

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

To meet this goal, the Newcastle 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.

Definitions:

- *School campus* - All areas of the property under the jurisdiction of the school that are accessible to students during the school day.
- *School day* - The period of time from the midnight before to 30 minutes after the end of the instructional day.
- *Competitive foods and beverages* - Foods and beverages that are sold on campus outside of the federal reimbursable school meals program during the school day (e.g., in vending machines or school stores).
- *Smart Snacks standards* - Nutrition standards, issued by the USDA, that set limits on the amount of calories, salt, sugar, and fat in competitive foods and beverages.

Nutrition Guidelines/ Standards:***School Meals Requirements***

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 the United States Department of Agriculture's (USDA) requirements and follow the Dietary Guidelines for Americans (DGA).

Specifically, the District will ensure that all meals are the following:

- Per United States Department of Agriculture (USDA) Regulations §210.10 and §220.8, school lunches and breakfasts will meet menu-planning system guidelines as required by the 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 the USDA.
- Per USDA Regulation §220.8, school breakfasts will provide 1/4 of the RDA for calories, protein, calcium, iron, vitamin A, and vitamin C as required by the USDA.
- Per USDA Regulations §210.10 and §220.8, the total calories from fat in school meals will be limited to 30 percent 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 10 percent when averaged over one week.
- Per USDA Regulations §210.10 and §220.8, school meals will meet the Dietary Guidelines for Americans.
- Accessible, appealing, and attractive to all children
- Served in a clean, pleasant, and supervised setting
- High in fiber, free of added trans fats, and low in added fats, sugar, and sodium
- Reviewed by a registered dietitian or other certified nutrition professional or based on a meal plan provided by a professional resource (such as the State Department of Education, the USDA, the Alliance for a Healthier Generation, or The Lunch Box).
- 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.
- Schools serving chips must use reduced-fat or baked varieties, rather than the traditional varieties, whenever possible.
- The most nutritious items offered will be placed on the serving line first to encourage students to make healthier selections.
- Students will be offered a variety of skim and low-fat milk, meats 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 program.
- Per the school district's Child Nutrition Programs Agreement, school meals may not be used as a reward or punishment.
- Per USDA Regulations §210.10 and §227, students and parents will be involved in the National School Lunch Program (NSLP). Parent and student involvement will include menu-planning suggestions, cafeteria enhancement, program promotion, and other related student-community support activities.

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 without restriction and at no charge at every district facility (including cafeterias and eating areas, classrooms, hallways, playgrounds, and faculty lounges) before, during, and after school. Schools will also ensure the following:

- Students will be provided drinking cups, glasses, or reusable water bottles in places where meals and snacks are served.
- Students will be allowed to bring drinking water from home and take water into the classroom, provided that the water is in a capped container, such as a bottle, to prevent spills.
- All water sources and containers will be maintained on a regular basis to ensure good hygiene standards (including drinking fountains, water jugs, hydration stations, and other methods for delivering drinking water).

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, the District will do the following:

- Inform families about the availability of breakfasts for students.

- Post information on the nutritional content and ingredients of school meals on menus in the cafeteria, on the District website and/or websites of individual schools, and/or in school newsletters.

Adequate Time to Eat: The District will allow students at least 10 minutes to receive breakfast, and from the time that they are seated they will be allowed 20 minutes to eat lunch.

Child Nutrition Programs (OSDE)

Smart Snacks in Schools

USDA's "All Foods Sold in Schools" Standards

We are continuing to improve the health of our children's school environment. Students across the United States are being offered more fruits, vegetables and whole grains at breakfast and lunch. The standards required by the Healthier, Hunger-Free Kids Act of 2010 limit junk food and allow for healthier snack foods to children. These standards will help to ensure that our students are offered only healthy, nutritious snacks during the school day and help to develop good eating habits for the future.

Nutrition Standards for Competitive/Snack Foods

- **Any food in school must include one of the following:**
 - Be a "whole grain-rich" product
 - The first ingredient is a fruit, a vegetable, a dairy product, or a protein food
 - Combination food with at least ¼ cup of fruit and/or vegetable
- **Foods must also meet several nutrient requirements:**
 - Calorie limits
 - Snack Items: ≤ 200 Calories
 - Entrée Items: ≤ 350 Calories
 - Sodium Limits
 - Snack Items: ≤ 200 mg
 - Entrée Items: ≤ 480 mg
 - Fat Limits
 - Total Fat: ≤ 35% of Calories
 - Saturated Fat: ≤ 10% of Calories
 - Trans Fat: 0 grams
 - Sugar Limits
 - ≤ 35% of weight from total sugars in food
- **Accompaniments**
 - Items such as cream cheese, salad dressing, and butter must be included in the nutrient profile as part of the food item sold
- **Caffeine**
 - Elementary and Middle School foods and beverages must be caffeine-free with the exception of trace amounts of naturally occurring caffeine substances
 - High School foods and beverages may contain caffeine

Smart School Standards begin at midnight and end thirty (30) minutes after the school day ends. These standards apply to any fundraising events by organizations on school property. The standards do not apply thirty (30) minutes after school ends, weekends, and at off-campus fundraising events.

School sites are not permitted to conduct or allow any exempt fundraiser unless the school district has approved a written policy that meets the requirements.

Nutrition Standards for Beverages

- **All schools may sell:**
 - Plain Water (with or without carbonation)
 - Unflavored low fat milk
 - Unflavored or flavored fat free milk
 - 100% fruit or vegetable juice
 - 100% fruit or vegetable juice diluted with water (with or without carbonation), and no added sweeteners
- **Elementary schools may sell up to 8-ounce portions, while middle and high schools may sell up to 12-ounce portions of milk and juice. There is no portion size limit for plain water.**
- **High School Students only:**
 - **No more than 20 ounce portions of:**
 - Calorie-free, flavored water (with or without carbonation)
 - Other flavored and/or carbonated beverages that are labeled to contain ≤ 5 calories per 8 fluid ounces or ≤ 10 calories per 20 fluid ounces
 - **No more than 12 ounce portions of:**
 - Beverages with ≤ 40 calories per 8 fluid ounces, or ≤ 60 calories per 12 fluid ounces

Additional Requirements of ALL School Districts

- Designate a Smart Snack Exception Fundraiser contact person who must keep up to date documentation on items sold
- Limited to 30 exempt fundraisers per semester
 - Exempt fundraisers cannot last more than 14 days
 - Exempt fundraisers cannot be held during mealtimes and while after-school snacks are being served
- Each individual fundraiser must have on file:
 - The school organization, class, activity or class benefiting
 - The date(s) of the fundraiser

US Healthier Generation Smart Snack Calculator

- <https://foodplanner.healthiergeneration.org/calculator/>

For questions, please call (405) 521-3327. The Oklahoma State Department of Education is an equal opportunity employer.

Competitive Foods and Beverages

All competitive foods and beverages sold to students during the school day must meet or exceed the USDA's Smart Snacks standards.

Other Food Items Sold on School Campus

Other foods and beverages provided (not sold) on campus must meet the standards.

The District will provide parents and teachers with a list of ideas for healthy food as well as non-food alternatives for classroom parties.

Newcastle School District will follow the USDA Standards for “All Foods Sold In Schools” as detailed by the OSDE Child Nutrition Program’s Smart Snacks In Schools Publication. This Publication is hereby included as “Attachment A”.

Fundraising

Fundraising on Campus During the School Day: In accordance to the Smart Snack Standards on fundraising, only fundraisers that feature non-food items or foods and beverages that meet the Smart Snacks standards will be permitted. The District, however, may allow exemptions for up to [two] fundraisers during the school year, during which the foods and beverages sold are not required to meet the Smart Snack standards. Importantly, these exempted fundraisers cannot be held during normal meal service times.

The following will also occur:

- Fundraising activities will not promote any particular food brands (e.g., fundraisers by fast food chains).
- The District will encourage fundraisers that do not sell food and/or that promote physical activity.

After-School Concessions and Fundraisers: Foods and beverages offered at after-school concessions or as part of fundraisers held outside of school hours are encouraged to comply with the USDA’s Smart Snack standards.

Nutrition Education:

Schools will offer—and integrate into the core curriculum—nutrition education to all grades, providing students the knowledge and skills necessary for lifelong healthy eating behaviors.

In addition, schools will ensure that nutrition education:

- Schools will offer nutrition education opportunities for students to practice and apply the skills and knowledge taught in the classroom (e.g., by using the cafeteria as a learning lab, visiting local farms, etc.).
- Is offered to staff.
- Is promoted to families and the community, when possible.
- Per USDA Regulations §210.12 and §227, nutrition education is offered in the school cafeteria as well as the classroom.
- Per 70 O.S. §24-100a, the Healthy and Fit School Advisory Committee at each school site will study and make recommendations regarding health education, nutrition, and health services.

Rewards and Punishment

Food and beverages will not be used to reward or punish academic performance or student behavior.

Nutrition and Healthy Food Promotion

The District will promote healthy food and beverage choices and appropriate portion sizes by doing the following:

- Exhibiting posters, signs, or other displays on the school campus that promote healthy nutrition choices.

The District will encourage and/or promote age-appropriate activities such as contest, food demonstrations, and taste testing, that promote healthy eating habits.

The District will offer information to families and encourage them to teach their children about nutrition and healthy eating behaviors.

The District will encourage school staff to display healthy eating habits and physical activity choices to students.

Food and Beverage Marketing

Only foods and beverages that meet the USDA's Smart Snacks standards may be marketed in schools. The marketing of any brand, without reference to a specific product, is prohibited unless every food and beverage product manufactured, sold, or distributed under the corporate brand name meets the Smart Snacks standards.

Staff Qualifications and Training

The District will follow the USDA's Professional Standards for State and Local Nutrition Programs in selecting local school nutrition program directors. Also, the District will require all personnel in the school nutrition programs to complete annual continuing education and training.

In addition, Child Nutrition Staff will do the following:

- Receive training in basic nutrition, nutrition education, safe food preparation, and nutrition standards for healthy meals and snacks.
- Organize and participate in educational activities that support healthy eating behaviors and food safety.

Farm-to-School Programs and School Gardens

The District will allow school gardens on District property.

The following will also occur:

- The District will incorporate local and/or regional products into the school meal program.
- The Elementary School will take field trip(s) to local farms.
- As part of their education, students will have the option to learn about agriculture and nutrition.

Physical Education and Physical Activity:

General Requirements

The District will ensure that all students participate in a minimum of 60 minutes of physical activity each week / each day, whether through physical education, exercise programs, after-school athletics, fitness breaks, recess, classroom activities, or wellness and nutrition education.

- Per 70 O.S. §24-100a, the Healthy and Fit School Advisory Committee at each school site will study and make recommendations regarding physical education and physical activity.

- Per 70 O.S. §11-103.9 (effective school year 2006-2007), 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 promotes physical activity beyond what is provided through physical education classes.
- 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 manipulatives) for every student to be active.

Recess and Physical Activity Breaks

Recess: The District will require schools to provide elementary school students (K-5) at least 20 minutes of recess each day (in addition to the PE requirements). Additionally, the District will do the following:

- Will encourage the development of indoor recess guidelines to ensure elementary school students can have adequate physical activity on days when recess must be held indoors.

Physical Activity Breaks: The District will require schools to provide all students (K-12) short breaks (three to five minutes) throughout the day to let them stretch, move around, and break up their time spent sitting. These physical activity breaks may take place during and/or between classroom time.

Physical Education (PE)

The District will require all schools to establish a comprehensive, standards-based PE curriculum for each grade (K-12). Schools will ensure that PE classes and equipment afford all students (K-12) an equal opportunity to participate in PE.

Elementary school students (K-5) will participate in at least 60 minutes of PE per week throughout the entire school year.

In addition, the following requirements apply to all students (K-12):

- During PE, students will be given the opportunity to participate in many types of physical activity, including both cooperative and competitive games.
- Students will engage in moderate to vigorous physical activity for more than 50 percent of the PE class time.

If possible, PE classes will have a teacher/student ratio comparable to core subject classroom size.

Teacher Qualifications, Training, and Involvement

- Teachers will receive training on how to integrate physical activity into the curriculum. Some portion of this training will be incorporated into annual professional development.
- Schools will allow teachers the opportunity to participate in or lead physical activities before, during, and after school.
- PE classes will be taught by licensed teachers who are certified or endorsed to teach PE.

Punishment and Rewards

- Physical activity will not be used or withheld as punishment. (This does not apply to participation on sports teams that have specific academic requirements.)
- The District will encourage alternative ways for teachers and staff to discipline students.
- The District will encourage teachers to use physical activity (e.g., extra recess) as a reward.

Grounds, Facilities, and Equipment

The District will ensure the availability of proper equipment and facilities that meet safety standards and will conduct necessary inspections and repairs.

Community Use of Recreational Facilities

The District will encourage school staff, students, and their families to participate in physical activity outside of the school day. Allowing staff, students, and their families to use school recreational facilities during non-school hours is one way to increase opportunities to engage in physical activity.

Active Transportation

The District will do the following:

- Encourage children and their families to walk and bike to and from school.
- Promote National and International Walk and Bike to School Week/Day, as well as Walk-tober for staff.
- Provide bike racks, at certain locations.
- Encourage parents to supervise groups of children who walk or bike together to and from school.

OTHER ACTIVITIES THAT PROMOTE SCHOOL WELLNESS**Staff Wellness**

The District recognizes that employee health is essential to student health and to creating healthy school environments. Accordingly, the District will implement an employee wellness program that promotes healthy eating, physical activity, and overall health. The District may partner with community agencies and organizations (e.g., local health departments, hospitals, health insurance companies, and local chapters of national organizations, such as the American Cancer Society, American Heart Association, Red Cross, and/or YMCA) to assist in providing education, services, and/or resources for staff.

The District will do the following to support staff wellness:

Nutrition

- Provide employees with access to a refrigerator, microwave, and sink with a water faucet.
- Provide or partner with community organizations or agencies to offer nutrition education through activities such as seminars, workshops, classes, meetings, and newsletters.

Physical Activity

- Provide access to on-campus athletic facilities, such as gyms, running tracks, basketball courts, tennis courts, and swimming pools.
- Promote employee participation in physical activity (e.g. exercise clubs, employee sports teams, exercise challenges, etc.).
- Use posters, pamphlets, and/or other forms of communication to promote physical activity.
- Provide information about local physical activity resources and facilities, such as walking trails, community parks, and/or recreation facilities.
- Promote stairwell use, if applicable, throughout the workday posting motivational signs.

General Wellness

- Partner with community organizations or agencies to offer voluntary health screenings annually to staff, including free or low-cost health assessments.
- Ensure access to a private space (other than a restroom) that has an electrical outlet, and provide flexible paid or unpaid break times to allow mothers to express breast milk and/or breastfeed.
- Partner with community organizations or agencies to offer immunization clinics (e.g., flu, Tdap, etc.) to staff.
- Provide or partner with community organizations or agencies to offer free or low-cost first aid and CPR training.

Professional Development

The District will provide staff with educational resources and annual training in health and health-related topics.

IMPLEMENTATION, MONITORING, AND EVALUATION**Leadership**

The District will designate one or more official(s) 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.

Include the name(s), position(s), and contact information of the designated official(s) here:

Name	Position	Contact Information (Email Address is Sufficient)

Community Involvement

The District will permit parents, students, representatives of the school food authority, physical education teachers, school health professionals, the school board, school administrators, and the general public to serve on the local school wellness policy committee and participate in the development, implementation, review, and update of the local school wellness policy. To encourage broad public participation in the process, the District will do the following:

- Actively notify parents and the broader community about the content and implementation of as well as any changes to the wellness policy, whether through electronic communications (e.g., email, District website, etc.), non-electronic means (e.g., mailings, presentations, etc.), or both.
- Ensure that all outreach and communication is culturally appropriate and translated as needed.

Assessments, Revisions, and Policy Updates

At least once every three years, the District will measure the extent to which schools 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.
- The District will assess how its policy compares with the latest national recommendations on school health, and will update the policy accordingly.
- The District will inform and update the public about the content and implementation of the local wellness policy (via the District's website, handouts, newsletters sent directly to families' homes, etc.).

School Based Activities:

•Per 70 O.S. §24-100a, 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.