

## CHILD NUTRITION AND PHYSICAL FITNESS PROGRAM

The Plainview Board of Education recognizes the important role tht schools play in the development of children's lifelong health habits, their ability to learn, and their overall well-being. Schools can improve the health of students not only be educating them about the importance of healthy behaviors, but also by implementing policies that promote those behaviors.

Children who eat well balanced meals are healthier and more likely to learn in the classroom. The board supports increased emphasis on nutrition, as well as physical activity, at all grade levels to enhance the well being of our district's youth. Therefore, it is the policy of the board to:

1. Provide students access to nutritious food 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 Agrivulture's (USDA) requirements* and follow the Dietary Guidelines for American.s (DGA)
2. Provide clean drinking water available and accessible without restriction and at no charge.
3. Provide opportunities for physical activity and developmentally appropriate exercise; and
4. Provide accurate information related to these topics.

### NUTRITION

As required under the National School Lunch Program (7 CFR 210.12), the District will promote activitites 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.
- Districute materials to inform families of the availability and location of free Summer Food Service Program meals for students when school is not in session.
- Post information menus in the cafeteria, on the district website and/or websites of individual schools, and/or in school newsletters.
- Send applications for reimbursable meal programs to families at the beginning of the school year and make applications available on the District website.

#### **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 Foods Provided at School**

Other foods and beverages provided (not sold) on campus (e.g., for classroom parties, celebrations, and afterschool programming): Parents and teachers will be encouraged, but not required to provide foods and beverages that meet the Smart Snacks standards. The District will provide a list of ideas for healthy foods as well as non-food alternatives.

**Nutrition Education**

Schools will offer—and integrate into the core curriculum—nutrition education to all grades (K-12), providing students the knowledge and skills necessary for lifelong healthy eating behaviors, including the following:

- What it means to eat healthfully, consume the proper nutrients, and maintain a wholesome and balanced diet.
- How to read labels and understand the problems associated with unhealthy food marketing to Children.

**Rewards and Punishment**

Food, beverages, and candy will not be used to reward or punish academic performance of 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.
- Providing age-appropriate activities, through physical education/health classes that promote healthy eating habits.
- Offering information to families (via communications with parents, and screening services) and encouraging them to teach their children about nutrition and healthy eating behaviors.
- Encouraging school staff to display healthy eating habits and physical activity choices to students (e.g., by eating with students during meal times, consuming only healthy snacks, meals, and Beverages in front of students, sharing positive experiences with physical activity with students, etc.).

**Food and Beverage Marketing**

Only foods and beverages that meet the USDA's Smart Snacks standards may be marketed in schools.

**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. In addition, the District will require all personnel in the school nutrition programs to complete annual continuing education and training.

**CURRICULUM**

The Plainview Board of Education recognizes that healthy eating patterns are essential for students to achieve their academic potential, full physical and mental growth, and lifelong health and well being. To help ensure students possess the knowledge and skills necessary to make nutritious food choices for a lifetime, the superintendent shall prepare and implement a comprehensive district nutrition program consistent with state and federal requirements for districts sponsoring the National School Lunch Program and the School Breakfast Program. To implement the program, the superintendent shall adopt and implement a comprehensive curriculum on health, fitness, and nutrition that will provide opportunities for developmentally appropriate instruction for grades K-12. The input of staff, students, parents and public health professionals in the development of the curriculum will be encouraged.

Nutrition, health, and fitness topics shall be integrated within the sequential comprehensive health education curriculum taught at every grade level, K-12, and coordinated with the district's nutrition and food service operation.

The district shall take a proactive effort to encourage students to make nutritious food choices. The superintendent shall ensure that:

1. A variety of healthy food choices are available whenever food is sold or served on district property or at district-sponsored events;
2. Schools shall regulate the sale or serving of foods or snacks high in fat, sodium or added sugars; and
3. Nutritious meals served by the school nutrition and food services operations.

**CHILD NUTRITION PROGRAM**

- The Plainview Public Schools will operate a school lunch program that will include lunch and breakfast through participation in the Child Nutrition Program. The superintendent, in conjunction with the food service coordinator and with the approval of the board of education, will establish and post meal prices.
- As required for participation in the Child Nutrition Programs, the board prescribes that:
  - School lunches are to be made available to all students.
  - Free and reduced price lunches are to be made available for students who meet the federal income guidelines.
  - In the operation of the Child Nutrition Programs, no child will be discriminated against because of race, sex, color, national origin, age, or disability. Discrimination complaints under these programs should be filed with the  
State Department of Education Child Nutrition Programs  
2500 North Lincoln Blvd.  
Oklahoma City, Oklahoma 73105-4599

The district's child nutrition program shall reflect the board's commitment to providing adequate time for instruction to promote healthy eating through nutrition education, serving healthy and appealing foods at district schools, developing food-use guidelines for staff, and establishing liaisons with nutrition service providers, as appropriate. Nutrition education topics shall be integrated within the sequential, comprehensive health education program taught at every grade level, pre-kindergarten through grade 12, and coordinated with the district's nutrition and food service operation.

It is the intent of the Board of Education that district schools take a proactive effort to encourage students to make nutritious food choices. Meals served in school before the end of the last lunch period shall conform

to the U.S. Dietary Guidelines for Americans. Food and beverages sold or served on district grounds or at district-sponsored events shall meet requirements for nutritional standards and/or other guidelines as may be recommended by the district and school health and nutrition committees. The superintendent shall ensure that nutritious foods are available as an affordable option whenever food is sold or served on district property or at district-sponsored events.

The superintendent is directed to prepare rules and regulations to implement and support this policy, including such provisions as may be necessary to address all food and beverages sold and/or served to students at school (i.e., competitive foods, snacks, and beverages sold from vending machines, school stores, and fund raising activities and refreshments that are made available at school parties, celebrations, and meeting), including provisions for staff development, family and community involvement, and program evaluation.

### **PHYSICAL EDUCATION AND PHYSICAL ACTIVITY**

The District will ensure that all elementary school students (K-5) participate in a minimum of 60 minutes of physical activity each week, whether through physical education, exercise programs, after-school athletics, fitness breaks, recess, classroom activities, or wellness and nutrition education.

#### **Physical Education (PE)**

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

### **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 to assist in providing education, services, and resources for staff.

The District will do the following to support staff wellness:

- Provide employees with access to a refrigerator, microwave, and sink with a water faucet.
- Promote walking
- Provide access to on-site fitness facility
- Provide access to on-campus athletic facilities, such as gyms, running tracks, basketball courts, and tennis courts.
- Promote employee participation in physical activity by offering exercise classes.
- Provide information about local physical activity resources and facilities, such as walking trails, community parks, and recreation facilities, through our wellness newsletter.
- Partner with community organizations or agencies to provide stress management programs annually to staff.
- Promote tobacco prevention and provide referral information on cessation services through the Oklahoma Tobacco Helpline.

- 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.

**IMPLEMENTATION, MONITORING, AND EVALUATION****Leadership**

Cindy McCulloh, Wellness Coordinator - [cmcculloh@plainview.k12.ok.us](mailto:cmcculloh@plainview.k12.ok.us)

**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, by District website.

**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:

- The District will inform and update the public about the content and implementation of the Local wellness policy by District website.

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

**REFERENCE:** 70 O.S. §1-107  
7CFR, Part 210 and 220  
7CFR, Part 245.5

**CROSS-REFERENCE:** Policy EHAK, Physical Education