

Child Nutrition Programs
Ringling Public Schools
October 19, 2019
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.

Overall Goal:

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

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

NUTRITION GUIDELINES/STANDARDS

School Meals

Local Policy Statements:

Deep-fat fried foods will be sparingly served.

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.

Healthy food preparation techniques will be implemented. ,

When serving chips our staff will use reduced-fat or baked varieties, rather than the traditional varieties, whenever possible.

School staff will support and encourage student participation in the USDA School Meals program.

The most nutritious food items offered will be placed on the serving line(s) first to Encourage students to make healthier selections.

Other Food Items Sold on School Campuses

Local Policy Statements:

Nutrient-rich food items will be available for sale at all places where food and Beverages are sold on school campuses. This includes the cafeteria, vending Machines, school stores, and concession stands. This district will follow the Recommended food items specified in *Healthy Snack Choices* provided by the OSDE whenever possible.

Snack food items available for sale will include some choices low in sodium, fat, Sugar and saturated fat.

High energy drinks with elevated levels of caffeine will not be available for sale Anywhere on school campus.

Nutrition Education

Local Policy Statements:

The Oklahoma Ag in the Classroom curriculum will be reviewed for Implementation in Grades K-6.

Nutrition education is integrated into the core curriculum, including math, Science, and language arts.

Advertising and other materials that promote FMNV (Foods of Minimum Nutritional Values) will be eliminated on all school campuses.

Students, parents and the school staff may participate in an annual school Activities.

Family/parent nutrition education opportunities will be provided.

School staff will work with local county extension educators to incorporate Nutrition education activities in school.

Students will receive consistent nutritional messages throughout the school, Classroom, cafeteria, and school events.

PHYSICAL ACTIVITY

Local Policy Statements:

Students will participate in an annual health-related fitness test (e.g. Fitness Gram, President's Challenge to Physical Fitness, etc.)

School sites will establish or enhance physical activity opportunities for students, Staff, and parents (fitness challenges, family fitness nights, fun walks and runs, bike Events).

Elementary school sites will provide daily recess that promotes physical activity Beyond what is provided through physical education classes .

Active transportation to and from school will be encourage by assessing safest Routes for students to walk or bike to school and by installing bike racks at School buildings.

Alternatives will be considered to denying students participation in recess or other Physical activity as a form of discipline This will be left to the discretion of the Principal. Physical Education will not be canceled for instructional make-up time at The discretion of the Principal.

Staff will serve as physical activity role models for students.

All playgrounds will meet the recommended safety standards for design, installation, And maintenance.

All school sites will provide adequate equipment (e.g. balls, rackets, and other Manipulatives) for every student to be active.

SCHOOL-BASED ACTIVITIES

Local Policy Statement:

Students will be provided with a clean, safe, enjoyable meal environment.

Students will be provided with an adequate amount of time to eat breakfast and lunch. A minimum of 15 minutes will be provided at breakfast and 20 minutes at lunch (after students receive their trays).

Recess before lunch will be considered in order to increase food consumption and nutrient intake, decrease plate waste, and improve cafeteria and classroom behavior.

The sale of candy as a fundraiser will be occasionally permitted.

Healthy eating considerations will be a high priority when planning classroom parties and fund raisers.

Classroom teachers and administrators will limit the use of candy or sweets as a reward.

Students will be involved in planning for a healthy school environment.

Students will be asked for input and feedback through the use of student surveys, student committees, and school clubs.

Approved by the Board of Education of Ringling Public School at the regular board meeting of October 14, 2019



School Food Authority