



SECTION IV: STUDENTS

POLICY 4440

WELLNESS POLICY

Local education agencies participating in a program authorized by the Richard B. Russell National School Lunch Act (42 U.S.C.1751et seq) or the Child Nutrition Act of 1966 (42 U.S.C. 1771et seq) shall establish a local school wellness policy. The wellness policy has been established to support academics, job performance, and good health of students and staff.

Broken Arrow Public Schools is committed to providing a school environment that encourages nutritious eating habits and appropriate physical activity as a means of promoting academic success and encouraging lifelong health. The district will make information about its wellness initiative widely known to the community.

Healthy and Fit School Advisory Committees

Oklahoma Senate Bill 1627, the Healthy and Fit Kids Act of 2004, requires each public school site in Oklahoma to establish a Healthy and Fit School Advisory Committee (HFSAC). In Broken Arrow Public Schools this is accomplished through the Healthy and Safe Schools Committees (HSSC). The HSSC is an advisory group of at least seven (7) individuals who represent segments of the school (i.e. teacher, coach, student, administrator, parent, school nurse, health care professional, community member, food service personnel, custodian, school bus driver, school secretary, school counselor). The group acts collectively to study, make recommendations, and to provide advice to the site principal and school district regarding school health, safety and wellness issues.

Nutrition Guidelines

The district participates in the following USDA child nutrition programs:

- National School Lunch Program (NSLP)
- School Breakfast Program (SBP)
- Summer Food Service Program (SFSP)
- Farm to School
- ~~School Gardens~~
- Breakfast in the Classroom
- Mobile Breakfast Carts
- Grab 'n' Go Breakfast

Participation in these programs is designed to ensure students receive plenty of fruits, vegetables, whole grains, and fat-free/low-fat milk to meet their nutrition needs. School meals are also calorically appropriate, moderate in sodium, low in saturated fat and have zero grams of trans-fat.

Goals of the district's meal program include:

- Improving overall health
- Mitigating childhood obesity
- Modeling healthy eating in support of lifelong eating patterns
- Accommodating cultural food preference and special dietary needs



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School meals:

- Are accessible to all students
- Are appealing and attractive to children
- Are served in clean and pleasant settings
- Meet or exceed current nutrition requirements established by local, state, and federal statutes and regulations
- Promote healthy food and beverage choices by:
 - Displaying whole fruit options in attractive bowls or baskets
 - Making sliced or cut fruit available daily
 - Displaying daily fruit options in students' line of sight/reach
 - Bundling daily vegetable options into all grab and go meals
 - Training servers to politely prompt students to select and consume the daily vegetable options with their meal
 - Placing white milk in front of other beverages in all coolers
 - Highlighting alternative entrée options (e.g., salad bar, yogurt parfaits, etc.) on signs within all service / dining areas
 - Creating a reimbursable meal in all service areas (e.g., salad bars, snack rooms, etc.)
 - Using student surveys and taste testing opportunities to inform menu development, dining space decor, and promotional ideas
 - Marketing menu options through daily announcements

To promote student health, students will be provided with foods that meet USDA standards.

- School meals will meet menu-planning system guidelines in accordance with USDA regulations (USDA Reg. 210.10 and 220.8)
- 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. (USDA Reg. 210.10)
- School breakfasts will provide 1/4 of the RDA for calories, protein, calcium, iron, vitamin A, and vitamin C as required by USDA. (USDA Reg. 220.8)
- Foods provided will be less than 10% in saturated fat and will include no trans-fat.
- School meals will meet the Dietary Guidelines for Americans. (USDA Reg. 210.10 and 220.8)
- School meals will not be used as reward or punishment, but food and beverages may be used as outlined in a qualified child's IEP
- 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 will be specified and bid in natural juice, water, or light syrup. Fresh fruits and vegetables from local sources, to the greatest extent possible, will be featured including Farm to School.
- Foods will not be fried on school premises. High fat, processed items will be limited in the cafeteria. Only low fat or baked chips should be offered. Items will be specified and bid with no trans-fats, according to availability.
- Students and staff will be offered a variety of skim and low fat milk, lean meat, beans, fruits, vegetables, and whole grains on a daily basis.



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- Safe, unflavored, cool drinking water is provided to students throughout the school day at no cost.
- Professional development training and support, including topics such as meeting nutritional standards for preparing healthy meals as well as learning and improving culinary skills, will be offered for Child Nutrition employees twice a year or as needed.
- Students and parents will be involved in the National School Lunch Program. Parent and student involvement will include menu-planning suggestions, cafeteria enhancement, program promotion and other related student-community support activities. (USDA Reg. 210.12 and 227)

Other Food Items Sold on School Campuses

- Foods and beverages sold apart from the school meal programs (competitive items) will, at a minimum, meet the USDA Smart Snacks in School standards. This includes competitive items at celebrations and parties.
- The Child Nutrition Director is responsible for annually disseminating healthy and non-food party ideas to teachers, who will provide this information to parents who are bringing classroom snacks.
- 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 (Child Nutrition and WIC Reauthorization Act of 2004).
- Sale of caffeinated beverages is not allowed on elementary or middle school campuses. High energy drinks with elevated levels of caffeine will not be available for sale anywhere on school campuses.

Nutrition Education

- Nutrition education will be offered in the curriculum through science, health education, physical education, or other designated times. Suggested resources, including evidence based techniques, will be provided. The district's nutrition education will:
 - Provide knowledge and skills so students can protect their health
 - Be integrated across disciplines
 - Be enjoyable, developmentally appropriate, and culturally relevant
 - Promote nutritious foods and preparation methods
 - Emphasize caloric balance (promote exercise)
 - Coordinate with school meal and other relevant programs
 - Teach media literacy related to food/beverage marketing
- Curriculum will be provided by Child Nutrition for interested schools/teachers. Family/parent nutrition education opportunities will also be provided through community events and the Child Nutrition Website.
- School staff will promote healthy eating and healthy lifestyles to students and parents.
- Students and staff will receive consistent nutritional messages throughout the school, classroom, cafeteria, and school events.



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Health Education

The district's health education curriculum will include:

- The relationship between eating, personal health and disease
- Food guidance from MyPlate
- Reading and using USDA's food labels
- Eating a variety of foods every day
- Balancing food intake and physical activity
- Eating more fruits, vegetables, and whole grain products
- Choosing foods that are low in fat, saturated fat, and cholesterol and do not contain *trans* fat
- Choosing foods and beverages with little added sugars
- Eating more calcium-rich foods
- Preparing healthy meals and snacks
- Risks of unhealthy weight control practices
- Accepting body size differences
- Food safety
- Importance of water consumption
- Importance of eating breakfast
- Making healthy choices when eating at restaurants
- Eating disorders
- The Dietary Guidelines for Americans
- Reducing sodium intake
- Social influences on eating, including media, family, peers, and culture
- How to find valid nutrition and dietary information
- How to develop a plan and track progress toward achieving a personal goal to eat healthfully
- Resisting peer pressure related to unhealthy dietary behavior
- Influencing, supporting, or advocating for others' healthy behavior

Smart Snacks

- Each school site must designate a Smart Snack contact person for all exempt fundraisers. They are responsible for maintaining up-to-date documentation regarding each exempt fundraisers at their site.
- Exempt fundraisers are limited to 30 per site per semester including vending machines, snack shops, student stores, individual sales of candy, etc.
- Exempt fundraisers are prohibited from taking place while meals are being served to students. This includes National School Breakfast Program and National School Lunch Program.
- The maximum duration of any exempt fundraiser shall be 14 days.
- For each individual exempt fundraiser documentation must be kept on file at the school site showing:
 1. School organization that benefits from the fundraiser
 2. Dates the fundraiser is conducted



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- All other competitive foods sold in the school district must meet Smart Snack regulations.
- Any foods sold for a fundraiser outside the school day or that cannot be consumed at school do not have to meet the Smart Snack regulations.

Physical Activity

- Elementary school sites will provide 20 minutes of organized daily recess that promotes physical activity beyond what is provided through physical education classes.
- Elementary schools will have 60 minutes of physical education per week (Oklahoma Senate Bill 312).
- All school sites will have availability of proper equipment and facilities (examples may include, but are not limited to playground equipment, physical activity equipment, and athletic or fitness facilities) for every student to be active. All equipment and facilities will meet Safety Standards.
- Physical activity 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.
- Students, parents, and other community members will have access to the District's physical activity facilities outside the normal school day according to the facility use policy.
- All students participating in physical education will be moderately to vigorously active for the majority of class time. (Oklahoma Senate Bill 1876)
- Only medical waivers/exemptions from participation in physical education are allowed.
- The District will integrate physical activity during the school day and provide training for all teachers on how to integrate physical activity into the academic curriculum.
- District has approved Health Education Curriculum for all grade levels that follow state and national health education standards and requirements.

Physical Activity Education

The following topics will be included in the district's health education curriculum:

- The physical, psychological, or social benefits of physical activity
- How physical activity can contribute to a healthy weight
- How physical activity can contribute to the academic learning process
- How an inactive lifestyle contributes to chronic disease
- Health-related fitness (cardiovascular endurance, muscular endurance, muscular strength, flexibility, and body composition)
- Differences between physical activity, exercise, and fitness
- Phases of an exercise session (warm up, workout, and cool down)
- Overcoming barriers to physical activity
- Decreasing sedentary activities, such as TV watching
- Opportunities for physical activity in the community
- Preventing injury during physical activity
- Weather-related safety (e.g., avoiding heat stroke, hypothermia, and sunburn while being physically active)



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- How much physical activity is enough (determining frequency, intensity, time, and type of physical activity)
- Developing an individualized physical activity and fitness plan
- Monitoring progress toward reaching physical activity plan goals
- Dangers of using performance-enhancing drugs, such as steroids
- Social influences on physical activity (media, family, peers, culture)
- How to find valid fitness information or services
- How to influence, support, or advocate for others' physical activity
- How to resist peer pressure that discourages physical activity

School Based Activities

- Students will be provided with an adequate amount of time to eat; at least 10 minutes to eat breakfast and 20 minutes to eat lunch from the time students are seated.
- It will be encouraged that some form of physical activity occur, either in the form of recess or physical education classes, just before lunch at all elementary schools in order to increase food consumption and nutrient intake, decrease plate waste, and improve cafeteria and classroom behavior.
- Healthy food choices for lunches and snacks will be encouraged when food is sent from home.
- School gardens are permitted, with site administration approval. Administration approval includes dedication of the resources (i.e. land and water) necessary to implement a school garden.

Active Transport

The district supports active transport to and from school when it is safe to do so.

These goals, accompanying guidelines and the recommendations of the Healthy and Safe Schools Committees will be reviewed quarterly by the District-Level Wellness Committee, consisting of the Executive Director of Student Services, Executive Director of Co-Curricular Activities, Lead Nurse, Lead Physical Education Instructors, Director of Child Nutrition, interested parents, students, health care providers, social service workers and other school representatives. The committee's work will be monitored by Executive Director of Student Services, who is responsible for coordinating the district's wellness program. Executive Director of Student Services is responsible for annually designating an individual site level liaison at each school site and publicizing information about the site level liaisons and committee work.

A staff subcommittee comprised of Executive Director of Student Services, a human resources representative, a teacher representative and an administrator will focus on staff development. The subcommittee will meet once per semester and will focus on providing wellness resources and strategies to teachers. The subcommittee will make recommendations regarding professional development related to health, wellness, integrating kinesthetic learning and the overall connection between wellness and learning.



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Assessment, Planning and Reporting

The Executive Director of Student Services is responsible for conducting a district assessment. Once the assessment is completed, the committee will develop and maintain a plan to implement and manage the district's wellness program. The district's plan will be specific for each site (although the site plans may be substantially similar) and delineate the roles, responsibilities, actions and timelines for wellness activities. It will also include specific goals and objectives for nutrition standards for all foods and beverages available on campus, outside food/beverage marketing, nutrition promotion and education, physical activity and education and other wellness activities. The plan will be regularly assessed, reviewed and updated in light of district needs, emerging research and to ensure compliance with the latest local, state and federal standards.

The site liaison will annually prepare progress reports on the implementation and progress of the plan at his/her site (including the activities conducted), and the Executive Director of Student Services will annually present a synopsis of this information to the board.

The Executive Director of Student Services will also prepare a triennial progress assessment for the board. This assessment will include information such as the extent to which individual schools are in compliance with the policy, how the district's program compares with federal standards and a description of the overall progress in attaining the district's goals.

A copy of all assessments, plans and progress reports will be available through the Executive Director of Student Services. The Executive Director of Student Services will also maintain documentation demonstrating efforts to involve non-employees in the committee, minutes from the committee meetings, notes regarding wellness activities conducted, and information regarding how this information was made available to families and community members.

Source: *Broken Arrow Board of Education policy adoption, June 12, 2006.*
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