

Administrative Guidelines

For

The District Health & Wellness Policy

2015-2016

Butner Public Schools

Administrative Regulation for the Wellness Policy on Physical Activity, Nutrition, and Health

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 healthy weight, are also linked to reduced risk for many chronic diseases. Public 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 student's overall health, as well as their behavior and academic achievement in school. Staff wellness is also an integral part of a healthy school environment since school staff can be daily role models for healthy behaviors.

Butner Public Schools is committed to providing a school environment that promotes and protects children's health, well-being, and ability to learn by supporting healthy eating and physical activity. Therefore, it is the policy of the school to:

- Engage students, parents, teachers, food service professionals, health professionals, and other interested community members in developing, implementing, monitoring, and reviewing district-wide nutrition and physical activity policies;
- Provide all students in grades PreK-12 opportunities, support, and encouragement to be physically active on a regular basis;
- Ensure qualified child nutrition professionals will provide students with access to a variety of affordable, nutritious, and appealing foods that meet the health and nutrition needs of students; will accommodate the religious, ethnic and cultural diversity of the student body in meal planning; will provide clean, safe and pleasant settings and adequate time for students to eat;
- Participate in available federal school meal programs; and
- Provide nutrition education and physical education to foster lifelong habits of healthy eating and physical activity, and establish linkages between health education and school meal programs, and with related community services.

To Achieve These Policy Goals:

Healthy and Fit School Advisory Committee

The Healthy and Fit Advisory Committee will work to develop, implement, monitor, review, and as necessary, revise school nutrition and physical activity policies. The Committee also will serve as resources for implementing these policies. The following individuals make up the committee for Butner Public Schools:

Melissa Baughman – Principal
Sarah McDowell – Parent
Mitch Wainwright – Teacher

Denise Cheatwood – Child Nutrition Program Coordinator
Tabby Green – Parent
Brent Miller – PE Teacher

NUTRITIONAL QUALITY OF FOODS AND BEVERAGES SOLD AND SERVED ON CAMPUS

School Meals: Meals served through the National School Lunch and Breakfast Programs will:

- Be appealing and attractive to children;
- Be served in clean and pleasant settings;
- Meet, at a minimum, nutritional requirements established by local, state, and federal statutes and regulations;
- Offer a variety of fruits and vegetables;
- Serve 1% and fat-free milk and nutritionally-equivalent non-dairy alternatives (to be defined by USDA); and
- Ensure that all of the served grains are whole grain.

Upon request, the school may share information about the nutritional content of meals with parents and students. Such information could be made available on menus, a website, on cafeteria menu boards, or other point-of-purchase materials.

Breakfast: To ensure that all children have breakfast, either at home or at school, in order to meet their nutritional needs and enhance their ability to learn:

- The school will, to the extent possible, operate the School Breakfast program;
- The school will, to the extent possible, arrange bus schedules and utilize methods to serve school breakfasts that encourage participation;
- The school will notify parents and students of the availability of the School Breakfast Program;
- The School will encourage parents to provide a healthy breakfast for their children through newsletter articles, take-home materials, or other means.

Free and Reduced-Priced Meals: Every effort will be made to eliminate any social stigma attached to, and prevent the over identification of, students who are eligible for free and reduced priced school meals.

Meal Times and Scheduling:

- Will provide students with, at a minimum of, 15 minutes to eat after sitting down for breakfast and 20 minutes after sitting down for lunch;
- Will schedule meal periods at appropriate times, e.g., lunch should be scheduled between 11:00 a.m. and 12:30 p.m.;
- Will not schedule tutoring, club, or organizational meetings or activities during mealtime, unless students may eat during such activities;
- Will provide students access to hand washing or hand sanitizing before they eat meals or snacks;
- Will take reasonable steps to accommodate the tooth-brushing regimens of students with special oral health needs (e.g., orthodontia or high tooth decay risk).

Qualifications of Butner Food Service Staff: Qualified nutritional professionals will administer the school meal program. As part of the school's responsibility to operate a food service program, continuing professional development for all nutrition professionals will be provided. Staff development programs should include appropriate certification and/or training programs for child nutrition directors, school nutrition managers, and cafeteria workers, according to their levels of responsibility.

Sharing of Food and Beverages: The School will discourage students from sharing their food or beverages with one another during meal or snack times, given concerns about allergies and other restrictions on some children's diets.

Food and Beverages Sold individually (i.e. foods sold outside of reimbursable school meals); The Butner Board of Education will approve all food and beverage sales to students at Butner Public Schools. If available, foods and beverages sold individually should be limited to the USDA Smart Snacks in Schools Standards. These guidelines will be in effect beginning at midnight through the school day and ending 30 minutes after the end of the school day. All after-school activities that begin 30 minutes after the school day ends are not limited by the Smart Snacks in School Standards (ex. ball game concessions).

- Per USDA Regulations Sec. 210, Appendix B, FMNV (Food of Minimal Nutritional Value) are prohibited from being sold or served during student meal services in the food service area where USDA reimbursable meals are served or eaten;
- Per the Child Nutrition and WIC Reauthorization Act of 2004, 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;
- Per Oklahoma Senate Bill 265 (effective school year 2007-2008), students in elementary schools will not have access to FMNV (Foods of Minimal Nutritional Value) except on special occasions.

Beverages

Nutrition Standards for Beverages – Smart Snacks in Schools USDA Standards to be implemented for 2015-2016.

All schools may sell:

- Plain water (with or without carbonation)
- Unflavored low fat milk
- Unflavored or flavored fat free milk and milk alternatives permitted by NSLP/SBP
- 100% fruit or vegetable juice and
- 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 schools and high schools may sell up to 12-ounce portions of milk and juice. There is no portion size limit for plain water. Beyond this, the standards allow additional "no calorie" and "lower calorie" beverage options for high school students.

- No more than 20-ounce portions of
- Calorie-free, flavored water (with or without carbonation); and
- Other flavored and/or carbonated beverages that are labeled to contain < 5 calories per 8 fluid ounces or \leq 10 calories per 20 fluid ounces.
- No more than 12-ounce portions of beverages with \leq 40 calories per 8 fluid ounces, or \leq 60 calories per 12 fluid ounces.

Snacks and Sweets: (Per serving)

Within the Butner School District only foods that meet the following guidelines will be sold during the school day (excluding the National School Breakfast and Lunch Program):

Nutrition Standards for Foods – Smart Snacks in Schools USDA Standards to be implemented for 2015-2016.

Any food sold in schools must:

- Be a “whole grain-rich” grain product; or
- Have as the first ingredient a fruit, a vegetable, a dairy product, or a protein food; or
- Be a combination food that contains at least ¼ cup of fruit and/or vegetable; or
- Contain 10% of the Daily Value (DV) of one of the nutrients of public health concern in the 2010 Dietary Guidelines for Americans (calcium, potassium, vitamin D, or dietary fiber).*

Foods must also meet several nutrient requirements:

Calorie limits:

- Snack items: ≤ 200 calories
- Entrée items: ≤ 350 calories

Sodium limits:

- * Snack items: ≤ 230 mg**
- * Entrée items: < 480 mg

Fat limits:

- Total fat: ≤ 35% of calories
- Saturated fat: ≤ 10% of calories
- Trans fat: zero grams

Sugar limits:

- * 35% of weight from total sugars in foods

- On July 1, 2016, foods may not qualify using the 10% DV criteria.
- On July 1, 2016, snack items must contain ≤ 200 mg sodium per item

Snacks: Snacks served during the school day or in after-school care or enrichment programs will make a positive contribution to children’s diets and health. The school will encourage fruits and vegetables as the primary snacks and water as the primary beverage. The school will assess if and when to offer snacks based on timing of school meals, children’s nutritional needs, children’s ages, and other considerations.

- No parties or snacks before lunch

Rewards: Classroom teachers and administrators will not use candy or sweets as a regular/everyday reward. Other rewards should be offered such as healthy food options or non-food rewards.

Celebrations: Celebrations that involve food during the school day will be limited. Each party should include limited food types or beverage that does not meet nutrition standards for foods and beverages sold individually.

Fund Raising and classroom parties: All fund raising efforts and classroom parties will be supportive of healthy eating. All school parties and special events should have an equal number of healthy choices versus food of minimal nutritional value.

Fund Raising: Smart Snacks in Schools USDA Standards to be implemented for 2015-2016

- The sale of food items that meet nutrition requirements at fundraisers are not limited in any way under the standards.

- The standards do not apply during non-school hours, on weekends and at off-campus fundraising events.
- The standards provide a special exemption for infrequent fundraisers that do not meet the nutrition standards. State agencies may determine the frequency with which fundraising activities take place that allow the sale of food and beverage items that do not meet the nutrition standards. **The state of Oklahoma has decided to allow up to 30 exemptions per site per semester lasting up to 14 days each. School districts may decide how many exemptions they will allow at the local level IF they wish to use fewer exceptions.**

After School Programs: Foods and beverages sold outside the school day must meet the requirements for nutritional standards as follows:

- Students in the lower elementary school shall not have access to foods of minimal nutritional values except on special occasions:
- Students in the middle school and high school shall have access to foods of minimal nutritional value on a limited basis.

Nutrition and Physical Activity Promotion and Food Marketing

Nutrition Education and Promotion: Butner Public School District aims to teach, encourage, and support healthy eating by students. The school will provide nutrition education and engage in nutrition that:

- is offered at each grade level as part of a sequential, comprehensive, standards-based program designed to provide students with the knowledge and skills necessary to promote and protect their health;
- is part of not only health education classes, but also classroom instruction in subjects such as math, science, language arts, social sciences, and elective subjects;
- includes enjoyable, developmentally-appropriate, culturally-relevant, participatory activities, such as contests, promotions, taste testing, farm visits, and school garden;
- promotes fruits, vegetables, whole grain products, low-fat and fat-free dairy products, healthy food preparation methods, and health-enhancing nutrition practices;
- emphasizes caloric balance between food intake and energy expenditure (physical activity/exercise);
- links with school meal programs, other school foods, and nutrition-related community services;
- teaches media literacy with an emphasis on food marketing; and
- includes training for teachers and other staff

Physical Activity:

Physical activity times: Per Oklahoma Senate Bill 1186 (effective school year 2008-2009), students in Grade K through 6 will participate in a minimum of 120 minutes of Physical Education each week.

Students in grades 3-12 have the opportunity to participate in school athletic programs where a planned conditioning approach is used. To meet the challenge of regular physical activity and helping students improve their physical fitness levels, the school will strive to have:

- **Quality Physical Education:** Oklahoma state physical education curriculum will be offered throughout the school year to provide a wide variety of movement opportunities.
- **Role Modeling:** School staff will promote healthful eating and healthy lifestyles to students and parents.
- **Playgrounds:** All playgrounds will meet the recommended safety standards for design, installation, and maintenance.
- **PE Equipment:** School sites will provide adequate equipment (e.g. balls, rackets, and other manipulatives) for all students to be active.
- **PE Teacher Training:** Physical Education teacher will have the opportunity to attend PE related training each year.
- **PE Staffing:** State licensed PE instructor will teach Physical Education.
- **Health Promotion for School Staff:** The school administration will provide health promotion programs for school staff and personnel.
- **Withholding Physical Activity:** Holding students out of recess or physical education as a form of discipline or to do make-up work will be discouraged.
- **Classroom Health Education:** Classroom health education will complement physical education by reinforcing the knowledge and self-management skills needed to maintain a physically active lifestyle and to reduce time spent on sedentary activities, such as watching television.
Topics may include:
 - Diabetes/Obesity Prevention
 - Hand washing/germ prevention
 - Bullying
 - Tobacco Prevention
- Opportunities for physical activity will be incorporated into other subject lessons.

Communications with Parents: The school will provide information about physical education and other school based physical activity opportunities before, during, and after the school day, and support parent’s efforts to provide their children with opportunities to be physically active outside of school. Such supports will include sharing information about physical activity and physical education through a website, newsletter, or other take-home materials, special events, or physical education homework.

Food Marketing in Butner Public Schools: School based marketing will be consistent with nutritional education and health promotion.

Physical Activity Opportunities

Daily Recess: All elementary school students in grades PD-6 will have at least 20 minutes a day of supervised recess, preferable outdoors. During recess time students should be encouraged to participate in moderate to vigorous physical activity.

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

Butner Public Schools discourages extended periods (i.e. periods of two or more hours) of inactivity. When activities, such as mandatory school-wide testing, make it necessary for students to remain indoors for long periods of time, students should be given periodic breaks during which they are encouraged to stand and be moderately active.

Physical Activity Opportunities during the School Day: Butner Public Schools will offer extracurricular physical activity programs. An interscholastic sports program for students in grades 3-12 will be offered as appropriate. Butner Schools will offer a range of activities that meet the needs, interests, and ability of all students, including boys, girls, students with disabilities, and students with special health care needs.

- a. Establish one to three 5-10 minute activity breaks per day
- b. Jumping jacks, march in place, dance to music, brain breaks

Adopted by The Butner Board of Education on

President of Board

Date