

WELLNESS POLICY

The Preston Board of Education recognizes that childhood obesity has reached epidemic levels throughout the country. Overweight children are at a higher risk for developing severe long-term health problems, and overweight children are affected by discrimination, psychological stress, and low self-esteem. However, research indicates that obesity and subsequent diseases are largely preventable through diet and regular physical activity. Research also indicates that becoming physically active and maintaining a regular physical activity program significantly reduces the risk of some obesity and some cancers, diabetes, and other chronic diseases.

Children who eat well-balanced meals and are healthy are more likely to learn in the classroom. The board supports increased emphasis on nutrition as well as physical activity at all grade levels to enhance the well-being of our district's youth. Therefore, it is the policy of the board to:

1. Provide students access to nutritious food;
2. Provide opportunities for physical activity and developmentally appropriate exercise; and
3. Provide accurate information related to these topics.

It is the intent of the board of education that parents, students, child nutrition employees, teachers of physical education, school health professionals, and the general public participate in the development, implementation, and periodic review and updating of this policy. It is expected that the school district's Healthy and Fit Kids Advisory Committee will participate in the process and assist the referenced individuals in preparing written recommendations to the administration and the board to adopt as a part of the school district's local school wellness policy. Specific information regarding these recommendations and the wellness policy are as follows:

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.

WELLNESS POLICY (Cont.)

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 (7 CFR 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.

WELLNESS POLICY (Cont.)**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

WELLNESS POLICY (Cont.)

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:

- Exhibiting posters, signs, or other displays in the school cafeteria that promote healthy nutrition choices.
- Encouraging school staff to display healthy eating habits and physical activity choices to students.

Physical Education and Physical Activity:

The primary goal for our school's physical activity component is to provide opportunities for every student to develop and maintain regular participation in physical activity, and understand the short and long-term benefits of a physically active and healthful lifestyle.

- The Healthy and Fit School Advisory Committee at each school site will study and make recommendations regarding physical education and physical activity.
- Students in Grades K through 5 will strive to participate in at least 60 minutes of physical activity each week and will strive to be moderately to vigorously active at least 50% of the time. (ABL, Brain Breaks, recess, and P.E.).
- During PE, students will be given the opportunity to participate in many types of physical activity, including both cooperative and competitive games.
- Students will be encouraged to participate in voluntary before-and afterschool physical activity programs such as intramurals, clubs, and interscholastic athletics.
- Attempts will be made so that students will not be denied participation in recess or other physical activity as a form of discipline.
- District will encourage staff to provide 2 to 4 physical activity breaks for students during the school day to let them stretch, move around, and break up their time spent sitting.
- Committee will vigorously strive to ensure playgrounds meet the recommended safety standards for design, installation, and maintenance.
- School sites will provide adequate equipment for every student to be active.

WELLNESS POLICY (Cont.)

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.)

Curriculum

The Preston Board of Education recognizes that healthy eating patterns are essential for students to achieve their academic potential, full physical and mental growth, and lifelong health and well being. To ensure students possess the knowledge and skills necessary to make nutritious food choices for a lifetime, the superintendent shall prepare and implement a comprehensive district nutrition program consistent with state and federal requirements for districts sponsoring the National School Lunch Program and/or the School Breakfast Program. To implement the program, the Superintendent shall adopt and implement a comprehensive curriculum on health, fitness, and nutrition that will provide opportunities for developmentally appropriate instruction for grades K-12. The input of staff, students, parents, and public health professionals in the development of the curriculum will be encouraged.

Nutrition, health, and fitness topics shall be integrated within the sequential comprehensive health education curriculum taught at every grade level, K-12, and coordinated with the district's nutrition and food services operation.

The district shall take a proactive effort to encourage students to make nutritious food choices. The superintendent shall ensure that:

WELLNESS POLICY (Cont.)

1. A variety of healthy food choices are available whenever food is sold or served on district property or at district-sponsored events;
2. Schools shall regulate the sale or serving of foods or snacks high in fat, sodium, or added sugars; and
3. Nutritious meals served by the school nutrition and food services operation complies with state and federal law.

Child Nutrition Program

The Preston Public Schools will operate a school lunch program that will include lunch, and may include breakfast, through participation in the Child Nutrition Programs. The superintendent, in conjunction with the food service supervisor and with the approval of the board of education, will establish and post meal prices.

As required for participation in the Child Nutrition Programs, the board prescribes that:

School lunch is to be made available to all students.

Free and reduced price lunches are to be made available for students who meet the federal income guidelines.

In the operation of the Child Nutrition Programs, no child will be discriminated against because of race, sex, color, national origin, age, or disability. Discrimination complaints under these programs should be filed with the State Department of Education Child Nutrition Programs, 2500 North Lincoln Blvd., Oklahoma City, Oklahoma 73105-4599.

The district shall inform parents of the eligibility standards for free or reduced price meals. Reasonable efforts shall be made to protect the identity of students receiving such meals. A parent has the right to appeal to the superintendent any decision with respect to his/her application for free or reduced price food services.

The district's child nutrition program shall reflect the board's commitment to providing adequate time for instruction to promote healthy eating through nutrition education, serving healthy and appealing foods at district schools, developing food-use guidelines for staff, and establishing liaisons with nutrition service providers, as appropriate. Nutrition education topics shall be integrated within the sequential, comprehensive health education program taught at every grade level, pre-kindergarten through grade 12, and coordinated with the district's nutrition and food services operation.

It is the intent of the board of education that district schools take a proactive effort to encourage students to make nutritious food choices. Meals served in school before the end of the last lunch period shall conform to the U. S. Dietary Guidelines for Americans. Food and beverages sold or served on district grounds or at district-sponsored events shall meet requirements for nutritional standards and/or other guidelines as may be recommended by the district and school health and nutrition committees. The superintendent shall ensure that nutritious foods are available as an affordable option whenever food is sold or served on district property or at district-sponsored events.

The superintendent is directed to prepare rules and regulations to implement and support this policy, including such provisions as may be necessary to address all food and beverages sold and/or served to students at school (i.e., competitive foods, snacks, and beverages sold from vending machines, school stores, and fund raising activities and

WELLNESS POLICY (Cont.)

refreshments that are made available at school parties, celebrations, and meetings), including provisions for staff development, family and community involvement, and program evaluation. The board of education designates the Superintendent as the school official who shall be responsible for oversight of this policy to ensure compliance for the school district.

The content of this policy and any updates are to be provided to the public on an annual basis. The district may do this electronically or through the media.

REFERENCE: 70 O.S. §1-107
7 CFR, Parts 210 and 220
7 CFR, Part 245.5

*THIS POLICY REQUIRED BY
PUBLIC LAW 108-265, SECTION 204
AND PUBLIC LAW 111-296.*