4.39

**WELLNESS POLICY**

*Background:*

Obesity rates have doubled in children and tripled in adolescents over the last two

decades, and physical inactivity and excessive calorie intake are the predominant causes

of obesity. Heart disease, cancer, stroke, and diabetes are responsible for two-thirds of

deaths in the United States, and major risk factors for those diseases, including unhealthy

eating habits, physical inactivity, and obesity, often are established in childhood.

*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 Collinsville Public Schools shall possess the knowledge and skills

necessary to make nutritious food choices and enjoyable physical activity choices for a

lifetime. All staff members in the Collinsville Public Schools are encouraged to model

healthful eating and physical activity as a valuable part of daily life.

To meet this goal, the Collinsville 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.

**School Meals**

*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 Regulation §210.10, school lunches will provide 1/3 of the

recommended dietary allowance (RDA) for calories, protein, calcium, iron,

vitamin A, and vitamin C as required by USDA.1.61

* 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 less than 10 percent when averaged over one week.

* Per USDA Regulations §210.10 and §220.8, school meals will meet the Dietary

Guidelines for Americans.

* Healthy food preparation techniques will be implemented. Food items will not be

fried.

* Potato products served as part of a reimbursable meal or an a’ 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 will 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 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**

*Policy Statements:*

* 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.1.61

* Per Oklahoma Senate Bill 265 (effective school year 2007-08), students in elementary

schools will not have access to FMNV except on special occasions.

* Per Oklahoma Senate Bill 265 (effective school year 2007-08), students in the 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 Oklahoma Senate Bill 265 (effective school year 2007-08), diet soda, an 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 2007-08), 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.

* Fried food items will not be available for sale as a’ 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 Healthy Snack Choices provided by the

OSDE.

* 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.

**NUTRITION EDUCATION**

*Policy Statements:*

* 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.

* MyPyramid nutrition education resources will be used in the cafeteria and classroom.
* Nutrition education is integrated into the core curriculum, including math, science,

and language arts.

* Family/parent nutrition education opportunities will be provided.
* Students will receive consistent nutritional messages throughout the school,

classroom, cafeteria, and school events.

* 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**

*Policy Statements:*

* The specific objectives and goals the district intends to accomplish through the physical

education curriculum are to teach self-management and movement skills as well as

cooperation, fair play, and responsible participation in physical activity. The goal of the

school district is to promote student participation in physical activity for a healthier lifestyle.

* 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 1186 (effective school year 2007-08), students in Grades K

through 5 will participate in 60 minutes of physical activity each week as well as an

additional 60 minutes for a total of 120 minutes each week. Sixty (60) minutes of the total

* 120 minutes may include other activities other than physical activity to include physical

education, exercise programs, fitness breaks, recess, classroom activities, and wellness or nutrition education.

* Students will have the opportunity to participate in an annual health-related fitness test,

health screening, and/or wellness fairs. (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.

* Classroom teachers and administrators will look for alternatives to denying a student

participation in recess or other physical activity as a form of discipline.

* 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.

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

maintenance.

**Any student may be excluded by the School District from participation in physical education or exercise programs who have been placed in an in-house suspension, detention class, or is subject to an administrative disciplinary action.**

**SCHOOL-BASED ACTIVITIES**

*Policy Statements:*

* Per Oklahoma Senate Bill 1627, each school site will establish a Healthy and Fit School

Advisory Committee that meets and makes recommendation to the school principal (See

also Safe Schools and Healthy and Fit School Committee Policy). 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/or lunch.
* A minimum of 15 minutes will provided a t breakfast and 20 minutes at lunch (after

students receive their trays).

* Classroom teachers and administrators will look for alternatives to using candy or sweets as a reward.
* 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 feedback through the use of student surveys, student committees, and school clubs.

\* Board Approved 4/9/12