

# PERRY PUBLIC SCHOOLS SCHOOL 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 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 also is an integral part of a healthy school environment since school staff can be daily role models for healthy behaviors.

## Overall Goal:

All students in the **Perry Public 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 the **Perry Public School District** are encouraged to model healthful eating and physical activity as a valuable part of daily life.

To meet this goal, the **Perry Public 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.

Board Approved: \_\_\_\_\_

\_\_\_\_\_  
Signature of Board

\_\_\_\_\_  
Date

### **Nutrition Guidelines/Standards—School Meals—*Minimum Policy Statements:***

- Per USDA Regulations § 210.10 and § 220.8, school lunches and breakfasts will meet menu-planning system guidelines as required by USDA.
- Per USDA Regulations § 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 ¼ of the RDA 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 limited to 10 percent when averaged over one week.
- Per USDA Regulations § 210.10 and § 220.8, school meals will meet the Dietary Guidelines for Americans.

### **Nutrition Guidelines/Standards—School Meals—*Optional Policy Statements:***

- Qualifying after-school programs will participate in USDA's After-School Program
- Qualifying school sites will participate in USDA's Summer Food Service Program.
- In addition to following USDA menu-planning system guidelines, school lunch menus will be planned according to the silver or gold criteria specified in the *HealthierUS School Challenge*.
- Healthy food preparation techniques will be implemented. Food items will not be fried.
- Deep-fat fried potato products served as part of a reimbursable meal or as an à la carte item will not exceed three ounces per serving, may not be offered more than once a week, and students may only purchase one serving at a time.
- 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.
- Schools serving chips must use reduced-fat or baked varieties, rather than the traditional varieties, whenever possible.
- Beverages such as tea, lemonade, and fruit drinks containing less than 50 percent fruit juice will not be offered to students.
- The most nutritious food items offered will be placed on the serving line(s) first to encourage students to make healthier selections.
- Students will be offered a variety of skim and lowfat 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 participate in the USDA school meals programs.
- School sites will be encouraged to participate in Farm-to-School by purchasing fresh fruits and vegetables from local farmers when available.

### **Nutrition Guidelines/Standards Other Food Items Sold—*Minimum Policy Statements:***

- Per USDA Regulations § 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 Title 70 O.S. § 5-147 effective July 1, 2007, students in elementary schools will not have access to FMNV except on special occasions.
- Per Title 70 O.S. § 5-147 effective July 1, 2007, 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.
- Per Title 70 O.S. § 5-147 effective July 1, 2007, diet soda, an FMNV, will be available for sale at the junior high only in vending areas outside of the cafeteria.
- Per Title 70 O.S. § 5-147 effective July 1, 2007, 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.

### **Nutrition Guidelines/Standards—School Meals—*Optional Policy Statements:***

- Fried food items will not be available for sale as á la carte food items.
- 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 *Health Snack Choices* provided by the OSDE.
- Snack food items available for sale will contain less than 30 percent or 7 grams of fat per single serving as stated on the Nutrition Facts label (exception: nut and seed mixes).
- Snack food items available for sale will contain less than 10 percent or 2 grams of saturated fat per single serving as stated on the Nutrition Facts label.
- Snack food items available for sale will contain no more than 35 percent sugar by weight or 15 grams per single serving as stated on the Nutrition Facts label (exceptions are fresh and dried fruits).
- Snack food items available for sale will contain less than 480 milligrams of sodium per single serving as stated on the Nutrition Facts label.
- High energy drinks with elevated levels of caffeine will not be available for sale anywhere on school campus.

### **Nutrition Education—*Minimum Policy Statements:***

- Per USDA Regulations § 210.12 and § 227, nutrition education is offered in the school cafeteria as well as the classroom.
- Per Title 70 O.S. § 24-100a, the Healthy and Fit School Advisory Committee at each school site will study and make recommendations regarding health education, nutrition, and health services.

### **Nutrition Education—*Optional Policy Statements:***

- MyPyramid nutrition education resources will be used in the cafeteria and classroom.
- The Oklahoma Ag in the Classroom curriculum will be implemented in Grades PK-6.
- Nutrition education is integrated into the core curriculum, including math, science, and language arts.
- All schools will apply with USDA to participate as a Team Nutrition school. Each school will conduct nutrition education activities and promotions that involve students, parents, and the community [www.teamnutrition.usda.gov](http://www.teamnutrition.usda.gov).
- Students, parents, and the school staff will participate in an annual school health fair.
- Family/parent nutrition education opportunities will be provided.
- Advertising and other materials that promote FMNV will be eliminated on all school campuses.
- Students will receive consistent nutritional messages throughout the school, classroom, cafeteria, and school events.
- *The Power of Choice* nutrition education curriculum will be implemented in the after-school program.
- Age appropriate USDA Team Nutrition resources will be utilized to teach nutrition education to students.
- School staff will work with local county extension educators to incorporate nutrition education activities in school.
- School staff will promote healthful eating and healthy lifestyles to students and parents.

### **Physical Activity—*Minimum Policy Statements:***

- Per Title 70 O.S. § 24-100a, the Healthy and Fit School Advisory Committee at each school site will study and make recommendations regarding physical education and physical activity.
- Per Title 70 O.S. § 11-103-9, students in Grades K through 5 will participate in 60 minutes of physical activity each week.

### **Physical Activity—*Optional Policy Statements:***

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

- Students will not be denied participation in recess or other physical activity as a form of discipline.
- Recess or other physical activity time will not be canceled for instructional make-up time.
- Staff will 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—*Minimum Policy Statements:***

- Per Title 70 O.S. § 24-100a, 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.

**School-Based Activities—*Optional Policy Statements:***

- Students will be provided with a clean, safe, and 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 for breakfast and 20 minutes at lunch (after students receive their trays).
- Recess before lunch will be implemented at all elementary schools in order to increase food consumption and nutrient intake, decrease plate waste, and improve cafeteria and classroom behavior.
- The sale of candy as a fundraiser will be prohibited.
- All fundraising efforts and classroom parties will be supportive of healthy eating.
- Classroom teachers and administrators will not use candy or sweets as a reward.
- Elementary schools will be encouraged to participate in the ***HealthierUS School Challenge***.
- 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.