

The Academy of Seminole Wellness Policy

Purpose

The Academy of Seminole recognizes the important role that schools play in the development of children's lifelong health habits, their ability to learn, and their overall well-being. Schools can improve the health of students not only by educating them about the importance of healthy behaviors, but also by implementing policies that promote those behaviors.

Therefore, TAOS establishes the following policy to promote the health and wellness of students and staff and to ensure its schools comply with those standards established by the federal and state law. This policy requires all entities of TAOS to :

- *Allow parents, students, representatives of the school food authority, physical education teachers, school health professionals, the school board, school administrators, and the general public to participate in the development, implementation, review, and update of the school wellness policy.

- *Establish nutrition guidelines that meet or exceed the United States Department of Agriculture's (USDA) school meal requirements and the nutritional standards for competitive foods and beverages.

- *Create goals for nutrition promotion and education, physical activity and physical education, and other activities that promote students as well as the staff health.

- *Adopt a plan to ensure the policy is properly implemented, regularly assessed, and periodically updated.

Healthy, Fit, & Safety Advisory Committee

The District will designate a committee to advise on health, fitness, and safety issues every school year. The committee will meet two times a school year. The committee will be made up of an administrator, teachers, parents, students and support staff.

Definitions

***School campus**

All areas of the property under the jurisdiction of the school that are accessible to students during the school day.

***School day**

The period of the time from the midnight before to 30 minutes after the end of the instructional day.

***Competitive foods and beverages**

Foods and beverages that are sold on campus outside the federal reimbursable school meals program during the school day (e.g., vending machines or school stores).

***Smart Snacks standards**

Nutrition standards, issued by the USDA, that set limits on the amount of calories, salt, sugar, and fat in competitive foods and beverages.

NUTRITION

School Meal Requirements

TAOS will make nutritious foods available on campus during the school day to promote student and staff health. At a minimum, the district Child Nutrition Program will serve reimbursable meals that meet the United States Department of Agriculture's (USDA) requirements and follow the Dietary Guidelines for Americans (DGA)

Specifically, TAOS will ensure that all meals are the following:

- * Accessible, appealing, and attractive to all children
- * Served in a clean, pleasant, and supervised environment
- * High in fiber, free of added trans fats, and low in added sugar, fats and sodium
- * Respectful of cultural diversity and religious preferences

TAOS will also ensure the following:

- * Encourage students to start the day with a healthy breakfast.
- * Provide breakfast through the USDA School Breakfast Program.

Water: Clean drinking water will be available and accessible without restrictions and at no charge at every facility.

* Students will be allowed to bring drinking water from home and take water into the classroom, provided the water is in a capped container, such as a bottle, to prevent spills.

*** No energy drinks will be allowed on campus at any time nor allowed in student packed lunches.**

Information and Promotion: As required under the National School Lunch Program (7CFR 210, 12), the district will promote activities to involve students and parents in the School lunch Program. In addition, TAOS will do the following:

- * Inform families about the availability of breakfast for students.
- * Distribute materials to inform families of the availability and location of free Summer Food Service Program meals for students when school is not in session.
- * Post information on the nutritional content and ingredients of school meals on menus in the cafeteria, on the school website and/or the newspaper.
- * Send applications for reimbursable meal programs to families at the beginning of the school year.

Adequate Time to Eat: TAOS will allow at least 10 minutes to eat breakfast and 20 minutes to eat lunch from the time they are seated/provided sufficient lunch periods that are long enough to give all students (Pre-K thru 12) adequate time to be served and eat their lunches.

Competitive Foods and Beverages

All competitive foods and beverages sold to students during the school day must meet or exceed the USDA's Smart Snacks standards. The school day is defined as the midnight before to 30 minutes after the end of the "instructional" day.

Other Foods Provided at School

Other foods and beverages provided (not sold) on campus (e.g., for classroom parties, celebrations, and after school programs) the district will provide the parents and teachers with a list of “suggestions” for healthy foods as well as non-food alternatives.

Fundraising

Fundraising on Campus During the School Day:

- The sale of food items that meet nutritional 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 special exemption for infrequent fundraisers that do not meet the nutrition standards. State law allows Oklahoma schools to hold up to 30 exempted fundraisers (provided that they are not held during normal meal service times).

Nutrition Education

Schools will offer- and integrate into the core curriculum- nutrition education to all grades (k-12) providing students with the knowledge and skills necessary for lifelong healthy eating behaviors, including the following:

- What it means to eat healthy, consume proper nutrients, and maintain a wholesome and balanced diet.
- How to read labels and understand the problems associated with unhealthy eating.

In addition, schools will ensure that nutrition education:

- Complies with state learning objectives and standards
- Provides opportunities for students to practice and apply the skills and knowledge Taught in the classroom (e.g., by using the cafeteria as a learning lab)
- Is made available for staff
- Is promoted to families and the community.

Rewards and Punishment

The Oklahoma Department of Education prohibits the denial of school meals for disciplinary action. Food and beverages will not be used to punish academic performance of student behavior.

Nutrition and Healthy Food Promotion

The District will promote healthy food and beverage choices and appropriate portion sizes by doing the following:

- * Exhibiting posters, signs, or other displays on the school campus that promote healthy nutrition choices.
- * Providing age appropriate activities, such as contests, food demonstrations, and taste-testing that promote healthy eating habits.
- * Offering information to families , workshops, screening services, and health-related exhibitions and fairs. * Encouraging school staff to display healthy eating habits and physical activity choices to students.

Staff Qualifications and Training

The District will follow the USDA's Professional Standards for State and Local Nutrition Programs in selecting local school nutrition program directors. Also the District will require all personnel in the school nutrition programs to complete annual continuing education and training.

In addition, Child Nutrition Staff will do the following:

1. Receive training in basic nutrition, nutrition education, safe food preparation, and nutrition standards for healthy meals and snacks.
2. Organize and participate in educational activities that support healthy eating behaviors and food safety.

PHYSICAL EDUCATION AND PHYSICAL ACTIVITY

General Requirements

The District will ensure that all students K-5 participate in a minimum of 60 minutes of physical activity each day, whether through physical education, exercise programs, after school athletics, fitness breaks, recess, classroom activities, or wellness and nutrition education.

Recess and Physical Activity Breaks

Recess: The District will provide elementary school students at least 20 minutes of recess each day (in addition to PE requirements). Additionally, the District will do the following:

- Develop indoor recess guidelines to ensure students can have adequate physical activity on days when recess must be held indoors.

Physical Education (PE)

The District will establish a comprehensive, standards based PE curriculum for each grade (K-12). Schools will ensure the PE classes and equipment afford all students K-12 and equal opportunity to participate in PE.

- Elementary school students (K-5), will participate in at least (100) minutes of PE per week throughout the school year.
During PE, students will be given the opportunity to participate in many types of physical activity, including both cooperative and competitive games.
- Students will engage in moderate to vigorous physical activity for more than 50 percent of the PE class time.

Grounds, Facilities, and Equipment

The District will ensure the availability of proper equipment and facilities that meet safety standards and will conduct necessary inspections and repairs.

Professional Development

The District will provide staff with educational resources and annual training in health and health related topics.

Healthy, Fit, & Safety Advisory Committee

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