

**NEW LIMA
PUBLIC SCHOOLS**

**SCHOOL WELLNESS
POLICY**

**SEMINOLE COUNTY
DISTRICT I-006**

SCHOOL WELLNESS POLICY

Purpose:

The staff at New Lima Public School as a group recognizes that healthy students are better able to learn. The school can optimize students' readiness to learn by providing an environment that supports positive physical activity and eating behaviors. We are striving to help reduce the current high risk of child obesity, while ensuring children and adolescents obtain optimal nutrition and physical activity in schools.

Overall Goal:

New Lima Schools will provide all students in pre-kindergarten through grade 12 with behavior-focused nutrition education integrated into the curriculum that is interactive and teaches the skills needed to adopt healthy eating habits.

Guiding Principles:

- * Encourage adequate nutritional intakes and consumption of nutrient-dense foods, especially those foods that provide nutrients in which children and adolescents are deficient (calcium, iron, potassium, fiber, magnesium and vitamin E);
- * Offer the foods that need to be encouraged in preference to those foods with low nutritional values. Encourage fruits, vegetables, whole-grain foods, low fat and nonfat, white and flavored milk and serve with consideration toward safety, packaging, taste and appeal;
- * Evaluate foods based on the overall nutritional quality using parameters that are of the importance to children and adolescents' growth and development;
- * Provide comprehensive, preferably daily, physical education for children in Pre-K through 12;
- * Implement physical education, nutrition and health education curricula that emphasizes enjoyable participation and helps students develop confidence to maintain healthy lifestyles.
- * Provide physical activity instruction and programs that meet various needs and interests of all students, including those with illness, injury, and developmental disabilities, as well as, those with obesity, sedentary lifestyles, or a disinterest in traditional team sports.
- * Ensure that children learn practical, lifelong lessons about balance of good nutrition and physical activity.

School Wellness Goals for Foods Served on Campus

Goals:

- * Ensure that meals offered through all school feeding programs meet federal nutrition standards. Promote food groups that the Dietary Guidelines recommend encouraging as they contain nutrients most children and adolescents are consuming too little (fruit, vegetables, low-fat/non-fat milk and milk products and whole grains).
- * Ensure that all foods and beverages available on school campuses and at school events contribute toward eating patterns consistent with the Dietary Guidelines for Americans.
- * Provide food and beverage option outside of school meals that are lower in fat, calories and added sugars such as fruits, vegetables, low-fat or nonfat dairy foods, and whole grains.
- * Ensure healthy snacks and foods are provided in vending, school stores, a la carte, and other venues with the school's control.
- * Prohibit student access to those school venues that contain foods low in nutrients, high in calories and compete with balanced school meals in elementary schools and restrict access in middle, junior and high schools.
- * Provide an adequate amount of time for students to eat school meals and schedule lunch periods at reasonable hours during midday.

Minimum Policy Statements:

- * 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 Regulations 210.10 and 220.8, the total calories from fat in school meals will be limited to 30% when averaged more than one week.
- * Per USDA Regulations 210.10 and 220.8, the total calories from saturated fat in school menus will be less than 10% when averaged more than one week.
- * Per USDA Regulations 210.10 and 220.8, school meals will meet the Dietary Guidelines for Americans.

Additional Policy Statements:

- * Deep-fat fried potato products served as part of a reimbursable meal or as an a la carte item will not exceed three ounces per serving, may not be offered more than once a week and students may only purchase one serving at a time.
- * 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.
- * School serving chips will use reduced-fat or baked varieties, rather than traditional varieties whenever possible.
- * Beverages such as tea and fruit drinks containing less than 50% fruit juice will not be offered to students according to policy's nutrient guidelines. (Board amended August 25, 2008)
- * The most nutritious food items offered will be placed on serving line(s) first to encourage students to make healthier selections.
- * Students will be offered a variety of skim and low fat milk, meat, beans, fruits, vegetables and whole grains on a daily basis.
- * A nutrient analysis of school meals offered to students will be made available upon requests.
- * School staff will support and encourage student participation in the USDA school meal programs.

Other Food Items Sold on School Campus

Minimum Policy Statements:

- * Per USDA Regulation 21, Appendix B, foods of minimal nutritional value (FMNV) are prohibited from being sold or served during student meal services in 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 except on special occasions.
- * Per Oklahoma Senate Bill 265 (effective school year 2007-2008), healthy food options will be provided at the junior high and high school and will not have access FMNV except on special occasions.

Additional Policy Statements:

- * Nutrient-rich food items will be available for sale at all places where food and beverages are sold on school campus. This includes the cafeteria, vending machines, school stores and concession stands. The New Lima School District will follow the recommended food items specified in **Healthy Snack Choices**

provided by the Oklahoma State Department of Education.

- * Drinks with highly elevated levels of caffeine will not be available for sale anywhere on school campus.

School Wellness for Physical Activity

Goals:

- * Provide all children, from pre-kindergarten through grade 12 with the opportunity to participate in physical activity.
- * Provide daily recess periods for elementary school students, featuring time for unstructured, supervised active play.
- * Provide after school programs that include physical activity, adequate co-curricular programs and physical activity clubs.

Minimum Policy Statements:

- * 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 1186 (effective school year 2008-2009), students in grades Kindergarten through grade five will participate in one hundred and twenty (120) minutes of physical activity each week.

Additional Policy Statements:

- * Students will participate in an annual health-related fitness test (Fitness Gram, President's Challenge to Physical Fitness).
- * School sites will establish or enhance physical activity opportunities for students, staff and parents (fitness nights for the family, fun walks and runs).
- * Elementary school sites will provide thirty-five (35) minutes of daily recess that promotes physical activity beyond that which is provided through physical education classes.
- * Playgrounds will meet the recommended safety standards specified by manufacturers recommendations.
- * School sites will provide adequate equipment for all students.

School Wellness for Other Activities to Promote Student Wellness

Goals:

- * Provide age-appropriate, culturally sensitive instruction in health education and physical education that help students develop the knowledge, attitudes, skills and behaviors to adopt, maintain and enjoy healthy eating habits and physically active

lifestyles.

- * Encourage the use of school facilities for physical activity programs offered by school and/or community-based organizations outside of the school.

School-based Activities

Minimum Policy Statements:

- * 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 will give consideration to recommendations made by the Healthy and Fit School Advisory Committee.
- * Per the school district's Child Nutrition Program 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 National School Lunch Program. Parent and student involvement will include menu-planning suggestions, cafeteria enhancement and other related student-community support activities.

Additional Policy Statements:

- * Students will be provided with a clean, safe and enjoyable meal environment.
- * Students will be provided with an adequate amount of time to eat breakfast and lunch. A minimum of fifteen (15) minutes will be provided for breakfast and twenty (20) minutes for lunch after the students receive their tray.
- * 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, committees and clubs.
- * New Lima Public Schools maintains a 24/7 tobacco-free policy.

Nutrition Education

Minimum Policy Statements:

- * Per USDA Regulations 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.

Additional Policy Statements:

- * Nutrition education is integrated into the core curriculum, including math, science and language arts.
- * Students, parents and school staff will participate in an annual school wide enrollment offering health information and services.
- * Family/parent nutrition education opportunities will be provided.

Monitoring and Review Policy

The superintendent or designee will ensure compliance with established district-wide school wellness policy. In each school, the principal or designee will ensure compliance within their respective site and will report on the school's compliance to the superintendent or designee.

School food service staff at the district level will ensure compliance with nutrition policies with school food service areas and will report on this matter to the superintendent or designee.

The superintendent or designee will report annually on the district-wide compliance for the wellness policy based on input from the sites within the district. That report will be provided to the school board and also distributed to those who would have the need to know.

The School Wellness Policy, Standard Operating Procedures and Procurement Guidelines were adopted by the New Lima Board of Education at the regularly scheduled meeting on this 27th day of July, 2009.

Signatures:

Superintendent

President, Board of Education

Food Service Official

Clerk, Board of Education

