

BETHANY PUBLIC SCHOOLS: DISTRICT POLICY

WELLNESS POLICY

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 role in helping 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 also is a part of a healthy school environment since school staff can be daily role models for healthy behaviors.

Goal:

Students in Bethany School District shall be exposed to information and skills training helpful in making nutritious food choices and enjoyable physical activity choices for a lifetime. Staff members in Bethany School district are encouraged to model healthful eating and physical activity as a valuable part of daily life.

To meet this goal, the Bethany 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.

NUTRITION GUIDELINES/STANDARDS

School Meals

Per USDA Regulations §210.10 and §220.8, school lunches and breakfasts will meet menu-planning system guidelines as required by USDA.

Per USDA Regulation §210.10, school lunches will provide 1/3 of the recommended dietary allowances (RDA) for calories, protein, calcium, iron, vitamin A, and vitamin C as required by USDA.

Per USDA Regulation §220.8, school breakfasts will provide $\frac{1}{4}$ of the RDS for calories, protein, calcium, iron, vitamin A, and vitamin C as required by USDA.

Per USDA Regulations §210.10 and §220.8, the total calories from fat in school meals will be limited to 30 percent when averaged over one week.

Per USDA Regulations §210.10 and §220.8, the total calories from saturated fat in school meals will be less than 10 percent when averaged over one week.

Per USDA Regulations §210.0 and §220.8, school meals will meet the Dietary Guidelines for Americans.

Healthy food preparation techniques will be implemented.

Deep-fat fried potato products served as part of a reimbursable meal or as an a la carte item will not exceed three ounces per serving, may not be offered more than twice a week.

Fruits 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, water, or light syrup whenever possible.

Schools serving chips must offer reduced-fat or baked varieties as an option.

The most nutritious food items offered will be placed on the serving line(s) first to encourage students to make healthier selections, where possible.

Students will be offered a variety of skim and low-fat milk, meat and beans, fruits and vegetables, and whole grains on a daily basis.

A nutrient analysis of school meals offered to students will be made available upon request.

School staff will support and encourage student participation in the USDA school meals programs.

Other Food Items Sold on School Campuses

Per USDA Regulation §210, Appendix B, foods of minimal nutritional value (FMNV) are prohibited from being sold or served during student meal services in the food service area where USDA reimbursable meals are served or eaten.

Per the Child Nutrition and WIC Reauthorization Act of 2004, beverage contracts will not restrict the sale of fluid milk products at any time during the school day or at any place on the school premises.

Per Oklahoma Senate Bill 265 (effective school year 2007-2008), students in elementary schools will not have access to FMNV except on special occasions.

Per Oklahoma Senate Bill 265 (effective school year 2007-2008), diet soda, a FMNV, will be available for sale at the junior high only in vending areas outside of the cafeteria.

Per Oklahoma Senate Bill 265 (effective school year 2007-2008), healthy food options will be provided at the high school and priced lower than FMNV in order to encourage students and staff to make healthier food choices.

Per Oklahoma Senate Bill 2265 (effective school year 2007-2008), students in middle and junior high schools will not have access to FMNV except after school, at events which take place in the evening, and on special occasions.

Nutrient-rich food items will be available for sale at all places where food and beverages are sold on school campuses. This includes the cafeteria, vending machines, school stores, and concession stands. The district will follow the recommended food items specified in "Healthy Snack Choices" provided by the OSDE.

High-energy drinks with elevated levels of caffeine will not be available for sale anywhere on school campus.

NUTRITION EDUCATION

Per USDA Regulations §210.12 and §227, nutrition education is offered in the school cafeteria as well as the classroom.

Per Oklahoma Senate Bill 1627, the Healthy and Fit School Advisory Committee at each school site will study and make recommendations regarding health education, nutrition, and health services.

My Pyramid nutrition education resources will be available in the cafeteria and classroom.

Adopted by Bethany Board of Education May 1, 2006

Nutrition education is integrated into the core curriculum, including math, science, and language arts when appropriate.

Family/parent nutrition education web opportunities will be provided on the school web site with Sodexo links and brochures.

School staff will promote healthful eating and healthy lifestyles to students and parents.

PHYSICAL ACTIVITY

Per Oklahoma Senate Bill 1627, the Healthy and Fit School Advisory Committee at each school site will study and make recommendations regarding physical education and physical activity.

Per Oklahoma Senate Bill 312 (effective school year 2006-2007), students in Grades K through 5 will participate in 60 minutes of physical activity each week, which can include recess.

Students will be encouraged to participate in an annual health-related fitness test (e.g., Fitness Gram, President's Challenge to Physical Fitness, etc.).

School sites will establish or enhance physical activity opportunities for students, staff, and parents (fitness challenges, family fitness nights, fun walks and runs, bike events).

Elementary school sites will provide 20 minutes of daily recess that promotes physical activity beyond what is provided through physical education classes.

Active transportation to and from school will be encouraged by assessing safest routes for students to walk or bike to school and by installing bike racks at school buildings.

Students will be encouraged to participate in voluntary before- and after-school physical activity programs such as intramurals, clubs, and, at the secondary level, interscholastic athletics.

Students and school staff will collaborate with local recreational departments and youth fitness programs to promote participation in lifelong physical activities.

Staff will be encouraged to serve as physical activity role models for students.

All playgrounds will meet the recommended safety standards for design, installation, and maintenance.

School sites will provide adequate equipment (e.g., balls, rackets, and other manipulatives) for every student to be active.

SCHOOL-BASED ACTIVITIES

Per Oklahoma Senate Bill 1627, each school site will establish a Healthy and Fit School Advisory Committee that meets and makes recommendations to the school principal. The school principal shall give consideration to recommendations made by the Healthy and Fit School Advisory Committee.

Per the school district's Child Nutrition Programs Agreement, school meals may not be used as a reward or punishment.

Per USDA Regulations §210.12 and 227, students and parents will be involved in the NSLP. Parent and student involvement will include menu-planning suggestions, cafeteria enhancement, program promotion, and other related student-community support activities.

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.

Classroom parties will be encouraged to be supportive of healthy eating.

Elementary schools will be encouraged to participate in the "Healthier US School Challenge."

Students will be involved in planning for a healthy school environment. Students will be asked for input and/or feedback through a variety of avenues such as student surveys, student committees, and school clubs.