

DISTRICT WELLNESS POLICY

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 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.

All State and Federal regulations/guidelines will be followed. Therefore, in accordance with these regulations, the Vinita Board of Education adopts this policy with the following commitments to nutrition education and promotion, to physical activity, and to other school based activities that support student and staff wellness. This policy applies to all school sites in the District and will be administered by the Superintendent or designee and each site principal to ensure compliance with this policy.

A committee has been established with representatives from the School Food Authority/Child Nutrition Program, Administration, School Board, Parents, Students, Physical Education Teachers, School Health Professionals, and the Community. The committee will meet at least twice per school year, and make recommendations to the Superintendent or designee regarding this policy.

The District will compile and publish on the District Webpage an annual report to share basic information about the policy and report on the progress of the schools within the district in meeting wellness goals. This information will be obtained through assessments performed throughout the school year by various district employees.

Nutrition Education and Promotion

- Students in grades Pre-K through 12 will receive interactive nutrition education that teaches them the skills they need to adopt healthy eating behaviors.
- Nutrition education will be integrated into the coordinated school health and physical education programs, and the core curriculum, including math, science and language arts.
- Students shall receive consistent nutrition messages throughout the school, in the classrooms, cafeterias, and at various school events.
- Staff providing nutrition education will have appropriate training.
- School staff will work with local county extension educators, and other community resources to incorporate nutrition education activities in school.
- School staff will promote healthful eating and healthy lifestyles to students, parents, and fellow staff members.
- Various Nutrition Education materials and curriculum (e.g. The Power of Choice, MyPyramid, Oklahoma Ag in the Classroom, USDA Team Nutrition, etc.) will be evaluated and implemented as determined appropriate.
- A qualified health professional will be consulted as needed for special diets, Individualized Health Plans (IHP), and Individualized Education Plans (IEP).
- 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).

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Physical Activity

- Students will be encouraged to participate in physical activity outside of the school day and in voluntary before and after school physical activity programs, and in interscholastic athletics. With possible implementation of a walk or bike to school initiative.
- Students will not be denied participation in recess as a form of discipline.
- Recess will not be cancelled for instructional make-up time.
- Staff will serve as physical activity role models for students by discussing the importance of, and supporting and promoting physical activity in school and outside of the school day.
- School sites will provide adequate equipment (e.g., balls, rackets, and other manipulative equipment, track) for students to be active.
- Students will be encouraged to participate in an annual health-related fitness and activity assessments (e.g. Presidential Youth Fitness Program, etc.)
- All elementary schools will make every attempt to have Physical Education, recess, or other physical activity before lunch.
- 150 minutes of PE/physical activity per week. 20 minutes of daily recess.
- During Physical Education class students are moderately to vigorously active more than 50% of the time. Integration of physical activity into the curriculum, through classroom movement, breaks and other activities that promote movement. Only medical waivers/exemptions from participation in physical education will be allowed.

All Foods Available on Campus

Nutrient standards for all foods sold in school provided by the Oklahoma State Department of Education Compliance Section of the current school year Child Nutrition Manual are attached. To determine if foods/beverages meet the required standards each site and organization within that site will maintain current year product nutrition information and the printout provided by the Product Calculator for the Smart Snacks in School/Competitive Foods available on the district website.

- High energy drinks with elevated levels of caffeine will not be available for sale anywhere on any school campus. Only the high school may sell beverages containing caffeine and shall not exceed 75 mg per single serving and shall be limited to the sale of one serving per student per day.

Other School-Based Activities

- Fundraising: The sale of candy and other food items as fundraisers will be limited. Organizations may refer to the State Department of Education's website (ok.gov/sde/sites/ok.gov.sde/files/CN-FundraisingIdeas.pdf) for alternative things to do and sell.

- Fundraisers that occur on campus during the school day will be supportive of healthy eating and follow Smart Snack Guidelines. For fundraising activities outside the school day (other than concessions) Clubs, Groups and Organizations should support children's health and reinforce nutrition lessons and District should encourage fundraising activities that include healthy foods and/or physical activity and/or non-food items.
- Classroom Snacks: Food provided by individuals for classroom snacks shall be pre-packaged and handled following safe food handling guidelines.
- Holiday Classroom Parties: Food provided by individuals for holiday parties should promote healthy eating habits. Holiday party foods will not be limited to the Smart

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- Snacks in School rule, however food should be pre-packaged and handled following safe food handling guidelines.
- Candy, soda, and other FMNV (Foods of Minimal Nutritional Value) will not be used as rewards.
 - Students will be involved in planning for a healthy school environment. Students will be asked for input and feedback through the use of student surveys, student committees, and school clubs.
 - Exclusive pouring-rights contracts with soft drink companies will not be allowed.
 - The existing pouring-rights contract will be monitored to assure the continued allowance of the sale of nutritious beverages.
 - Students will have access to physical activity facilities outside of school hours.
 - The District will incorporate the Whole School, Whole Community, Whole Child (WSCC) model as a framework for improving students learning and health in school. This model combines and builds on elements of the traditional Coordinated School Health approach from the Centers for Disease Control and Prevention and the Whole Child framework by the ASCD.
<http://www.ascd.org/programs/learning-and-health/wsc-model.aspx>
Districts will encourage schools to complete the School Health Index (SHI)

Adoption Date: June 12, 2006

Revision Date(s): June 14, 2008; October 10, 2011; July 2017