

Whitebead School Wellness Policy

Adopted November 3, 2014



School Food Authority

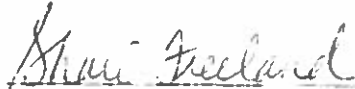


Clerk of Board of Education

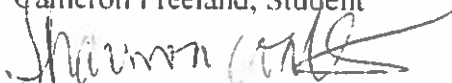
Wellness Policy Team Members:

The law requires (1) parents, (2) students, (3) representatives of the SFA (a school food service employee or someone that works directly with the Child Nutrition Program) (4) the school board, (5) school administrators, and (6) the public to be members of the Wellness Policy Team. The SFA may use the school's Healthy and Fit School Advisory Committee and add the required Wellness Policy Team members.


Whitehead Wellness Policy Team Members:



Shari Freeland, Health Dept. &
Parent



Cameron Freeland, Student


Shannon Coates, Parent


Nikki Assad, Food Service Dir.

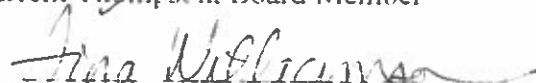

Mary E. Smith, Principal/Supt.
School Food Authority


Phyllis Hitt, Teacher


Kim Pool, Teacher


Gracie Coates, Student


Brent Thompson, Board Member


Tina Williamson, Counselor

Whitehead School's 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 at Whitehead School shall possess the knowledge and skills necessary to make nutritious food choices and enjoyable physical activity choices for a lifetime. All staff at Whitehead School are encouraged to model healthy eating and physical activity as a valuable part of daily life.

To meet this goal, Whitehead 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.

Nutrition Guidelines/Standards

School Meals:

Per USDA Regulations 210.10 and 220.8, school lunches and breakfasts will meet menu-planning system guidelines as required by 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 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 USDA.

Per USDA Regulation 210.10 and 220.8, the total fat in school meals will be limited to 30 percent of total calories when averaged over one week.

Per USDA Regulation 221.10 and 220.8, the total calories from saturated fat in school meals will be less than 10% when averaged over one week.

Per USDA Regulations 210.10 and 220.8, school meals will meet the Dietary Guidelines for Americans.

In addition. . .

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.

Beverages such as tea, lemonade, and fruit drinks containing less than 100 % fruit juice will not be offered to students.

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 lowfat 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.

School sites will be encouraged to participate in Farm-to-School by purchasing fresh fruit and vegetables from local farmers when available.

Other Food Items Sold on School Campus:

The Healthy Hunger-Free Kids Act of 2010 Directed USDA to establish Nutrition Standards for all foods and beverages sold to students in school during the school day, including foods sold outside of the meals served through the NSLP and SBP. The new Smart Snacks in School Nutrition Standards will help schools to make the healthy choice the easy choice by offering students more of the foods and beverages we should be encouraging - whole grains, fruit and vegetables, leaner protein, lower-fat dairy - while limiting food with too much sugar, fat and salt.

All competitive foods will meet the Nutrient Standards required by the Smart Snack Program. This means any foods sold on school premises during the school day, no matter what fund purchased the food.

To be allowable, a competitive food must:

1. Meet all of the proposed competitive food Nutrient Standards. **AND**

2. Be a grain product that contains 50% or more whole grains by weight or have whole grains as the first ingredient. **OR**
3. Have as the first ingredient one of the nongrain main food groups: fruits, vegetables, dairy, or protein foods. **OR**
4. Be a combination food that contains at least $\frac{1}{4}$ cup fruit and/or vegetable. **OR**
5. Contain 10% of the Daily Value of a nutrient for public health concern, effective July 1, 2016.
6. If water is the first ingredient, the second ingredient must be one of the Items 2, 3, or 4 above.

Sugar-free chewing gum is exempt from all competitive food standards.

Elementary and middle school: Food and beverages must be caffeine-free with the exception of trace amount of naturally occurring caffeine substances.

Acceptable food items must have 35% calories from total fat as served.

Acceptable food items must have less than 10% calories from saturated fat as served.

Zero grams of trans fat as served (≤ 0.5 g per portion).

Acceptable food items must have $\leq 35\%$ of weight from total sugar as served.

Snack items sold at the Healthy Hut must be ≤ 230 mg sodium per item served. Effective July 1, 2016, snack items sold at the Healthy Hut must be ≤ 200 mg sodium per item as served.

Snack items sold at the Healthy Hut must be 200 calories or less per item, including any added accompaniments.

Beverage Standards for the Healthy Hut are:

1. Plain water or plain carbonated water (no size limit).
2. 100% fruit vegetable juice (8 fl. oz. or less for Elementary Students).
3. 100% fruit vegetable juice (12 fl. oz. or less for Middle School Students).
4. 100% fruit vegetable juice diluted with water (with or without carbonation) and no added sweeteners (8 fl. oz. or less for Elementary Students).
5. 100% fruit vegetable juice diluted with water (with or without carbonation) and no added sweeteners (12 fl. oz. or less for Middle School Students).

In addition . . .

Fried food items will not be available for sale as a la carte food items.

The district will follow the recommended food items specified in *Smart Snack Nutrition Standards* provided by the OSDE.

Nutrition Education

Per USDA Regulation 210.12 and 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.

In addition . . .

Nutrition education resources will be used in the cafeteria and classroom.

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

All schools will apply with USDA to participate as a Team Nutrition school. Each school will conduct nutrition education activities that involve students, parents and the staff.

Family parent nutrition education opportunities will be provided.

Advertising and other materials that promote FMNV will be eliminated on all school campuses.

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

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

School staff will provide healthful eating and healthy lifestyles to students and parents.

Physical Activity

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 2006-2007), students in Grades K through 5 will participate in 60 minutes of physical activity each week.

In addition . . .

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 20 minutes of daily recess that promotes physical activity beyond what is provided through physical education classes.

Recess or other physical activity time will not be canceled for instructional make-up time.

Staff will serve as physical activity role models for students.

All playground equipment 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.

School-Based Activities

Per Oklahoma Senate Bill 1627, 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.

Per the school district's Child Nutrition Programs Agreement, school meals may not be used as a reward or punishment.

Per USDA Regulations 210.12 and 227, students and parents will be involved in the NSLP. Parent and student involvement will include menu-planning suggestions, cafeteria enhancement, program promotions, and other related student-community support activities.

In addition . . .

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).

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.

This School Wellness Policy adopted by the Board of the Whitehead School District at the regularly scheduled meeting on this, the 3rd day of November in the year 2014.

Signature


SFA Official


Clerk of the Board