff meetings, trainings, special occasions (e.g., birthdays and retirement parties), and other workplace gatherings.
- Provide employees with access to a refrigerator, microwave, and sink with a water faucet.
- Partner with community organizations or agencies to offer staff accessible and free or low-cost healthy eating/weight management programs.
- **When possible, serve foods and beverages that meet Smart Snacks standards at staff meetings, trainings, special occasions (e.g., birthdays and retirement parties), and other workplace gatherings**

### Physical Activity

- Promote walking meetings.
- Encourage 10-minute physical activity breaks into every hour of sedentary meetings, trainings, and other workplace gatherings.
- Promote employee participation in physical activity by creating exercise clubs or groups and/or sponsoring employee sports teams.
- Use posters, pamphlets, and other forms of communication to promote physical activity (including stairwell use, if applicable).
- District Wellness Committee will provide information about local physical activity resources and facilities, such as walking trails, community parks, and recreation facilities.
- **Use posters, pamphlets, and other forms of communication to promote physical activity.**
- **Promoting stairwell use, if applicable, throughout the workday by making stairs appealing and posting motivational signs.**
- **Provide information about local physical activity resources and facilities, such as walking trails, community parks, and recreation facilities.**

## WELLNESS POLICY (Cont.)

### General Wellness

- Partner with community organizations or agencies to offer voluntary health screenings annually to staff, including free or low-cost health assessments.
- District Wellness Committee will provide information about stress management programs annually to staff.
- Promote tobacco prevention and provide referral information on cessation services through the Oklahoma Tobacco Helpline (1-800-QUIT-NOW).
- Provide access to a private space (other than a restroom) that has an electrical outlet, and provide flexible paid or unpaid break times to allow mothers to express breast milk or breastfeed.
- Partner with community organizations or agencies to offer immunization clinics (e.g., flu, Tdap, etc.) to staff.
- Provide or partner with community organizations or agencies to offer free or low-cost first-aid and CPR training.
- Partner with community organizations or agencies to provide information about stress management and other wellness programs to staff.
- Employee Assistance Program (EAP) information is available in the employee handbook.

### Professional Development

The district will provide staff with educational resources and annual training in health and health related training.

### Health Education

~~Where applicable, health education curricula will follow the National Health Education Standards or the state-approved academic standards.~~ **Where applicable, schools' health education curriculums will follow the Oklahoma Academic Standards and new health education and literacy laws and guidance.**

**Where applicable, multi-component, school-based health promotion interventions will be delivered, including: educational, behavioral, environmental, and other obesity prevention efforts (e.g., education classes, enhanced physical education, healthy food promotion, family outreach, etc.)**

## 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 site'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.

The designated officials are the ~~secondary school nurse, elementary school nurse,~~ **District Wellness Coordinator** and Nutrition Services Director.

### Community Involvement

The district will permit 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 communication (e.g., email, district website, etc.), non-electronic means (e.g., mailing, presentations, etc.), or both;
- Ensure that all outreach and communication is culturally appropriate and translated as needed;

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- 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 (2) years, the district will evaluate the extent to which schools are in compliance with the local wellness policy as well as progress made in attaining the policies 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 school 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 family homes, etc.).

**REFERENCE:** 70 O.S. §1-107  
70 O.S. §24-100.5  
7 CFR, Parts 210 and 220  
204 Healthy, Hunger-Free Kids Act of 2010  
Centers for Disease Control Whole School, Whole Community, Whole Child Model

