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## Bowring School Dist. C007

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### Bowring School Wellness Policy

#### 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 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.

#### Goal:

All students in Bowring 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 Bowring School District are encouraged to model healthful school-based activities as a valuable part of daily life.

To meet this goal, the Bowring School District adopts this wellness policy with the following commitments to nutrition, nutrition education, physical activity, and other school-based activities that support student and staff wellness.

#### I. Nutrition Guidelines for all Foods Available on Campus

##### A. School Meals

Meals served through the National School Lunch and Breakfast Programs will:

- Per USDA Regulations 210.10 and 210.8, 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 allowances (RDA) for calories, protein, calcium, iron, vitamin A, and vitamin C as required by USDA:

- Per USDA Regulation 220.8 school breakfasts will provide  $\frac{1}{4}$  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% 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 9.9% when averaged over one week
- Per USDA Regulations 210.10 and 220.8, school meals will meet the Dietary Guidelines for Americans.
- After-School programs will participate in USDA's after-school snack program.
- Healthy food preparation techniques will be implemented. Food items will not be fried.
- 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.
- Chips served must be reduced-fat or baked varieties, rather than traditional varieties, whenever possible.
- Beverages such as tea, lemonade, and fruit drinks containing less than 50% fruit juice will not be offered to students.
- Ensure that half of the served grains are whole grains.
- Students will be offered a variety of skim and lowfat milk, meat and 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.
- Bowring School will participate in Farm to School by purchasing fresh fruits and vegetables from local farmers when available.

#### Other Food Items Sold on School Campuses

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#### District Will:

- Encourage students to try new foods served through the school meal programs in order to identify new, healthful and appealing food choices that will continue to be offered.
- Share/display information about nutritional content.

#### Breakfast

To ensure that all children have breakfast, either at home or at school, in order to meet their nutritional needs and enhance their ability to learn.

#### District Will:

- Operate the School Breakfast Program, to the extent possible;
- Arrange bus schedules and utilize methods to serve school breakfast that encourage participation.
- Notify parents and students of the availability of the breakfast program.

#### Free and Reduced-Priced Meals

All students will eat breakfast and lunch free of charge under provision 2.

#### Meal Time and Scheduling

**District Will:**

- Will provide students with at least 10 min. to eat after sitting down for breakfast and lunch.
- Lunch will be provided at appropriate times between 11:00 a.m. and 1:00 a.m.
- Will not schedule tutoring, club or organizational meetings or activities during mealtimes, unless students may eat during such activities.
- Will schedule lunch periods to proceed recess periods
- Will provide students access to hand washing or hand sanitizing before they eat meals or snacks
- Should take reasonable steps to accommodate the tooth-brushing regimens of students with special oral health needs. (orthodontia or high tooth decay risk).

**Qualification of School Food Service Staff**

Qualified nutrition professionals will administer the school meal programs. As part of the school district's responsibility to operate a food service program the District Will:

- Provide continuing professional development for all nutrition professionals in schools
- Provide staff development programs that include appropriate certification and/or training programs for child nutrition directors, school nutrition managers and cafeteria workers, according to their levels of responsibility.

**Sharing of Foods**

District should discourage students from sharing their foods or beverages with one another during meal or snack times, given concerns about allergies and other restrictions on some children's diets.

**Other Food Items Sold on School Campuses (vending, a la carte, sales)**

- Per USDA Regulation 210 Appendix B, foods of minimal nutritional value are prohibited from being sold or served during students 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
- Per Oklahoma Senate Bill 265, students in elementary schools will not have access to FMNV except on special occasions
- Per Oklahoma Senate Bill 265 students in middle school will not have access to FMNV except after school, at events taking place in the evening, and on special occasions
- High energy drinks with elevated levels of caffeine will not be available for sale anywhere on school campus.

**The school food service program will approve and provide all food and beverage sales to students in elementary school. Food in elementary school should be sold as balanced meals, given young children's limited nutrition skills.**

**Beverages Sold:**

**Allowed:** Water or seltzer water without added caloric sweeteners: fruit and vegetable juices and fruit-based drinks that contain at least 50% fruit juice and that do not contain additional caloric sweeteners: unflavored or flavored low-fat or fat-free fluid milk and nutritionally equivalent nondairy beverages (as defined by the USDA).

**Not allowed:** soft drinks containing caloric sweeteners: sports drinks: iced teas: fruit-based drinks that contain less than 50% real fruit juice or that contain additional caloric sweeteners: beverages containing caffeine, excluding low-fat or fat-free chocolate milk.

### **Snacks**

Snacks served during the school day or in after-school care or enrichment programs will make a positive contribution to children's diets and health, with an emphasis on serving fruits and vegetables as the primary snacks and water as the primary beverage. District will assess if and when to offer snacks based on timing of school meals, children's nutritional needs, children's ages and other considerations. The district will disseminate a list of healthful snack items to teachers, after-school program personnel and parents.

### **Celebrations**

Schools should limit celebrations that involve food during the school day to no more than one party per class per month. Each party should include no more than one food or beverage that does not meet nutrition standards for foods and beverages sold individually. The district will disseminate a list of healthy party ideas to parents and teachers.

### **Food Safety**

All foods made available on campus adhere to food safety and security guidelines.

- All foods made available on campus comply with the state and local food safety and sanitation regulations. Hazard Analysis and Critical Control Points plans and guidelines are implemented to prevent food illness in schools.
- For the safety and security of the food and facility, access to the food service operations are limited to child nutrition staff and authorized personnel.

## **II. Nutrition Education**

- 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.
- My Pyramid nutrition education resources will be used in the cafeteria and classroom.
- Students will receive consistent nutritional messages throughout the school, classroom, cafeteria, and school events.
- 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.
- District will follow the CATCH (Coordinated Approach to Child Health) model, which is offered at the elementary grades as part of a sequential, comprehensive, standards-based program designed to provide students with the knowledge and skills necessary to promote and protect their health. CATCH is a scientifically-based curriculum program that seeks to affect children's attitudes and behaviors towards nutrition and physical activity addresses 4 out of the 8 components developed by the Centers for Disease Control model of coordinated school health.
- Is part of not only health education classes, but also classroom instruction in subjects such as math, science, language arts, social sciences, and elective subjects
- Promotes fruits, vegetables, whole-grain products, low-fat and fat free dairy products, healthy food preparation methods and health-enhancing nutrition practices
- Emphasizes caloric balance between food intake and energy expenditure

### **III. Physical Activity**

#### **Daily Physical Education**

- 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 Bill 312, student in grades K-8 will participate in 120 minutes of physical activity each week.
- Students will participate in annual health related fitness test.
- School sites will establish or enhance physical activity opportunities for students, staff, and parents.
- Students and staff will collaborate with local recreational departments and youth fitness programs to promote participation in lifelong physical activities.
- Recess or other physical activity time will not be canceled for instructional make up time.
- 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.
- Students will be engaged in moderate to vigorous activity during at least 50% of physical education class time.

#### **Daily Recess**

Elementary schools should provide recess for students that:

- At least 20 min of recess per day
- Preferably outdoors
- Encourages moderate to vigorous physical activity and discourages extended periods of inactivity.

#### **Use of facilities outside of school hours**

School spaces and facilities should be available to students, staff and community members before, during, and after the school day, on weekends, and during school vacations. These spaces and facilities also should be available to community agencies and organizations offering physical activity and nutrition programs. School policies concerning safety and use of facilities will apply at all times.

#### **IV. Other School-Based Activities that Promote Student Wellness**

- 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 superintendent.
- 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, and enjoyable meal environment.
- Students will be provided with an adequate amount of time to eat breakfast and lunch. A minimum of 10 minutes for each.
- Recess before lunch will be implemented at all elementary schools in order to increase food consumption and nutrient intake, decrease plate waste, and improve cafeteria and classroom behavior.
- Classroom teachers and administrators will not use candy or sweets as a reward.

#### **Integrating Physical Activity into Classroom Settings**

For students to receive the nationally recommended amount of daily activity and for students to fully embrace regular physical activity as personal behavior, students need opportunities for physical activity beyond physical education class.

- Encourage parents to pack healthy lunches and snacks and to refrain from including beverages and foods that do not meet the above nutrition standards for individual foods and beverages.
- Provide information about physical education and other school-based physical activity opportunities before, during, and after the school day
- Support parents' efforts to provide their children with opportunities to be physical active outside of school

#### **Staff Wellness**

Bowring School will value the health and well being of every staff member and will plan and implement activities and policies that support personal efforts by staff to maintain a healthy lifestyle.

- Develop, promote and oversee a multifaceted plan to promote staff health and wellness developed by the staff wellness committee

2024-2025 Committee

Nicole Hinkle

Kelly Schueler

Kalah Radford