

# GYPSY PUBLIC SCHOOL

## **Board of Education**

Paula Ostrum, President  
Edwin Smith, Vice President  
G. Daniel VanOrsdol, Clerk

30899 South 417<sup>th</sup> West Avenue  
Depew, Oklahoma 74028  
(918) 324-5365  
(918) 324-5003 fax

## **Superintendent**

Rachel Collins  
rcollins@gypsy.k12.ok.us

## **Wellness Policy**

The Gypsy Public School (GPS) District recognizes the relationship between academic achievement and student health and wellness. This policy reflects the GPS's Board of Education's commitment to removing health-related barriers to learning by establishing a 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's role as part of the larger community to model and actively practice the promotion of family health, physical activity, and good nutrition.

### **Nutrition**

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

1. Guidelines for reimbursable school meals shall not be less restrictive than the most current regulations and guidance issued by the Secretary of Agriculture, as those regulations and guidance apply to all schools.
2. The Child Nutrition Programs 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.
3. Child Nutrition Programs are accessible to all children. Students will be encouraged to start each day with a healthy breakfast.
4. Meals served through the Child Nutrition Programs will be: appealing and attractive to children of various ages and diverse backgrounds; served in a clean, safe, and pleasant setting.
5. The Child Nutrition Program will purchase home-grown fruits and vegetables from local farms and gardens when the opportunity arises.
6. Child Nutrition Staff will be engaged in wellness activities and annual educational opportunities that support healthy eating behavior and food safety.
7. 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.

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8. Drinking water will be offered at no charge at all meal service events without restriction at every facility 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.
9. A monthly menu and nutrient analysis of school meals will be available to students and parents on the school's website ([www.gypsy.k12.ok.us](http://www.gypsy.k12.ok.us)).
10. Healthy food preparation techniques will be implemented. Food items will not be fried. Schools serving chips will offer baked or reduced-fat varieties.
11. 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.
12. Students are provided only healthy food and beverage options which meet Smart Snack requirements for food beyond the school food services (vending machines, school stores, and food/beverages for snacks and celebrations). The district, however, may allow exceptions for up to two celebration during the school year during which the foods and beverages served are not required to meet Smart Snack standards.
13. Food, beverages, and candy will not be used to reward or punish academic performance or student behavior.
14. Fundraisers sponsored by the school or that occur on campus during the school day will be supportive of healthy eating and will be Smart Snack compliant.
15. For fundraising activities outside the school day, clubs, groups, and organizations should support children's health and reinforce nutrition lessons. GPS 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.

## **Food Items Sold on Campus**

These are foods and beverages sold outside of reimbursable school meals during school hours (though vending machines, fundraisers, school stores, etc.)

1. 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. (\*FMNV Fact sheet at OSDE website: <http://ok.gov/sites/ok.gov.sde/files/CN-FactSheet.pdf>.)

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2. 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.\* Beverages sold in school vending machine will be Smart Snack compliant and shall not interfere with meals or beverages sold through the National School Lunch Program.
3. Students will not have access to FMNV except on special occasions.\*
4. Healthy food options will be provided and priced lower than FMNV in order to encourage students and staff to make healthier food choices.\*
5. Nutrient-rich items will be available for sale at all places where food and beverages are sold on school campus. This includes the cafeteria, beverage machines, school stores, and concession stands. Smart Snacks and beverage machine access shall be restricted so as not to interfere with the National School Lunch Program.
6. Snack food items available for sale will contain less than 35% or 10 grams of fat per single serving as stated on the nutrition facts label. (Exception: seeds and nut mixes)
7. Snack food items available for sale will contain less than 10% or 2 grams of saturated fat per single serving as stated on the nutrition facts label.
8. Snack food items available for sale will contain no more than 35% sugar by weight or 15 grams per single serving as stated on the nutrition facts label. (Exception: fresh and dried fruits)
9. Snack food items available for sale will contain less than 480 milligrams of sodium per single serving as stated on the nutrition facts label.
10. High energy drinks with elevated levels of caffeine will not be available for sale anywhere on campus. All beverages sold will be Smart Snack compliant.

## **Nutrition Education**

The goal of nutrition 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.

1. Nutrition education will be provided in grades PK-8 and will be integrated into the core curriculum. Curriculum may include “My Pyramid,” “Oklahoma Ag in the Classroom,” and material from the local county extension educators.
2. Nutrition education will teach students the knowledge and skills necessary to adopt healthy eating and regular physical activity as part of their lifestyle.

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3. Nutrition resources that include learning opportunities which enhance health will be made available for staff.

## **Nutrition and Healthy Food Promotion**

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

1. Exhibiting posters, signs, or other displays on the school campus that promote healthy nutrition choices.
2. Providing age-appropriate activities, such as contests, food demonstrations, and taste-testing that promote healthy eating habits.
3. Encouraging school staff to display healthy eating habits and physical activity choices to students (e.g., by eating with the students during meal times, consuming only healthy snacks, meals, and beverages in front of the students, sharing positive experiences with physical activity with students, etc.)

## **Marketing of Food and/or Beverages**

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

## **Physical Education**

GPS recognized the importance of physical activity and physical education in promoting health and academic achievement, and that it is an important part of a student's comprehensive, well-rounded education program that will positively impact life-long health and well-being. GPS supports quality physical activity throughout the school day.

1. Teachers and other school personnel will not use physical activity as a punishment or withhold opportunities for physical activity (recess or PE) as a punishment.
2. There will be limited use of recess to make up instructional time.
3. Teachers and other school personnel are encouraged to use physical activity opportunities as rewards, such as extra recess.

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4. Students participating in physical education will be moderately to vigorously active for at least 50% of PE class time.
5. Students will participate in a health-related fitness test two times per year.
6. Proper equipment and facilities that meet safety requirements are required.
7. GPS will provide adequate equipment for every student to be active.
8. Elementary students will participate in a minimum of 120 minutes of physical education per week throughout the school year.
9. Elementary students will participate in a minimum of 60 minutes of physical activity per week, whether through physical education, exercise programs, after-school athletics, fitness breaks, recess, classroom activities, or wellness and nutrition education.
10. Only medical waivers/exemptions from participation in physical education will be accepted.
11. GPS will encourage participation in a range of competitive and noncompetitive physical activities that help to develop the skills needed to participate in lifetime physical activities.
12. Students will be given opportunities for physical activity during the school day by integrating physical activity into the academic curriculum.
13. Training for teachers on integrating physical activity into the curriculum will be provided.
14. Physical education teachers will integrate new, up-to-date instructional strategies that directly align with state and NASPE standards and objectives.

## **Staff Wellness**

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

1. Provide employees with access to a refrigerator, microwave, and sink with a water faucet.
2. Provide access to on-campus athletic facilities, such as gyms and basketball courts.
3. Provide information about local physical activity resources and facilities, such as walking trails, community parks, and recreation facilities.

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## **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 school's outdoor physical activity facilities outside the normal school day.

## **Community/Family Involvement**

GPS recognizes that parents and guardians have a primary and fundamental role in promoting and protecting their children's health and well-being. GPS supports parents' efforts to provide a healthy diet and daily physical activity for their children. GPS encourages parents to provide healthy lunches and snacks and to refrain from including beverages and food that do not meet good nutrition standards for food and beverages. GPS will promote activities to involve students and parents in the School Lunch Program.

Nutrition and physical activity education will be provided to families and the community through communications with parents, educational workshops, homework materials, screening services, and health-related exhibitions and fairs.

GPS 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 Healthy and Fit and Safe School Committees and participate in the development, implementation, review, and update of the local school wellness policy. To encourage broad public participation in the process, GPS will do the following:

1. Actively notify parents and the broader community about the content and implementation of, as well as any changes to, the wellness policy, through the district website ([www.gypsy.k12.ok.us](http://www.gypsy.k12.ok.us))
2. Educate community stakeholders on how they can participate in the development, implementation, review, and update of the wellness policy and let them know why their participation is important to the health and wellness of the students in the broader community.

## **Leadership**

GPS will designate one or more official(s) to facilitate the development of the local school wellness policy, oversee the appropriate updates to the policy, and ensure the school and district are in compliance with the policy. GPS will ensure that the designated official(s) fully understand the federal and state laws related to the wellness policy. The designated officials for GPS will be Rachel Collins, Superintendent ([rcollins@gypsy.k12.ok.us](mailto:rcollins@gypsy.k12.ok.us)) and Jeanna McDaniel, Child Nutrition Coordinator ([emcdaniel@gypsy.k12.ok.us](mailto:emcdaniel@gypsy.k12.ok.us)).

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## **Assessment**

The Healthy and Fit School Advisory Committee will conduct an annual assessment with the district and school food service. The committee will use the School Health Index, or a similar tool, to assess compliance, progress, and determine areas in need of improvement. A report will be given to the Board of Education by the Superintendent or designee. GPS will, as necessary, revised the wellness policy.

At least once every three years, GPS will measure the extent to which the district is in compliance with the local wellness policy, as well as progress made in attaining the policy's goals. Additionally:

1. 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.
2. GPS will inform and update the public about the content and implementation of the local wellness policy through the district website ([www.gypsy.k12.ok.us](http://www.gypsy.k12.ok.us)).