

## Coyle Public Schools

### Local Wellness Policy

Coyle Public School District is committed to the philosophy that healthy children perform better in school and are therefore more likely than unhealthy children to successfully complete their education. Additionally, healthy staff members can more effectively perform their assigned duties and serve as role models of appropriate wellness behaviors for the students in the District.

Reflecting this philosophy, the following Local Wellness Policy, in compliance with the requirements for Public Law 108-265, shall serve as a framework for the student, staff, and patrons of the district illustrative of a sound commitment to local health and fitness.

1. It is the goal of Coyle Public School District to provide nutrition education, physical activity, and other school-based activities designed to promote student wellness. Such activities shall be undertaken in a manner that the Board of Education determines is most appropriate for the students of the District.
2. Guidelines selected by the District for all foods available on campus during the school day shall have objective of promoting student health and reducing childhood obesity.
3. Guidelines for reimbursable school meals shall not be less restrictive than regulations and guidance issued by the Secretary of Agriculture pursuant to subsections (a) and (b) of section 10 of the Child Nutrition Act (42 U.S.C 1779) and sections 9(f)(l) and 17(a) of the Richard D. Russell National School Lunch Act (42 U.S.C 1758(f)(l), 1776 (a)), as those regulations and guidance apply to schools.
4. The District shall measure implementation and evaluation of the Wellness Policy. At least one person within the District shall be responsible for such measurement, conjuring that the District meets the guidelines and objectives of the Wellness Policy. As long as the school has the Schools for Healthy Lifestyles grant, the person in charge will also be in charge of this.
5. Wellness is an ongoing and dynamic process, but the District strives to measure implementation of the wellness policy through evaluation, as well as publically reporting implementation progress to the wellness policy.

References: Child Nutrition and WIC Reauthorization Act of 2004, Public Law 108-265, Section 204

## **Coyle Public School**

### **Health and Nutrition Policy**

#### **Introduction and Rationale**

##### **Introduction**

In the Child Nutrition and WIC Reauthorization Act of 2004, PL 108-265, the U.A Congress established a new requirement for all local agencies (including public and non public, as well as, Residential Child Care Institutions) with a federally funded National School Lunch program. The local agencies are required to develop and implement wellness policies that address nutrition and physical activity by the start of the 2006-2007 school year.

The model wellness policy developed by the Coyle Public School Healthy and Fit Kids Committee meets the new federal requirement. It is based on science, research, and existing practices from exemplary states and local school districts around the country. The first priority of the work group was to promote children's health and well-being; however, feasibility of policy implementation was also considered.

The increasing rates of overweight and obesity among youth threaten to jeopardize the future health and productivity of our children. Will academic success become more and more difficult for students to attain as lifestyle choices diminish a child's ability to learn? Will the students of today be the first generation to have a shorter life expectancy than their parents? Do over nourished and malnourished children face similar adversities?

A healthy school environment goes beyond school meals in the cafeteria. Living a healthy lifestyle and maintaining a healthy weight requires a combination of healthy food choices, knowledge of nutrition, and appropriate amounts of physical activity. All foods made available on school campuses should offer children nutritious choices. Nutrition education and physical activity should be incorporated, as often as possible, into the school day. The healthy, nutritionally astute, and physically active child is more likely to be academically successful.

The federal government recognizes that a coordinated effort by the entire community including child nutrition professionals, school board members, parents, students, school administrators, teachers, and business community is warranted. These efforts involve adults serving as role models and community members being informed of the policies that improve the long-term health and well-being of students. The local agency has a strategic role to play in improving the health and well-being of children

## Nutrition Education Component

At each grade level nutrition education will be offered as part of a sequential, comprehensive, standards-based program designed to provide students with the knowledge and skills necessary to promote their health. Nutrition education will be incorporated into the school day as often as possible. The primary goal of nutrition education is to influence students' eating behaviors.

### Nutrition Education:

- Teaches consistent scientifically-based nutrition messages throughout the school, classroom, cafeteria, home, community, and media;
- Is part of the health education classes and/or stand alone courses;
- Is included in the scope and sequence of the curriculum, where feasible, in core subjects such as math, science, language arts, social sciences, and elective subjects;
- Includes the school cafeteria which serves as a “learning laboratory” to allow students to apply critical thinking skills taught in the classroom;
- Uses the Oklahoma PASS skills and address nutrition concepts progressively in grades K through 12;
- Provides enjoyable, developmentally appropriate, culturally relevant, and participatory activities (e.g. contests, promotions, taste testing, farm visits, and school gardens.
- Offers information to families that encourages them to teach their children about health and nutrition, and assists them in planning nutritious meals for their families;
- will be taught by staff who are adequately prepared and who participated in professional development activities in order to deliver an effective program;
- Will include a school nutrition/health team, such as Team Nutrition or Coordinated School Health to conduct nutrition education activities and promotions that involve students, and the community.
- The district has schools actively participate in community gardens and dedicates resources (i.e. student field trips, seeds, garden implements or tools for student use, etc.). The District supports the incorporation of school or community gardens into the standards based curriculum as a hands-on, interdisciplinary teaching tool to increase knowledge and influence student food choices and lifelong eating habits. The district will support the sustainability of school gardens through activities that could include: fundraising, solicitation of community donations, and the use of existing resources.

## Coordinated School Health

The district adopts the Coordinated School Health Program model that is 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.

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.

### Physical Activity Component

The primary goal for the school's physical activity component is to provide opportunities for every student to develop the knowledge and skills for specific physical activities, maintain physical fitness, regularly participate in physical activity, and understand the short and long term-term benefits of a physically active and healthful lifestyle.

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.

The availability of proper equipment and facilities that meet safety standards is ensured.

### Daily Physical Education Classes K-8

- All students in grades K-8 will receive daily physical education (or its equivalent of 150 minutes per week for elementary school students and 225 minutes per week for junior high school students) for the entire school year. Daily physical education opportunities will be made available to high school students. Students with disabilities, special health-care needs, and those in alternative educational settings will be included.
- Students will spend more than 50 percent of physical education class time participating in moderate to vigorous physical activity.
- The physical education curriculum should demonstrate progression and sequence and be consistent with Oklahoma PASS standards for Pre-K through 12.

### Physical Activity across the Curriculum

- Opportunities for physical activity are regularly incorporated into other subject areas as appropriate (e.g. math languages arts, science, and social studies)
- Provide training for all teachers for integrating physical activity into the curriculum.
- Only medical waivers/exemptions from participation in physical education are allowed.

### Daily Recess

- All elementary school students will have at least 20 minutes a day of supervised recess, preferably outdoors, during which students are encouraged (verbally and through the provision of space and equipment) to engage in moderate to vigorous physical activity.
- When feasible, recess will occur prior to lunch to ensure appropriate healthful food intake.
- Extended periods of inactivity, two hours or more, are discouraged. When activities as mandatory school wide-testing, make it necessary for students to remain indoors for long periods of time, students will be given periodic breaks during which they are encouraged to stand and be moderately active.

### Physical Activity Opportunities Before and After School

- The high school, junior high and elementary school are appropriate will offer interscholastic sports programs.
- Schools will offer activities that meet the needs, interests, and abilities of all students, including boys, girls, students with disabilities, and students with special health-care needs.
- Schools will educate and encourage participation in community or club activities.
- Availability of proper equipment and facilities (including playground equipment, physical activity equipment, and athletic or fitness facilities) that meet safety standards is ensured.

### Rewards/Incentives/Consequences

- The school district will have a ban on using or withholding physical activity as punishment to ensure that every student is active throughout the day.
- Rewards and incentives will be given careful and consideration as to the messages they send to the students receiving them. Food, Beverage, and Candy will not be used as reward, or incentive item, but other, more appropriate rewards may be used (e.g. extra free time, pencils, bookmarks,).
- Food will not be withheld from students as a consequence for inappropriate behavior or poor academic performance.

### Safe Routes to School

- The school district will assess and, if necessary and to the extent possible, make needed improvements to make it safer and easier for students to walk and bike to school. When appropriate, the district will work together with local public works, public safety, and /or police departments in those efforts.
- The school district will explore the availability of funding through Oklahoma Department of Transportation.

- The school district will encourage students to use public transportation when available and appropriate for travel to school.
- Implementation of Bike or Walk initiative

#### Use of School Facilities Outside of School Hours

- School spaces and facilities will be available to students, staff, and community members before, during, and after the school day; or weekends; and during school vacations.
- Schools will educate the community, including parents and staff, and utilizing the facility. These spaces and facilities also will be available to community agencies and organizations offering physical activity and nutritious programs.
- School policies concerning safety and liability will apply at all times.

#### Wellness Council/ Committee

- Schools will develop a Wellness Council/Committee comprised of school personnel, community members, and students to plan, implement, and assess for all age groups within the school community. This committee may conclude with the Safe School Committee.
- School wellness council will help plan, and implement, and improve nutrition and physical activity within the school environment.

#### Other School-Based Activities Component

- Schools will create an environment that provides consistent wellness messages is conducive to the healthy eating and physical activity; and contributes to forming health lifelong habits.

#### Professional Development

- Schools will provide ongoing professional development and education for foodservice professionals, educators, administrators and other staff.
- Schools will provide nutrition and physical education for students, staff, parents and where appropriate, community members.

#### Eating Environment

- Students and staff will have adequate space to eat means in clean, safe pleasant surrounding and will have adequate time scheduled as near the middle of the school day as possible to eat, relax, and socialize.
- Safe drinking water and convenient access to facilities for hand washing and oral hygiene will be available during all meal periods.
- Consideration will be given for passing time, bathroom break, hand washing, and socializing so as to allow ten minutes for breakfast , after the student is seated, and twenty minutes for lunch, after the student is seated

- Safe, unflavored, cool drinking water is provided throughout the day at no costs to students.
- Students will be allowed adequate time to consume meals, at least 10 minutes for breakfast and 20 minutes for lunch from the time they are seated.

#### Marketing of food and/or beverages

- School-based marketing should be consistent with nutrition education and health promotion. School-based marketing of brands promoting predominantly low-nutrition foods and beverages is prohibited. The promotion of healthy foods, including fruits, vegetables, whole grains and low-fat dairy products is encouraged.

#### Recess Before Lunch

- Schools will schedule recess for elementary grades lunch when possible so that children will come to lunch less distracted and ready to eat. Activity before lunch also encourage nutrition intake.

#### Community Access to Facilities for Physical Activity

- School will provide community access to the schools activity facilities outside of the normal school day and/ or from city-school partnerships to institute recreation programs utilizing school facilities when possible

#### Vending Machines

- Vending machines with food will not be available in elementary schools. The school will provide healthy snacks as a part of the after school care activities. In the event that these snacks are not available as a part of the school care activities, the school may provide vending services with healthy choices.
- Vending services will not be available in the cafeteria area and those otherwise available will offer approved, healthy choices for selections.
- All foods and beverages sold in school vending must meet the Standards for Foods and Beverages and guidelines set forth in this document

#### Content of Vending Machines

- These guidelines should be applied to all vending machines in the school

#### Fundraising

- School fundraising activities will support only healthy styles. Such activities may include physical activity (e.g. walk a thon), school support (e.g. selling school memorabilia) and/ or academic achievement (e.g. spelling bee)
- Schools will encourage fundraising activities that promote physical activity.

- The school district will only use healthy fundraising activities and will make available a list of ideas for acceptable fundraising activities.
- At least 50% of the fund raising activities will not involve the sale of food and/or beverages. If food and/or beverages are offered they will meet the Standards for Food and Beverages.

#### Nutrition Standards Component

- Students' life-long eating habits are greatly influenced by the types of foods and beverages available to them.
- Foods of good nutritional content including fruits, vegetables, low-fat dairy foods, and low-fat whole-grain products will be available wherever and whenever food is sold or otherwise offered at school during the normal school day. Examples may include a la carte, snacks, vending machines, fundraising, parties, celebrations and school sponsored events.
- Students are provided only healthy food and beverage options for food beyond the school food services (e.g., all vending machines, school stores, and food/beverages for celebrations)
- Food pricing strategies will be designed to encourage students to purchase nutritious
- Items.
- Procedures will be in place for providing information to families, upon request, about the ingredients and nutritional values of the foods served.
- Food and beverages sold or served on school grounds or at sponsored events during the normal school day will meet the Smart Snack Standards
- When feasible, the school will purchase locally grown foods from local farms.

#### School Meal Program

- The school food service program will operate in accordance with the National School Lunch Act and the Child Nutrition Act of 1996 as amended and with applicable laws and state policies.
- Schools will offer varied and nutritious food choices that are consistent with the federal government's "Dietary Guidelines for Americans" refers to the current set of recommendations of the federal government that are designed to help people choose diets that will meet nutrient requirements, promote health, support active lives, and reduce chronic disease risks
- Menus will be planned with input from students, family members, and other school personnel and will take into account students cultural norms and preferences.
- Students with special dietary needs (e.g. diabetes, celiac sprue, allergies) will be accommodated as required by USDA regulation.

- Training and support is provided for food service staff on safe food preparation and nutrition standards for preparing healthy meals.

#### A La Carte Offering in the Food Service Program

- A la carte items available during the school day will comply with the USDA's meal pattern requirements as well as the USDA's Smart Snacks standards
- School food service departments will not sell extra portions of deserts, French fries, and/ or ice cream.

#### Snacks

- Healthy snacks will include fresh, dried or canned fruits (in 100% juice only); vegetables; 1% or skim milk; and grains meeting the Standards for Food and Beverages set forth in this document.

#### Fundraising

- At least 50% of the fund raising activities will not involve the sale of food and/or beverages. If food and/or beverages are offered they will meet the Standards for Food and Beverages.

#### Parties and Celebrations

- Schools should limit celebrations that involve food during the school day. If there is to be a celebration, only healthy food and beverages will be served.
- The district will disseminate a list of healthy party ideas to parents and teachers, School Sponsored Events (such as but not limited to athletic events, dances, or performances)
- Healthy choices of food and beverages that meet the Standards for Food and Beverages will be offered at school-sponsored events outside the school day.

#### Vending Machines

- All foods and beverages sold in school vending must meet the Standards for Foods and Beverages and guidelines set forth in this document

#### Content of Vending Machines

- These guidelines should be applied to all vending machines in the school

#### Best Choices

Granola bars, whole-grain fruit bars Nuts and seeds plain or with spices

Nut mix Trail mix-plain

Fresh fruit of all varieties Dried Fruit

Beef jerky (or buffalo jerky) Yogurt, low fat and no sugars added

String cheese Fruit/Vegetable juice (100% juice)

1% or skim milk plain water

Dry roasted peanuts, tree nuts, and soy nuts Fruit bars

Frozen fruit bars (no sugar or high fructose corn syrup)

#### Good Choices

Nuts covered with light sugar covering; honey roasted Popcorn without hydrogenated fats

Individually packed fruit in natural juices only Fruit leather

Animal crackers and graham crackers pretzels

Low fat ice cream and sherbert bars Peanut butter and crackers

Low-fat pudding Baked chips, corn nuts.

#### Standards for Food and Beverages

##### 1. Beverages

- a) Provide 100% fruit and vegetable juices and limit portion sizes to 4-12 ounces.
- b) Provide water non carbonated and unflavored without added sugar, artificial sweeteners, or caffeine.
- c) Provide milk-skim or 1% in portion sizes 8-16 ounces.
  1. Flavored milk ( Chocolate or strawberry), low fat, or skim maybe offered in up to 12 ounce servings sizes with no more than 36 grams of sugar in a 12 ounce portion.
- a) Limit the sale of soft drinks, sports drinks, punch, fruit drinks, iced tea, coffee and coffee like beverages, and other items not included in allowable beverages listed above
- b) Allow only water as a beverage in the classroom

##### 2. Grains:

- a) Serve whole grains which contain at least 2 grams of fiber per 1 ounce serving. One half of all grains served should be whole grain.
- b) Limit portion sizes to 1.25 ounces -2 ounces with most being 1.25 ounces.
- c) Limit the total calories from fat to no more than 30%
- d) Limit total calories from saturated fat to no more than 10%
- e) Limit sugar content to no more than 35% of calories by weight, or less than 6 grams from sugar per serving.
- f) Limit the amount of trans fats.

### 3. Fruits and Vegetables

- a) Other fruits and vegetables prepared/packaged without added fat, sugar, or sodium. Low fat dips and sauces on the side may be served in small portion to make food more appealing.
- b) Offer 1/2 cup serving sizes of fruits and vegetables. Offers additional fruits and vegetables to help students reach the recommended 5-9 servings per day.
- c) Offer a variety of fruits and vegetables, especially colorful ones.

### 4. Condiments and miscellaneous:

- a) Offer salad dressing containing no more than 6-12 grams of fat per ounce.
- b) Remove salt shakers from tables.

### Definitions

Dietary Guidelines for Americans: dietary recommendations for healthy Americans age 2 years and over about choices that promote health, specifically with respect to prevention or delay of chronic diseases.

Physical Activity; The Center for Disease Control and Prevention (CDC) defines physical activity as any bodily movement produced by skeletal muscles that result in an expenditure of energy.

Normal School Day: time period spanning from the first bell of the day that begins the first class period to the last bell of the day ending the final class period.

Vending machine: a coin operated machines for the sale of merchandise.