

Wellness Policy

Preston Public School District Wellness Policy

Purpose

The Preston Public School District recognizes the important role that schools play in the development of children's lifelong health habits, their ability to learn, and their overall well-being. Schools can improve the health of students not only by educating them about the importance of healthy behaviors, but also by implementing policies that promote those behaviors.

Therefore, Preston Public School District establishes the following policy to promote the health and wellness of student and staff and to ensure its school comply with those standards established by federal and state law. Specifically, this policy requires both sites to:

- Allow parents, students, representatives of the school food authority, physical education teacher, school health professionals, the school board, school administrators, and the general public to participate in the development, implementation, review, and update of the school wellness policy.
- Establish nutrition guideline that meet or exceed the United States Department of Agriculture's (USDA) school meal requirements and the nutrition standards for competitive foods and beverages.
- Create goals for nutrition promotion and education, physical activity and physical education, and other activities that promote student as well as staff health.
- Adopt a plan to ensure the policy is properly implemented, regularly assessed, and periodically updated.

Nutrition:

School Meal Requirements:

The district will make nutritious foods available on campus during the school day to promote students and staff health. At a minimum, the District Child Nutrition Program will serve reimbursable meals that meet the USDA's requirements and follow the Dietary Guidelines for Americans (DGA).

Specifically, the district will ensure that all meals are the following:

- Accessible, appealing, and attractive to all children

- Served in clean, pleasant, and supervised setting
- High in fiber, free of added trans fats, and low in added fats, sugar, and sodium
- Respectful of cultural diversity (e.g. students will be encouraged to suggest local, cultural, and favorite ethnic foods) and religious preferences

The district will also ensure that schools do the following:

- Encourage students to start the day with a healthy breakfast.
- Provide breakfast through the USDA School Breakfast Program.

Water:

Schools will make clean drinking water available and accessible and at no charge.

- Water sources such as, drinking fountains, water jugs, and hydration stations, will be maintained on a regular basis to ensure good hygiene standards.

Information and Promotion:

As required under the National School Lunch Program (7CFR 210.12), the district will promote activities to involve students and parents in the School Lunch Program. In addition, Preston School District will do the following:

- Inform families about the availability of breakfasts for students.
- Post information on the nutritional content and ingredient of school meals on the district website.
- Send applications for reimbursable meal programs to families at the beginning of the school year and make applications available all year long in the school site offices for new enrollments.

Adequate Time to Eat:

Preston School District will provide sufficient lunch periods that are long enough to give all students adequate time to be served and eat their lunches.

Other Foods Provided at School:

Per USDA Regulation 210, Appendix B, foods of minimal nutritional value (FMNV) are attempted to be 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 be attempted to 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 schoolyear 2007-2008):

- Students in elementary schools will strive to not have access to FMNV except on special occasions.
- Students in middle and junior high schools will strive to not have access to FMNV except after school, at events which take place in the evening, and on special occasions.
- Attempts will be made so that diet soda, an FMNV, will be available for sale at the junior high only in vending areas outside of the cafeteria.
- Healthy food options will attempt to be provided at the high school and priced lower than FMNV in order to encourage students and staff to make healthier food choices.

Nutrition Education:

Preston Public Schools will offer – and integrate into the core curriculum – nutrition education to all grades (K-12), providing students the knowledge and skills necessary for lifelong healthy eating behaviors. The Healthy and Fit School Advisory Committee at each school site will strive to study and make recommendations regarding health education, nutrition, and health services.

In addition, school will ensure that nutrition education:

- Complies with state learning objectives and standards.
- Provides opportunities for students to practice and apply the skills and knowledge taught in the classroom
- Is made available to staff
- Is promoted to families and the community

Rewards and Punishment:

Food and beverages will not be used to punish academic performance or student behavior (e.g. denial of school meals for disciplinary action.)

Nutrition and Healthy Food Promotion:

Preston Public School District will promote healthy food and beverage choices and appropriate portion sizes by doing the following:

Implementation, Monitoring, and Evaluation

Leadership:

Preston Public School District will designate one or more officials to facilitate the development of the local school wellness policy, oversee appropriate updates to the policy, and ensure each school's compliance with the policy. The district will ensure that the designated official(s) fully understand(s) the federal and state laws related to wellness policies.

Preston Public School District designates the following officials:

Mark Hudson	Superintendent	mhudson@preston.k12.ok.us
Scott McCullah	High School Principal	smccullah@preston.k12.ok.us
Cassie Holleman	Elementary Principal	cholleman@preston.k12.ok.us

Assessments, Revisions, and Policy Updates:


At least once every three years, Preston School District will measure the extent to which school are in compliance with the local wellness policy, as well as progress made in attaining the policy's goals. Additionally:

- Parents, students, physical education teachers, school health professionals, the school board, school administrators, and the general public will be allowed to participate in the development, implementation, and periodic review and update of the local wellness policy.
- Preston Public School District will inform and update the public about the content and implementation of the local wellness policy. (e.g. school website, handouts, newsletters, etc.)

This School Wellness Policy was adopted by the Board of Preston School District at the regularly scheduled meeting on this, the 14th day of March in the year 2016.


David Reagor, President


Joe Mulliniks, Vice President


Frank Roberds Jr., Clerk


Kyamron Jefferson, Member


Javi Fultz, Member