WELLNESS

The Wellness policy has been established to support academic, job performance, and good health of students and staff. Each school's site Safe and Healthy Schools Committee will develop an action plan, unique to that site, as part of the Coordinated School Health Framework. The following regulation provides guidance for implementation of this policy.

NUTRITION GUIDELINES/STANDARDS – SCHOOL MEALS

To promote student health, students will not be provided with foods outside the USDA Nutrition Standards, with the exception of two (2) events per school year in which healthy options are also available.

- School meals will meet menu-planning system guidelines in accordance with USDA regulations. (USDA Reg. §210.10 and §220.8) In addition, all school lunch menus will be planned according to the silver or gold criteria specified in the Healthier U.S. School Challenge.
- 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. (USDA Regulation §210.10)
- School breakfasts will provide 1/4 of the RDA for calories, protein, calcium, iron, vitamin A, and vitamin C as required by USDA. (USDA Regulation §220.8)
- The total calories from fat in school meals will be limited to 30 percent when averaged over one week. (USDA Reg. §210.10 and §220.8)
- The total calories from saturated fat in school meals will be less than 10 percent when averaged over one week. (USDA Reg. §210.10 and §220.8)
- School meals will meet the Dietary Guidelines for Americans. (USDA Reg. §210.10 and §220.8)
- School meals will not be used as a reward or punishment.
- 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 will be specified and bid in natural juice, water, or light syrup. Bonus commodity fruits that contain higher sugar contents will be used in limited quantities. Fresh fruits and vegetables from local sources, to the greatest extent possible, will be featured including Farm to School.
- Foods will not be fried on school premises. High fat, processed items will be limited in the cafeteria. Only low fat or baked chips should be offered. Items will be specified and bid with no trans-fats, according to availability.
- Students and staff will be offered a variety of skim and low fat milk, lean meat, beans, fruits, vegetables, and whole grains on a daily basis.
- Safe, unflavored, cool drinking water is provided to students throughout the school day at no cost.

- Professional development training and support, including topics such as meeting nutritional standards for preparing healthy meals as well as learning and improving culinary skills, will be offered for Child Nutrition employees twice a year or as needed.
- Students and parents will be involved in the National School Lunch Program. Parent and student involvement will include menu-planning suggestions, cafeteria enhancement, program promotion and other related student-community support activities. (USDA Reg. §210.12 and §227)

OTHER FOOD ITEMS SOLD ON SCHOOL CAMPUSES

- 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. (Child Nutrition and WIC Reauthorization Act of 2004)
- All foods sold to students on the school campus, during the school day, will meet guidelines set forth by the Smart Snacks in School – USDA's "All Food Sold in Schools" Standards. Tulsa Public Schools will continue to follow these guidelines regarding fundraising and will not allow for any exemptions to this regulation.
- Sale of caffeinated beverages is not allowed on elementary or middle school campuses. High energy drinks with elevated levels of caffeine will not be available for sale anywhere on school campuses.

NUTRITION EDUCATION

- Nutrition education will be offered in the curriculum through science, health education, physical education, or other designated times. Suggested resources will be provided.
- Curriculum will be provided by Child Nutrition for interested schools/teachers. Family/parent nutrition education opportunities will also be provided through community events and the Child Nutrition Website.
- All schools will be enrolled in USDA Team Nutrition and Fuel Up to Play 60.
- School staff will promote healthy eating and healthy lifestyles to students and parents.
- Students and staff will receive consistent nutritional messages throughout the school, classroom, cafeteria, and school events.

PHYSICAL ACTIVITY

- Elementary school sites will provide 20 minutes of organized daily recess that promotes physical activity beyond what is provided through physical education classes.
- Elementary schools will have 60 minutes of physical education per week. (Oklahoma Senate Bill 312)

- All school sites will establish or enhance physical activity opportunities for students, staff, and parents (examples may include, but are not limited to implementation of a walk or bike to school initiative, fitness challenges, family fitness nights, fun walks and runs, bike events, etc.) that help develop the skills needed to participate in lifetime physical activities.
- All school sites will have availability of proper equipment and facilities (examples may include, but are not limited to playground equipment, physical activity equipment, and athletic or fitness facilities) for every student to be active. All equipment and facilities will meet Safety Standards – See Board Policy 7302 – Student Safety.
- Physical activity opportunities are accessible for students of all abilities to a broad range of competitive and noncompetitive physical activities that help to develop the skills needed to participate in lifetime physical activities.
- Students, parents and other community members will have access to the District's physical activity facilities outside the normal school day. (See Board Policy – 8401 – Community Use of Facilities)
- Physical activity or the withholding thereof, will not be used to punish academic performance or student behavior.~~,~~
- All students participating in physical education will be moderately to vigorously active for the majority of class time. (Oklahoma Senate Bill 1876)
- Only medical waivers/exemptions from participation in physical education are allowed.
- The District will integrate physical activity during the school day and provide training for all teachers on how to integrate physical activity into the academic curriculum.
- District has approved Health Education Curriculum for all grade levels that follow National Health Education Standards, and Priority Academic Student Skills (PASS) Requirements.

SCHOOL-BASED ACTIVITIES

- Students will be provided with an adequate amount of time to eat; at least 10 minutes to eat breakfast and 20 minutes to eat lunch from the time students are seated.
- Some form of physical activity will occur, either in the form of recess or physical education classes, just before lunch at all elementary schools in order to increase food consumption and nutrient intake, decrease plate waste, and improve cafeteria and classroom behavior.
- Foods, beverages, or candy will not be used as a reward or punishment.
- The sale of candy as a fundraiser will be limited. See recommended list of fundraiser activities suggested by the State Department of Education. Fundraisers occurring on campus during the school day must adhere to the Smart Snacks in School – USDA's "All Food Sold in Schools" Standards. All fundraisers must comply with District Regulation 7201-R. Tulsa Public Schools will continue to follow these guidelines regarding fundraising and will not allow for any exemptions to this regulation.

- Healthy food choices for lunches and snacks will be encouraged when food is sent from home.

- School gardens are permitted, with site administration approval. Administration approval includes dedication of the resources (i.e. land and water) necessary to implement a school garden.

- The District will adopt the Coordinated School Health Framework that is recommended by the Centers for Disease Control and Prevention and will promote the eight components of Coordinated School: Health Education; Physical Education; Health Services; Nutrition Services; Counseling, Psychological and Social Services, Healthy and Safe School Environment; Health Promotion for Staff, Family and Community Involvement and encourages schools to complete the School Health Index (SHI).

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Cross Reference: 7302 Student Safety
8401 Community Use of Facilities
Legal Reference: Oklahoma Senate Bill 265, 312, 1876