

## FORT SUPPLY SCHOOL WELLNESS POLICY

Fort Supply Schools believes the link between nutrition, physical activity and learning is well documented. Healthy eating and activity patterns are essential for students to achieve their full academic 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. Fort Supply School has a responsibility to help students achieve this form of wellbeing. Well-planned and effectively implemented school nutrition and fitness programs have been shown to enhance student's 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.

Fort Supply School recognized that our school plays a critical role in creating a healthy environment for the prevention of childhood obesity and for combating problems such as Type II diabetes, High Cholesterol, High Blood Pressure, Gallbladder disease, Asthma and joint problems that are associated with poor nutrition and physical inactivity.

### Purpose:

To establish a wellness plan for the students of Fort Supply Schools involving nutritional programs and physical activities complying with the OSDE Child Nutrition Policy.

### Goals:

All students in Fort Supply School shall possess the knowledge, skills and understanding necessary to make nutritious food choices and enjoyable physical activity choices for a lifetime. Child Nutrition staff will make all nutritional information available to students and staff.

All staff in Fort Supply School District is encouraged to model healthful eating and physical activity as a valuable part of daily life.

To meet this goal, the Fort Supply School 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.

Fort Supply School Wellness Committee will meet at least once a year to review policy and make any changes as necessary.

Fort Supply School Policy,

Adopted by the Fort Supply School Board date:

9-14-2015

## Fort Supply School Wellness Policy

Fort Supply School established a Wellness Committee, members consisting of Child Nutrition Staff, Students, Parents and Community Members. The committee will meet at least once a year to review policy and establish yearly goals.

### Nutrition Awareness:

The Wellness Committee will ensure OSDE Child Nutrition factors will be utilized for the students education in the menu-planning system as required by the USDA. School Lunches will provide the recommended dietary allowances per OSDE CN guidelines .

The only vending machines on the campus of Fort Supply School only sell zero calorie, diet drinks, water and Gatorade type drink. This vending machine may only be utilized after school and is located at the north end of the main high school classroom building, not connected to the cafeteria.

The committee will work with the concession stand to try to incorporate a healthy alternative to be purchased at athletic events.

Nutrition education will be offered in the school cafeteria as well as in the classroom.

### Activity Awareness:

All students of Fort Supply School have a Physical Education Class period daily, as well with a recess break. Students will be encouraged to participate in voluntary/after school activities as well.

Playgrounds will be inspected for safety standards and maintenance daily by the teacher on duty at recess time, with all maintenance/safety issues addressed to the Superintendent as quickly as possible.

Fort Supply School Policy,

Adopted by the Fort Supply School Board date: 9-14-2015

## **NUTRITION GUIDELINES/STANDARDS**

### **SCHOOL MEALS**

#### **POLICY STATEMENTS:**

- Per USDA Regulations OS 210.10 and OS 220.8, school lunches and breakfasts will meet menu-planning system guidelines as required by USDA
- Per USDA Regulations OS 210.10, school lunches will provide 1/13 of the recommended dietary allowances (RDA) for calories, protein, calcium, iron, vitamin A and vitamin C as required by USDA
- Per USDA Regulations OS 220.8 school breakfasts will provide ¼ of the RDA for calories, protein, calcium, iron, vitamin A and vitamin C as required by USDA
- Per USDA Regulations OS 210.10 and OS 220.8, the total calories from fat in school meals will be limited to 30 percent when averaged over one week
- Per USDA Regulations OS 210.10 and OS 220.8, the total calories from saturated fat in school meals will be limited to 10 percent when averaged over one week
- Per USDA Regulations OS 210.10 and OS 220.8 school meals will meet the Dietary Guidelines for Americans
- Qualifying school sites will participate in USDA's Summer Food Service 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
- The most nutritious food items offered will be placed on the serving line(s) first to encourage students to make healthier selections.
- Students will be offered a variety of skim and low fat milk, meat and beans, fruits and vegetables, and whole grains on a daily basis
- A nutrient analysis of school meals offered to students will be made available upon request
- School staff will support and encourage student participation in the USDA school meals programs
- Schools sites will be encouraged to participate in Farm to School by purchasing fresh fruits and vegetables from local farmers when available

#### **OTHER FOOD ITEMS SOLD ON SCHOOL CAMPUSES**

##### **POLICY STATEMENTS:**

- Per USDA Regulation OS 210.10, appendix B, foods of minimal nutritional value (FMNV) are 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 Re authorization 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 (effective school year 2007-08) students in elementary schools will not have access to FMNV except on special occasions
- Per Oklahoma Senate Bill 265 (effective school year 2007-08) students in middle and junior high schools will not have access to FMNV except after school, at events which take place in the evening and on special occasions

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- Per Oklahoma Senate Bill 265 (effective school year 2007-08) diet soda, a FMNV, will be available for sale at the junior high only in vending areas outside the cafeteria.
- Per Oklahoma Senate Bill 265 (effective school year 2007-08) healthy food options will 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**

### **POLICY STATEMENT:**

- Per USDA Regulations OS 210.12 and OS 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
- Students will receive consistent nutritional messages throughout the school, classroom, and cafeteria and school events.
- School staff will promote healthful eating and healthy lifestyles to students and parents.

## **PHYSICAL ACTIVITY**

### **POLICY STATEMENT:**

- 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 Senate Bill 312 (effective school year 2006-07) students in Grades K through 5 will participate in 60 minutes of physical activity each week.
- Elementary school sites will provide 20 minutes of daily recess that promote physical activity beyond what is provided through physical education classes.
- Active transportation to and from school will be encouraged by assessing safest routes for students to walk or bike to school and by installing bike racks at school buildings.
- Students will be encouraged to participate in voluntary before and after school physical activity programs such as intramurals, clubs and at the secondary level, interscholastic athletics.
- Students and school 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 cancelled for instructional make-up time.
- All playgrounds will meet the recommended safety standards for design, installation, and maintenance.
- School sites will provide adequate equipment (e.g. balls, rackets, and other manipulative) for every student to be active.

**THE PUBLIC IS INVITED TO CONTACT THE SCHOOL WITH ANY QUESTIONS OR SUGGESTIONS**

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Adopted by the Fort Supply School Board date: 9-4-2015