

WELLNESS POLICY

The Panola Public School District recognizes the relationship between academic achievement and student health and wellness. This policy reflects the Panola Public School District’s Board of Education’s commitment to removing health-related barriers to learning by establishing health policy, health promotion and health education. The board values school-based activities designed to provide students with a school environment that supports and promotes wellness, healthy eating and an active lifestyle. The board recognizes the District role as part of the larger community, to model and actively practice the promotion of family health, physical activity, and good nutrition.

Coordinated School Health

The district adopts the Coordinated School Health Program model that is recommended by the Centers for Disease Control and Prevention (CDC) for planning and coordinated school health activities. This model will help create a school environment that conveys consistent messages and is conducive to healthy eating, physical activity, and wellness for all staff, students and their families.

The Coordinated School Health Program includes the following eight components: Health Education; Physical Education; Health Services; Family and Community Involvement; Counseling, Psychological, and Social Services; Nutrition Services; Healthy School Environment, and Health Promotion for Staff.

Health Education

The District will implement Health Education Curriculum for all grade levels that follow The Oklahoma Academic Standards for Health/Safety Education (PASS Standards for Health/Safety) or National Health Education Standards

Nutrition

The District will make nutritious foods available on campus during the school day to promote student and staff health. At a minimum, the District Child Nutrition Program will serve reimbursable meals that meet United States Department of Agriculture (USDA’s) requirements as well as follow principles of the Dietary Guidelines for Americans.

The Child Nutrition Program will serve the following: food high in fiber, free of added trans-fat, low in added fats, sugar, and sodium, respectful of cultural diversity and served in appropriate portion sizes consistent with the USDA standards.

Nutrition Cont.

- Child Nutrition Programs are accessible to all children. Students will be encouraged to start each day with a healthy breakfast.
- Meals served through the Child Nutrition Programs will: Be appealing and attractive to children of various ages and diverse backgrounds, be served in a clean, safe, and pleasant setting.
- The Child Nutrition Program will pursue partnerships with local/regional farms to facilitate a Farm-to-School program. Meals served within the federally reimbursable meal program will be designed to feature fresh fruits and vegetables from local sources to the greatest extent possible.
- Child Nutrition staff will be engaged in wellness activities and educational opportunities that support healthy eating behavior and food safety.
- Annual training is provided to Child Nutrition Staff on basic nutrition, nutrition education, and nutrition standards for preparing healthy meals.
- Training and support are provided to enable Child Nutrition Staff to become full partners in providing excellent food to our students.
- Safe, unflavored, cool drinking water will be offered at no charge throughout the school day. Only low or non-fat varieties of milk will be allowed. Juice will be 100 percent juice with no added caloric sweeteners.
- Students will be allowed adequate time to consume meals, at least 10 minutes for breakfast and 20 minutes for lunch from the time they are seated. Recess before lunch will be encouraged to the greatest extent possible for the purpose of reducing food waste.
- The school board encourages that students be offered healthy food and beverage options for food beyond the school food services (vending machines, school stores, and food/beverages for snacks and celebrations).
- Food, beverages, and candy will not be used to reward or punish academic performance or student behavior.

Nutrition Education

The goal of nutrition education is to facilitate the adoption of healthy eating and other health-promoting nutrition-related behaviors. Nutrition education occurs in the classroom as well as in the larger school community. Nutrition education will be provided in all grades and will be integrated into core curriculum. In the classroom, it is included in the scope and sequence in core subjects, such as math, science, language arts, social sciences, and elective subjects.

- Nutrition education will teach students the knowledge and skills necessary to adopt healthy eating and regular physical activity as part of their lifestyle.
- Nutrition education is coordinated with child nutrition services to reinforce messages on healthy eating. The school cafeteria environment allows students to apply critical thinking skills taught in the classroom.
- Nutrition resources that include learning opportunities which enhance health will be made available for staff.
- Nutrition education is provided to families and the community through communications with parents, educational workshops, homework materials, screening services, and health-related exhibitions and fairs.

Nutrition education and healthy eating behaviors are promoted through the use of multiple channels including: classroom, cafeteria, and communications with parents.

Nutrition Guidelines and Standards for Foods and Beverages Outside of School Meal Programs (Competitive Foods)

- When students are offered healthy food and beverage options in vending machines, school stores, and food/beverages for snacks, classroom birthdays, parties and celebrations, suggested nutritional standards will be as follows:
 - Whole Foods: Fruits, vegetables, whole grains, and related combination products (contain a total of ≥ 1 serving fruits, vegetables, and/or whole grains), or nonfat/low-fat dairy
 - Snack foods offered to high-school students in after-school settings and activities are not required to meet this standard.
- Foods low in calories:
 - Snacks are ≤ 200 calories per portion as packaged and
 - à la carte entrée items are ≤ 350 calories per portion as served and do not exceed calorie limits on comparable National School Lunch Program (NSLP) items
- Foods low in fat:
 - No more than 35% of total calories from fat
 - Exceptions to the standard are:
 - Nuts and seeds: fat content will not count against the total fat content of the product
 - Less than 10% of total calories from saturated fats
 - Zero trans-fat ($< 0.5\text{g}$ per serving)
- Foods low in added sugar:
 - Snacks, foods, and beverages provide $\leq 35\%$ of calories from total sugars per portion as packaged
 - Exceptions to the standard are:
 - 100 % fruits and fruit juices in all forms without added sugars
 - 100 % vegetables and vegetable juices without added sugars
 - 8-oz. portion as packaged for elementary school
 - 12-oz. for middle/high school
 - Flavored nonfat and low-fat milk ($\leq 22\text{g}$ of total sugars per 8-oz. serving)
 - Flavored nonfat and low-fat yogurt ($\leq 30\text{g}$ of total sugars per 8-oz. serving)
- Foods low in Sodium:
 - Snacks have $\leq 200\text{mg}$ sodium per portion as packaged or have $\leq 480\text{mg}$ per entrée portion as served for à la carte items
- Caffeine-free foods and beverages:
 - An exception is naturally occurring trace amounts of caffeine
 - Water without flavoring, additives, or carbonation

Nutrition Guidelines and Standards for Foods and Beverages Outside of School Meal Programs (Competitive Foods) Cont.

- Plain, potable water is available at all times for free

**High School only after-school hours

AT least 50% of the remaining available beverage choices are encouraged to follow the criteria below:

- Sugar-free, made with nonnutritive sweeteners or <5 calories per portion as packaged
- Caffeine-free
- Not vitamin- or nutrient-fortified (includes but not limited to vitamin waters, energy drinks,
- Sports drinks with or without carbonation or flavoring

Examples of Foods and Beverages that Meet Criteria Include:

- o Individual fruits-apples, pears, oranges
- o Fruit cups packed in juice or water
- o Vegetables-baby carrots, broccoli
- o Dried or dehydrated fruits-raisins, apricots, cherries
- o Low-fat, low-salt, whole grain crackers or chips
- o Whole grain, low sugar cereals
- o 100% whole grain mini bagels
- o 8-oz servings of low-fat, fruit-flavored yogurt with ≤ 30g of total sugars
- o Low sodium, whole grain bars containing sunflower seeds, almonds, peanuts or walnuts
- o Unflavored nonfat and low-fat milk
- o Flavored nonfat and low-fat milk (≤ 22g of total sugars per 8-oz. portion)
- o 100% fruit juice or low-sodium 100% vegetable juice
- o 8-oz servings of low-fat or nonfat chocolate or strawberry milk with ≤22g of total sugars

Physical Education

The Panola Public School District recognizes the importance of physical activity and physical education in promoting health and academic achievement, and is an important part of a student’s comprehensive, well-rounded education program that will positively impact life-long health and well-being. The District supports quality physical activity throughout the school day.

- Students will be given opportunities for physical activity throughout the school day by integrating physical activity into the curriculum.
- Teachers and other school personnel will not use physical activity as a punishment or withhold opportunities for physical activity (withholding recess or PE) as a punishment.
- Teachers and other school personnel are encouraged to use physical activity opportunities as rewards such as extra recess.
- Students participating in Physical Education will be moderately to vigorously active for more than 50% of PE class time.

Physical Education Cont.

- Availability of proper equipment and facilities that meet safety standards are required.
- Elementary students will participate in 150 minutes of Physical Activity per week. Activity will be through a minimum of 20 minutes of daily recess, daily physical activity integrated in the school day and physical education time.
- Only medical waivers/exemptions from participation in physical education will be accepted.
- The District will provide opportunities for participation in a broad range of competitive and noncompetitive physical activities that help to develop the skills needed to participate in lifetime physical activities.
- District schools will have a walk or bike to school initiative. Schools should engage parents in organizing adult supervised groups to facilitate safe walking and biking.
- Training for all teachers on integrating physical activity into the curriculum will be provided.

Access to Facilities for Physical Activity after School Hours

- Students, parents, and other community members will have access to, and be encouraged to use, the schools outdoor physical activity facilities outside the normal school day.

Fundraising

School fundraising activities that include the sale of healthy foods, beverages and non-food items is a public demonstration of the school's commitment to promoting healthy behaviors among students, families and the communities at large, while helping clubs, groups or organizations meet their financial needs.

- Fundraisers sponsored by the school or that occur on campus during the school day will be supportive of healthy eating.
- For fundraising activities outside the school day, Clubs, Groups and Organizations should support children's health and reinforce nutrition lessons. Our district encourages that fundraising activities should only include healthy foods and/or physical activity and/or non-food items. School fundraising activities that include the sale of healthy foods and non-food is a public demonstration of the school's commitment to promoting healthy behaviors among students, families and the communities at large, while helping clubs, groups or organizations meet their financial needs.

School Gardens

The District allows school gardens and dedicates resources (i.e. land, water, containers, raised beds, etc.) for school gardens.

Staff Wellness

The District highly values the health and well-being of every staff member and support staff members to maintain a healthy lifestyle. District staff will be encouraged to model healthful eating and physical activity habits to demonstrate support of healthy lifestyle habits to the students.

Community/Family Involvement

The district recognizes that parents and guardians have a primary and fundamental role in promoting and protecting their children's health and well-being. The district support parents' efforts to provide a healthy diet and daily physical activity for their children. The district encourages parents to provide healthy lunches and snacks and to refrain from including beverages and foods that do not meet good nutrition standards for foods and beverages.

Marketing of food and/or beverages

School-based marketing should be consistent with nutrition education and health promotion. School-based marketing of brands promoting predominantly low-nutrition foods and beverages is prohibited. The promotion of healthy foods, including fruits, vegetables, whole grains and low-fat dairy products is encouraged

Safe, Healthy & Fit Advisory Committee

The District Superintendent or Designee will ensure the formation of a Safe, Healthy and Fit Advisory (or Wellness) Committee at each school site to formulate recommendations about the health and physical activity of students. The committee shall:

- Meet on a regular basis - *(Four times per school year is suggested)*.
- Study and make recommendations to the principal regarding health education, physical education, physical activity, nutrition and health services.

Be composed of at least six members including: teachers, administrators, parents of students, health care professionals, and business community representatives. The committee may be combined with the Safe School Committee. For information on how to be a part of the safe, healthy, & fit advisory committee, contact the school nurse office at 918-465-3617.

Monitoring and Evaluation

The District Superintendent will ensure that each school complies with the wellness policy. 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. As part of that review, a wellness committee will review nutrition and physical activity policies; provision of the environment that supports healthy eating and physical activity; and nutrition and physical education policies and program elements. The District will seek input from stakeholders on the development and seek recommendations based on: new techniques, proven strategies, and guidelines, which reflect emerging scientific knowledge relevant to the health of students and staff.

Monitoring and Evaluation cont.

Parents, students, school nutrition representatives, teachers of physical education, school health professionals, the school board, school administrators, and the general public will participate in the development, implementation, and periodic review and update of the District wellness policy.

The District will annually measure and make available to the public an assessment on the implementation of the District wellness policy, including:

- The extent to which schools under the jurisdiction of the District are in compliance with the District wellness policy
- The extent to which the wellness policy of the District compares to model local school wellness policies
- Progress made in attaining the goals of the District wellness policy

**CROSS-REFERENCE: Policy COF, Vending Machines
Policy COFA, Competitive Food Sales
Policy EHAJ, Health Education
Policy EHAK, Physical Education**

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

