

CHILD NUTRITION AND PHYSICAL FITNESS PROGRAM

The Varnum Board of Education recognizes that childhood obesity has reached epidemic levels throughout the country. Overweight children are at a higher risk for developing severe long-term health problems, and overweight children are affected by discrimination, psychological stress, and low self-esteem. However, research indicates that obesity and subsequent diseases are largely preventable through diet and regular physical activity. Research also indicates that becoming physically active and maintaining a regular physical activity program significantly reduces the risk of some obesity and some cancers, diabetes, and other chronic diseases.

Children who eat well-balanced meals and are healthy are 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;
2. Provide opportunities for physical activity and developmentally appropriate exercise; and
3. Provide accurate information related to these topics.

I. 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 GOALS:

The Varnum Public School District is committed to providing school environments that promote and protect children’s health, well-being, and ability to learn by supporting healthy eating and physical activity.

Therefore, it is the policy of the Varnum Public School District that:

- The school district will engage students, parents, teachers, student nutrition professionals, health professionals, and other interested community members in developing, implementing, monitoring, and reviewing district-wide nutrition and physical activity policies.
- All students in grades PK-12 will have opportunities, support, and encouragement to be physically active on a regular basis. Foods and beverages sold or served at school will meet the nutrition recommendations of the *U.S. Dietary Guidelines for Americans*.
- Qualified student 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; and will provide clean, safe, and pleasant settings and adequate time for students to eat.
- To the maximum extent practicable, all schools in our district will participate in available federal school meal programs (*including the School Breakfast Program, National School Lunch Program, and the After School Snack Program*).

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- Schools will provide nutrition education and physical education to foster lifelong habits of healthy eating and physical activity, and will establish linkage between health education and school meal programs, and with related community services.

POLICIES TO ACHIEVE GOALS:

To meet these goals, the Varnum Public School District adopts this Wellness Policy with the following commitments to nutrition, nutrition education, physical activity, and other school- based activities that support student and staff wellness.

Healthy and Fit School Advisory Committees (HAFSAC)

Per Oklahoma Senate Bill 1627, the school district and/or individual schools within the district will create, strengthen, or work within existing Healthy And Fit School Advisory Committees (HAFSAC) to develop, implement, monitor, review, and, as necessary, revise health education, school nutrition and physical education activity, and health service policies. The committees will serve as resources to school sites for implementing those policies.

A Healthy and Fit School Advisory Committee (HAFSAC) consists of a group of individuals representing the school and community, and should include parents, students, representatives of the school food authority, members of the school board, school administrators, teachers, health professionals, and members of the public.

**Nutritional Quality of Foods and Beverages Sold and Served on Campuses 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, nutrition requirements established by local, state, and federal statutes and regulations;
- offer a variety of fruits and vegetables;
- serve only low-fat (1%) and fat-free milk and nutritionally-equivalent non-dairy alternatives (*as defined by USDA*);
- ensure that half of the served grains are whole-grain; and
- provide nutritional content of school meals for parents and students upon request.

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:

- Schools will operate the School Breakfast Program.
- Per USDA Regulation §220.8, school breakfasts will meet menu-planning system guidelines; will provide one-fourth of the recommended dietary allowances (RDA) for calories, protein, calcium, iron, vitamin A and vitamin C; the total calories from fat will be limited to 30 percent when averaged over one week; the total calories from saturated fat will be limited to 10 percent when averaged over one week; will meet the *Dietary Guidelines for Americans*; as required by USDA.
- Schools will, to the extent possible, arrange bus schedules and utilize methods to serve breakfasts that encourage participation.
- Schools will notify parents and students of the availability of the School Breakfast Program.
- Schools will encourage parents to provide a healthy breakfast for their children.

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Lunch

To ensure that all children have lunch at school, in order to meet their nutritional needs and enhance their ability to learn:

- Schools will participate in the National School Lunch Program.
- Per USDA Regulation §210.10, school lunches will meet menu-planning system guidelines; will provide one-third of the recommended dietary allowances (RDA) for calories, protein, calcium, iron, vitamin A and vitamin C; the total calories from fat will be limited to 30 percent when averaged over one week; the total calories from saturated fat will be limited to 10 percent when averaged over one week; will meet the *Dietary Guidelines for Americans*; as required by USDA.
- Schools will notify parents and students of the availability of the School Lunch Program.

After School Snack

Qualifying after-school programs will participate in USDA’s After School Snack Program.

Free and Reduced-Price Meals

Schools will make every effort to eliminate any social stigma attached to, and prevent the overt identification of, students who are eligible for free and reduced-price school meals.

In accordance with federal law and United States Department of Agriculture (USDA) policy, the school district is prohibited from discriminating on the basis of race, color, national origin, sex, age or disability.

Meal Times and Scheduling

Schools:

- will provide students with at least 10 minutes to eat after sitting down for breakfast and 20 minutes after sitting down for lunch;
- should schedule meal periods at appropriate times;
- should not schedule tutoring, club, or organizational meetings or activities during mealtime, unless students may eat during such activities;
- when possible, will schedule lunch periods to follow recess periods in elementary schools;
- will provide students access to hand washing or hand sanitizing before they eat meals or snacks; and
- should 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 School Nutrition Staff

Qualified nutrition professionals will administer the school meal programs. As part of the school district’s responsibility to operate a school nutrition program, we will provide continuing professional development for all school nutrition professionals. Staff development programs should include appropriate certification and/or training programs for the school nutrition director, school nutrition managers, cafeteria workers, according to their levels of responsibility.

Foods and Beverages Sold Individually--

(i.e., foods sold outside of reimbursable school meals, such as through vending machines, cafeteria a la carte lines, fundraisers, school stores, etc.)

Foods of Minimal Nutritional Value (FMNV) is defined by USDA as those foods which provide LESS than 5 percent of the United States Recommended Daily Allowance (USRDA) for each of the eight specified nutrients per 100 calories AND less than 5 percent of the USRDA for each of the eight specified nutrients per serving. The eight specified nutrients to be evaluated are protein, vitamin A, vitamin C, niacin, riboflavin, thiamin, calcium, and iron. In the case of artificially sweetened foods, only the per serving measure would apply.

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USDA has established a more practical method to evaluate FMNV. USDA has identified four categories of food items that are considered to be FMNV. The four categories of FMNV are soda water/carbonated beverages, water ices, chewing gum, and certain candies. USDA provides a list of some types of products that have an exemption from the FMNV rule.

Elementary and Primary Schools

The school nutrition program will approve and provide all food and beverage sales to students during meal times at the elementary and primary sites. Foods and beverages sold individually during meal times should be limited to low-fat and not-fat milk, fruits, vegetables, and individual items on the regularly scheduled reimbursable school meal program.

Per Title 70 O.S. § 5-147, effective July 1, 2007, students in elementary school facilities will not have access to FMNV except on special occasions.

All foods and beverages sold individually outside the reimbursable school meal programs (*including those sold through student stores or fundraising activities*) during the school day, or through programs after the school day, will be supportive of healthy eating.

Middle and High Schools

All foods and beverages sold individually outside the reimbursable school meal programs (*including those sold through a la carte lines, vending machines, student stores, or fundraising activities*) during the school day, or through programs for students after the school day, will meet the following nutrition and portion size standards:

Beverages

- 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 Title 70 O.S. § 5-147, effective July 1, 2007, diet soda will be available for sale at the middle school only in vending areas outside the cafeteria.
- Allowed: water without added caloric sweeteners; fruit and vegetable juices and fruit-based drinks that do not contain additional caloric sweeteners; unflavored or flavored low-fat or fat-free fluid milk and nutritionally-equivalent nondairy beverages (*to be defined by USDA*).
- Not allowed: soft drinks containing caloric sweeteners; iced teas; fruit-based drinks that contain additional caloric sweeteners; beverages containing caffeine, excluding low-fat or fat-free chocolate milk (*which contain trivial amounts of caffeine*).

Foods

- Per Title 70 O.S. § 5-147, effective July 1, 2007, students in middle school facilities will not have access to FMNV except after school, at events which take place in the evening, and on special occasions.
- Per Title 70 O.S. § 5-147, effective July 1, 2007, students in high school will be provided healthy food options in addition to any FMNV to which they have may access at school. The school district shall provide incentives such as lower prices or other incentives to encourage healthy food choices for high school students.
- There may be exceptions to the above-named rules in certain instances. For example, FMNV may be allowed when used as part of an instructional program; when prescribed by a physician or as part of a student's individualized education program (IEP); when part of a lunch brought from home; or when used as an ingredient in a special recipe.

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- Per USDA Regulation §210, Appendix B, 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.
- Fried food items will not be available for sale as a la carte food items.

Portion Sizes

Limit portion sizes of foods and beverages sold individually to those listed below:

- One and one-quarter ounces for chips, crackers, popcorn, cereal, trail mix, nuts, seeds, dried fruit, or jerky;
- One and one-third ounce for cookies;
- Two ounces for cereal bars, granola bars, pastries, muffins, doughnuts, bagels, and other bakery items;
- Four fluid ounces for frozen desserts, including, but not limited to, low-fat or fat-free ice cream;
- Eight ounces for non-frozen yogurt;
- Twelve fluid ounces for beverages, excluding water; and
- The portion size of a la carte entrees and side dishes, including potatoes, will not be greater than the size of comparable portions offered as part of school meals. Fruits and non-fried vegetables are exempt from portion-size limits.

Fundraising Activities

Schools will encourage fundraising activities that promote physical activity. The school sites will make available a list of ideas for acceptable fundraising activities.

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, with an emphasis on serving fruits and vegetables as the primary snacks and water as the primary beverage. Schools will assess if and when to offer snacks based on timing of school meals, children’s nutritional needs, children’s ages, and other considerations.

Rewards

Schools will not use foods or beverages, especially those that do not meet the nutrition standards for foods and beverages sold individually (*above*), as rewards for academic performance or good behavior (*unless this practice is allowed by a student’s individual education plan [IEP]*), and will not withhold food or beverages (*including food served through school meals*) as a punishment.

Celebrations

Schools should limit celebrations that involve food during the school day to no more than one party per class per month. Each party should include no more than one food or beverage that does not meet nutrition standards for foods and beverages sold individually (*above*).

Nutrition and Physical Activity Promotion Nutrition Education and Promotion--

Varnum School District aims to teach, encourage, and support healthy eating by students. Schools should provide nutrition education and engage in nutrition promotion 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 gardens;
- 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;

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- teaches media literacy with an emphasis on food marketing; and
- includes training for teachers and other staff.

Integrating Physical Activity into the Classroom Setting--

For students to receive the nationally-recommended amount of physical activity and for students to fully embrace regular physical activity as a personal behavior, students need opportunities for physical activity beyond physical education class. Toward that end:

- 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;
- opportunities for physical activity will be incorporated into other subject lessons; and
- classroom teachers will provide short physical activity breaks between lessons or classes, as appropriate.

Communication with Parents--

The district/school will support parents’ efforts to provide a healthy diet and daily physical activity for their children. The district/school will offer healthy eating seminars for parents, send home nutrition information, post nutrition tips on school websites, and provide nutrient analyses of school menus upon request. Schools should encourage parents to pack healthy lunches and snacks and to refrain from including beverages and foods that do not meet the above nutrition standards for individual foods and beverages. The district/school will provide opportunities for parents to share their healthy food practices with others in the school community.

The district/school will provide information about physical education and other school-based physical activity opportunities before, during, and after the school day; and support parents’ 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 Schools--

School-based marketing will be consistent with nutrition education and health promotion. As such, schools will limit food and beverage marketing to the promotion of foods and beverages that meet the nutrition standards for meals or for foods and beverages sold individually (*above*). School-based marketing of brands promoting predominantly low-nutrition foods and beverages is prohibited. The promotion of healthy foods, including fruits, vegetables, whole grains, and low-fat dairy products is encouraged.

Examples of marketing techniques include the following: logos and brand names on/in vending machines, books or curricula, textbook covers, school supplies, scoreboards, school structures, and sports equipment; educational incentive programs that provide food as a reward; programs that provide schools with supplies when families buy low-nutrition food products; free samples or coupons; and food sales through fundraising activities. Marketing activities that promote healthful behaviors (*and are therefore allowable*) include: vending machine covers promoting water; pricing structures that promote healthy options in a la carte lines or vending machines; sales of fruit for fundraisers; and coupons for discount gym memberships.

Staff Wellness--

Varnum School District highly values the health and well-being of every staff member and will plan and implement activities and policies that support personal efforts by staff to maintain a healthy lifestyle. The Healthy And Fit School Advisory Committees (HAFSAC) should develop, promote, and oversee a

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multifaceted plan to promote staff health and wellness. The plan should be based on input solicited from school staff and should outline ways to encourage healthy eating, physical activity, and other elements of a healthy lifestyle among school staff. The HAFSAC should distribute its plan to the school site annually.

Physical Activity Opportunities and Physical Education Physical Education (P.E.) K-12--

All students in grades K-5, including students with disabilities, special health-care needs, and in alternative educational settings, will receive physical education for a minimum of 120 minutes/week for the entire school year. All students in grades 6-8, including students with disabilities, special health-care needs, and in alternative educational settings, will receive physical education 120 minutes/week every other semester. Students at the high school may elect to take a Health & Wellness class that includes at least 100 minutes of physical education per week. Student involvement in other activities involving physical activity (*e.g., interscholastic or intramural sports*) will not be substituted for meeting the physical education requirement. Students will spend at least 50 percent of physical education class time participating in moderate to vigorous physical activity. Students will participate in an annual health-related fitness test (*e.g., Fitness Gram, President’s Challenge to Physical Fitness, etc.*).

School sites will provide adequate equipment (*e.g., ball, rackets, and other manipulative*) for every student to be active.

Recess--

All elementary school students will have at least 20 minutes a day of supervised recess, preferably outdoors, during which schools should encourage moderate to vigorous physical activity verbally and through the provision of space and equipment. All playgrounds will meet the recommended safety standards for design, installation, and maintenance.

Schools should discourage extended period (*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, schools should give students periodic breaks during which they are encouraged to stand and be moderately active.

Physical Activity Opportunities Before and After School--

Elementary schools, middle school, and high school will be encouraged to participate in extracurricular physical activity programs, such as physical activity clubs or intramural programs. High school, and middle school as appropriate, will offer interscholastic sports programs. Schools will offer a range of activities that meet the needs, interests, and abilities of all students, including boys, girls, students with disabilities, and students with special health-care needs.

Students and school staff will collaborate with local recreational departments and youth fitness programs to promote participation in lifelong physical activities.

Physical Activity and Punishment--

Teachers and other school and community personnel will not use physical activity (*e.g., running laps, pushups*) or withhold opportunities for physical activity (*e.g., recess, physical education*) as punishment.

Monitoring and Policy Review

Monitoring--

The superintendent or designee will ensure compliance with established district-wide nutrition and physical activity wellness policies. In each school, the principal or designee will ensure compliance with those

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policies in his/her school and will report on the school’s compliance to the school district superintendent or designee.

School nutrition staff, at the school or district level, will ensure compliance with nutrition policies within school food service areas and will report on this matter to the superintendent (*or if done at the school level, to the school principal*). In addition, the school district will report on the most recent USDA School Meals Initiative (SMI) review findings and any resulting changes.

The superintendent or designee will develop a summary report every three years on district-wide compliance with the district’s established nutrition and physical activity wellness policies, based on input from schools within the district. That report will be provided to the school board and also distributed to all Healthy And Fit School Advisory Committees (HAFSAC), parent/teacher organizations, school principals, school nutrition director, and school health services personnel in the district.

Policy Review--

To help with the initial development of the district’s wellness policies, each school in the district will conduct a baseline assessment of the school’s existing nutrition and physical activity environments and policies. The results of those school-by-school assessments will be compiled at the district level to identify and prioritize needs.

Assessments will be repeated every three years to help review policy compliance, assess progress, and determine areas in need of improvement. As part of that review, the school district will review our nutrition and physical activity policies; provision of an environment that supports healthy eating and physical activity; and nutrition and physical education policies and program elements. The district, and individual schools within the district, will, as necessary, revise the wellness policies and develop work plans to facilitate their implementation.

II. Curriculum

The Varnum 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/or 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 services 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

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3. Nutritious meals served by the school nutrition and food services operation complies with state and federal law.

III. Child Nutrition Program

The Varnum Public Schools will operate a school lunch program that will include lunch, and may include breakfast, through participation in the Child Nutrition Programs. The superintendent, in conjunction with the food service supervisor 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 lunch is 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 shall inform parents of the eligibility standards for free or reduced price meals. Reasonable efforts shall be made to protect the identity of students receiving such meals. A parent has the right to appeal to the superintendent any decision with respect to his/her application for free or reduced price food services.

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 services 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 meetings), including provisions for staff development, family and community involvement, and program evaluation.

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

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