

## Grandfield School Wellness Policy

### Overall Goal:

All students in Grandfield School District shall possess the knowledge and skills necessary to make nutritious food choices and enjoyable physical activity choices for a lifetime. All staff in Grandfield School District is encouraged to model healthful eating and physical activity as a valuable part of daily life.

To meet this goal, the Grandfield 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.

### Component 1: Setting Nutrition Education Goals

The primary goal of nutrition education is to influence students eating behaviors.

- The Healthy and Fit School Advisory Committee at each school site will study and make recommendations regarding health education, nutrition, and health services.
- Students in grades pre-K through 12 will receive nutrition education that is interactive and teaches the skills they need to adopt healthy eating behaviors.
- Nutrition education will be offered in the school dining room as well as in the classroom, with coordination between the food service staff and teachers.
- Nutrition education will be coordinated into the health education curricula or the core curriculum (eg. Math, science, language arts)
- School staff will promote healthful eating and healthy lifestyles to students and parents.
- School staff will work with community partners to incorporate nutrition education activities in school.
- Parents of students in PK through First Grade will be provided with a Healthy Snack List to promote healthy snacks at school.

## **Component 2: Setting Physical Activity Goals**

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 participate in 120 minutes of physical activity each week.
- School sites will establish or enhance physical activity opportunities for students, staff and parents.
- Elementary school sites will provide 20 minutes of daily physical activity (Action Based Learning Lab, activity breaks, recess) beyond what is provided through physical education classes.
- Students will be encouraged to participate in voluntary before-and after-school physical activity programs such as intramurals, clubs, and interscholastic athletics. Ex: CYSA, Elementary walking program.
- Staff will be discouraged from withholding PE/physical activity/recess as punishment and discourage using physical activity as punishment.
- Staff will serve as physical activity role models for students.
- All playgrounds will meet the recommended safety standards for design, installation, and maintenance.
- School sites will provide adequate equipment for every student to be active.

## **Component 3: Setting Nutrition Standards for All Foods Available on School Campus During the School Day.**

The primary goal is to ensure that reimbursable school meals meet the child Nutrition Program requirements, and all foods and beverages sold or served to students, including those available outside of the school meal programs focus on increasing nutrient density, decreasing fat and sugars, and moderating portion size.

- School lunches and breakfasts will meet menu-planning system guidelines as required by USDA
- School lunches will provide 1/3 of the recommended dietary allowances for calories, protein, calcium, iron, vitamin A, and vitamin C as required by USDA

- School breakfasts will provide  $\frac{1}{4}$  of the RDA for calories, protein, calcium, iron, vitamin A, and vitamin C as required by USDA
- The total calories from fat in school meals will be limited to 30 percent when averaged over one week.
- The total calories from saturated fat in school meals will be less than 10 percent when averaged over one week.
- School meals will meet the Dietary Guidelines for Americans:
- Healthy food preparation techniques will be implemented. Food items will not be fried.
- Fruits and vegetables will be offered daily, and will be fresh whenever possible. Frozen and canned fruits should be packed in natural juice, water, or light syrup.
- Chips will be 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 during school hours.
- Students will be offered a variety of skim and low fat milk, meat and/or beans, fruits and vegetables, and whole grains on a daily basis.
- School staff will support and encourage student participation in the USDA school meals programs.
- School sites will be encouraged to participate in Farm-to-School by purchasing fresh fruits and vegetables from local farmers when available.
- Foods of minimal nutritional value are prohibited from being sold or served during student meal services in the food service area where USDA reimbursable meals are served or eaten.
- 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.
- Students in elementary schools will not have access to Foods of Minimal Nutritional Value except on special occasions.
- Healthy food options will be provided at the high school and priced lower than Foods of Minimal Nutritional Value in order to encourage students and staff to make healthier food choices. We encourage nutrient-rich food items to be made available for sale at all places where food and beverages are sold on school campuses and will meet the requirements of Smart Snacks in School Standards.
- Snack food items available for sale will meet the requirements of the Smart Snacks in School Standards.
- High-energy drinks with elevated levels of caffeine will not be available for sale anywhere on the school campus.

#### Component 4: Setting Goals for School-Based Activities Designed to Promote Student Wellness

The primary goal is to create a school environment that provides consistent wellness messages, which are conducive to healthy eating and being physically active.

- Per Oklahoma Senate Bill 1627, each school site will establish a Healthy and Fit School Advisory Committee that meets and makes recommendations to the school principal. 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 Regulation 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 lunch. A minimum of 15 minutes will be provided at breakfast and 20 minutes at lunch (after students receive their trays).
- Recess will be scheduled before lunch at the elementary level in grades 1-5.
- All fundraising efforts and classroom parties will be supportive of healthy eating.
- Classroom teachers and administrators will limit the use of candy or sweets as a reward.

Approved By Grandfield School Board on February 11, 2016  
Board President: signed: Mark Clemmer

## Grandfield Public Schools

### Wellness Policy

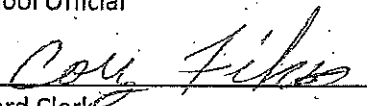
#### Monitoring, Policy Review, and Evaluation

An assessment of the District's Wellness Policy will be completed annually to help review policy compliance, assess progress, and determine areas in need of improvement. The review committee includes teachers, administrators, students, and parents. The review and assessment will be completed by April 30 of each year in order to prepare for the next school year. The 'Wellness Policy Assessment Tool' will be used to assess the level of implementation of the policy and program elements. Results from this tool, as well as input from stakeholders, will be utilized to plan for future improvements. Results and information about the Wellness Policy and its implementation will be posted on the Grandfield Public Schools website to inform the public, as well as school board meetings, and Safe and Healthy Fit Kids School Committee meetings.

This School Wellness Policy adopted by the School Board Grandfield Schools at the regularly scheduled meeting on this, the 11<sup>th</sup> day of February in the year 2016.



School Official



Board Clerk