

**Okeene Public School
Wellness Policy
Updated 2/11/2016**

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 students' overall health as well as their behavior and academic achievement in school. Staff wellness is also an integral part of a healthy school environment since school staff can be daily role models for healthy behaviors.

GOAL:

All students in Okeene 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 Okeene School District is encouraged to model healthful eating and physical activity as a valuable part of daily life.

To meet this goal, the Okeene 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.

I. Child Nutrition Program

- a. Okeene School District Child Nutrition Program is committed to offering school meals that meet or exceed the USDA nutrition standards.
<https://www.fns.usda.gov/school-meals/nutrition-standards-school-meals>
- b. Healthy food preparation techniques will be implemented.
- c. Fruit and/or vegetables will be offered daily at all points of service. Fruits and vegetables should be fresh whenever possible. Frozen and canned fruits should be packed in natural juice, light syrup, or water.
- d. District participates in the Farm to School Program and/or the District purchases locally grown foods for use in the School Nutrition Program whenever possible.

- e. Schools serving chips will use reduced-fat or baked varieties.
- f. The most nutritious food items offered will be placed on the serving line(s) first to encourage students to make healthier selections.
- g. Drinking water will be offered at no charge at all points of service. Only low or non-fat milk varieties will be allowed. Juice will be 100% with no added sweetener.
- h. Students will be provided with a clean, safe, enjoyable meal environment.
- i. Students will be provided with an adequate amount of time to eat; a minimum of 15 minutes for breakfast and 20 minutes for lunch.
- j. Annual training will be provided to Child Nutrition staff on basic nutrition, nutrition education, and nutrition standards for preparing healthy meals.

II. NUTRITIONAL EDUCATION

- a. My Plate, Fuel Up to Play 60, Alliance for a Healthier Generation, Oklahoma States Department of Health (OSHD), and Centers for Disease Control (CDC) nutrition education resources will be used in the cafeteria and classrooms.
- b. The Fifth grade students and Eighth Grade students will participate in an annual County Wellness Days.
- c. Students will receive consistent nutritional messages throughout the district in classrooms and cafeterias as well as at school events.
- d. School staff will work with local county extension educators and county health department staff to incorporate nutritional education activities in school.
- e. Nutrition resources that include learning opportunities which enhance health will be made available to staff.
- f. School staff will promote healthful eating and healthy lifestyles to students and parents.
- g. Nutrition education will be provided to families and the community through communication with parents, homework materials, and screening services.
- h. School staff will encourage parents to provide healthy lunches and refrain from including beverages and foods that do not meet good nutrition standards.
- i. Healthy eating behaviors will be promoted through multiple channels: classroom, cafeteria, and communication with parents.

III. PHYSICAL ACTIVITY

- a. In grades kindergarten through five, all students participate in at least 150 minutes of physical education/physical activity per week. At least 75% of that time, students will be engaged in moderate to vigorous physical activity.
- b. Only medical waivers/exemptions from participation in PE will be accepted.

- c. All schools will provide necessary equipment for every student to be active. All equipment and facilities will meet necessary safety standards and ADA requirements.
- d. Twenty minutes of daily recess will be provided for grades kindergarten through five.
- e. Teachers and other school personnel are encouraged to use physical activity opportunities as rewards such as extra recess. Staff will incorporate physical activity into the classroom lessons. Staff will be trained annually on resources for integrating physical activity into the classroom. Staff may use FUTP60, JAM school program, CATCH (Coordinated Approach to Child Health) curriculum, & Yoga DVDs as a guideline for incorporating motor movement breaks.
- f. Physical activity opportunities will not be withheld as a punishment (e.g., recess, physical education) or used as punishment (e.g., running laps, push-ups) during the school day (does not pertain to athletic program).
- g. In grades six through 12, athletics or physical education will be offered to all students for at least 50 minutes per day.
- h. The middle school and high school will offer competitive, interscholastic sports.
- i. Schools will encourage children and their families to walk or bike to school.
- j. The district will work with local officials to designate the safest routes to school.
- k. Parents will be encouraged to participate in the annual Walk-to-School Day, bike riding, skating, and jump rope through various PE activities.
- l. The elementary school will provide bike racks to encourage students to ride their bikes to school. Schools will engage students and parents in learning safe walking and biking routes.
- m. Physical opportunities are accessible for students of all abilities to a broad range of competitive and noncompetitive physical activities that help to develop the skills needed to participate in lifetime physical activities.
- n. 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.

IV. SCHOOL-BASED ACTIVITIES

- a. Students will be provided only healthy food and beverage options for food beyond the school food services during school hours including snacks and classroom parties and celebrations (two parties per school year may be exempt if healthy options are also available and all other parties or celebrations include only healthy food options). Okeene Public School will no longer be having classroom birthday celebrations that offer food or drinks.

- b. No school in the district will use food, candy, or beverages as reward or punishment for academic performance or behavior.
- c. Extra-curricular activities will offer nutritional items at concessions stands.
- d. Fundraisers that occur on campus during the school day will be supportive of healthy eating and will follow the Smart Snacks guidelines. For fundraising activities outside the school day (other than concessions) Clubs, Groups and Organizations should support children's health and reinforce nutrition lessons. District should encourage fundraising activities that include healthy foods and/or physical activity and/or non-food items. District will not allow foods of minimal nutritional value to be sold as a fundraiser.
- e. District allows school gardens/greenhouse and dedicates resources (land, water, containers, raised beds, ect.) for school gardens/greenhouse.

V. COMPETITIVE FOODS AND BEVERAGES

- a. The District is committed to ensuring that all foods and beverages available to students on the school campus during the school day support healthy eating. The foods and beverages sold and served outside the school meal program (i.e., "competitive" foods and beverages) will meet the USDA Smart Snacks in School nutrition standards, at a minimum. Smart Snacks aim to improve student health and well-being, increase consumption of healthful foods during the school day, and create an environment that reinforces the development of healthy eating habits. A summary of the standards and information are available at <http://www.fns.usda.gov/healthierschoolday/tools-schools-smart-snacks>.

VI. COORDINATED SCHOOL HEALTH

- a. The district adopts the Coordinated School Health Program model 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.
- b. 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.

VII. HEALTH EDUCATION

- a. The District will implement Health Education Curriculum for all grade levels that follow The Oklahoma Academic Standards for Health/Physical Education.

VIII. **MONITORING AND EVALUATION**

- a. At least once every three years, the district will evaluate compliance with the wellness policy to assess the implementation of the policy and include:
 - i. The extent to which schools under the jurisdiction of the District are in compliance with the wellness policy.
 - ii. The extent to which the District's wellness policy compares to the Alliance for a Healthier Generation's model wellness policy.
 - iii. A description of the progress made in attaining the goals of the District's wellness policy.
- b. At least two students will serve as student body representatives on the Safe and Healthy Schools Committee/Wellness Committee.
- c. The wellness committee membership will represent all school levels (elementary and secondary schools) and include (to the extent possible), but not be limited to: parents and caregivers; students; representatives of the school nutrition program (ex., school nutrition director); physical education teachers; health education teachers; school health professionals (ex., health education teachers, school health services staff [i.e., nurses, physicians, dentists, health educators, and other allied health personnel who provide school health services], and mental health and social services staff [i.e., school counselors, psychologists, social workers, or psychiatrists]); school administrators (ex., superintendent, principal, vice principal), school board members; health professionals (ex., dietitians, doctors, nurses, dentists); and the general public. To the extent possible, the wellness committee will include representatives from each school building and reflect the diversity of the community.

Approval on 2/11/16 at the Regular School Board Meeting

Ron Pittman

Okeene School District

24/7 Tobacco-free Campus Policy

Section I: Introduction and Definitions

- a) Okeene School District understands the concern of parents, educators, students and community members regarding the adverse effects of tobacco and second hand smoke. We want to provide a safe and healthy environment for our students, staff, and community and set a proper example for our students.
- b) This policy is intended to improve the health and safety of all individuals using the schools.
- c) Tobacco: Is defined as a product that contains or is derived from tobacco and is intended for human consumption excluding drugs or devices approved for cessation by the United States Food and Drug Administration. This includes e-cigarettes and vapor products with or without nicotine.
- d) 24/7 Tobacco-free campus: Is defined as a campus where use is prohibited anywhere, at any time, and by any person. This extends to school-sponsored vehicles and events.

Section II: 24/7 Prohibition of Tobacco

- a) Tobacco use is prohibited anywhere of school property, 24 hours a day, seven days a week, by any person. This policy extends to school vehicles and school-sponsored events, including those held off-campus.
- b) This regulation applies to employees of the school district, students, and visitors. This regulation also applies to all public school functions (sporting events, concerts, etc.) and any outside agency using the district's facilities, including stadiums. This regulation is in effect 24 hours per day, seven days per week.
- c) The district will not accept donations of gifts, money, or materials from the tobacco industry. This district will not participate in any type of services that are funded by the tobacco industry.

Section III: Enforcement

- a) The success of this regulation will depend upon the thoughtfulness, consideration and cooperation of tobacco users and non-tobacco users. All individuals on school premises share in the responsibility of adhering to the enforcing of this regulation. All students will receive instruction on avoiding tobacco use. Ultimately, each site administrator will take appropriate steps to enforce the regulation.
- b) Students found in violation of the policy will have their parents contacted for a first violation. Second offense could include disciplinary action. Information about the

Oklahoma Tobacco Helpline will be provided to students in violation of this policy in order to provide a resource for tobacco cessation.

- c) Employees who violate the regulations shall be subject to disciplinary actions in accordance with the district's policy. Information about the Oklahoma Tobacco Helpline will be provided to staff members in violation of the policy in order to provide a resource for tobacco cessation.
- d) Visitors who violate the policy shall be subject to verbal request to the individual to stop. If the person refuses to stop, the individual will be requested to leave. If the person refuses to leave, they will be referred to local authorities.

Section IV: Policy Effective Date

- a) This 24/7 Tobacco-free Campus Policy is effective as of (month, day, year), and applies to all covered entities on or after that date.

Approved by Okeene School District at regular School Board meeting:

Name & Title Bennet Peters

Date: 2-11-16