

## **Holdenville Public School District Wellness Policy on Physical Activity and Nutrition**

Congress recognizes that schools play a critical role in promoting student health, preventing childhood obesity, and combating problems associated with poor nutrition and physical inactivity. To formalize and encourage this role, Congress passed a law (P.L. 108-265). Each local educational agency participating in a program authorized by the Richard B Russell National School Lunch Act (42 U.S.C. 1751 et seq.) or the Child Nutrition Act of 1966 (42 U.S.C. 1771 et seq.) shall establish a local school wellness policy prior to the beginning of the 2006-2007 school year.

In response to this requirement, Holdenville Public Schools Wellness Policy (CD-1) was created in 2006. Since that time there have been significant changes to create a healthier school environment. In 2018 Holdenville Public Schools concluded that it was time to revitalize, strengthen and expand the Wellness Policy. A select group of influential and diverse Holdenville Area stakeholders were assembled to create a Holdenville Public Schools Wellness committee.

The Holdenville Public Schools Board of Education is committed to creating a healthy school environment that enhances the development of lifelong practices to promote health eating and physical activity that support student achievement.

### **Holdenville Public School District Wellness Policy**

#### **Introduction**

All students in Holdenville Public Schools shall possess the knowledge and skills necessary to make nutritious food choices and enjoyable physical activity choices for a lifetime. All staff in Holdenville Public Schools is encouraged to model healthful eating and physical activity as a valuable part of daily life. To meet this goal, the Holdenville Public Schools adopts this wellness policy with the following commitments to nutrition, health education, physical activity, and other school-based activities that support student and staff wellness.

Health children are the foundation of a healthy society. Healthy, well-nourished children are better able to learn. Eating habits developed in childhood will affect health throughout their life. Furthermore, the board supports increased emphasis on nutrition, physical activity, and overall wellness at all grade levels to enhance the well-being of our district's youth. The board recognizes that it is the district's role as part of the larger community, to model and actively practice, through policies and procedures, the promotion of family health, physical activity, and good nutrition. Therefore it is policy of the board to:

1. Provide all students access to nutritious food and safe drinking water;
2. Provide all students in grades PreK-12 with opportunities, support, and encouragement to be physically active with developmentally appropriate exercise on a regular basis
3. Adopt the Coordinated School Health Framework as a strategy to create a "culture of health and wellness" encouraging healthy eating habits and healthy, active lifestyles throughout the school environment.
4. Promote and support employee wellness
5. Provide accurate information related to these topics.

**School-Based Activities Designed to Promote Student and Staff Wellness**

The district will adopt the Coordinated School Health Framework that is recommended by the Center for Disease Control and Prevention for planning and coordinating school health activities. This framework will help create a school environment that conveys consistent messages and is conducive to healthy eating, physical activity, and wellness for all staff, students and their families.

Schools have a responsibility to help students learn, establish and maintain lifelong healthy eating and physical activity. Well-planned and effectively implemented school health programs have been shown to enhance student's 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 and should be daily role models for healthful behaviors.

**Holdenville Public School District Wellness Committee**

The school district will create, strengthen, and work with existing schools' Healthy and Fit School Advisory Committee (HFSAC) to develop, implement, monitor, review, and as necessary, revise policies and practices regarding health and wellness. The District Wellness Committee should consist of a group of individuals representing schools in the district, the community and should include:

- Parents
- Students
- Representatives from the Child Nutrition Program
- Members of the School Board
- School administrators
- Teachers
- Health Professionals
- Members of the Public
- Community-based organization representative(s)

**Healthy and Fit School Advisory Committees**

Oklahoma Senate Bill 1627, the Healthy and Fit Kids Act of 2004, requires each public school site in Oklahoma to establish a Healthy & Fit School Advisory Committee (HFSAC). HFSAC is an advisory group of at least six individuals who represent segments of the school (i.e. teacher, coach, student, administrator, parent, school nurse, health care professional, community member, food service personnel, custodian, school bus driver, school secretary, school counselor). This group acts collectively to study, make recommendations and to provide advice to the principal and school regarding school health issues. The HFSAC is committed to creating healthy school environments enabling students to reach their learning potential.

**Healthy and Wellness Education**

The Holdenville Public Schools Board of Education recognizes that student health and success in school are interrelated. Schools cannot achieve their primary mission of education if students (and staff) are not healthy and fit physically, mentally, and socially. The board of Education will present students with a wide spectrum of health information, delivered in different aspects through the instructional programs. In order to play a proactive role in preventing disabling chronic health conditions such as unnecessary injury and disease; helping students learn to take responsibility for their own health and adopting health-enhancing attitudes and behaviors the district shall adopt a comprehensive health education program consistent with requirements of state and federal law. The district will provide resources and materials to classroom teachers that will complement physical education and the subjects taught integrating health and wellness in the classroom.

The district's program will be monitored in cooperation with the district's Wellness Committee and Healthy and Fit School Advisory Committees. The input of students, staff, parents and members of the community as encouraged.

**Physical Education and Physical Activity Opportunities**

The Superintendent shall promote a comprehensive health and fitness curriculum aligned with the Oklahoma C3 standards. Evaluation procedures will utilize classroom-based assessments or other strategies.

Physical Education: All students in grades kindergarten through five are required to complete an average of sixty (60) instructional minutes per week of physical education and an additional 60 minutes to include health/wellness education and a variety of means to increase student physical activity for a total of 120 minutes. In addition, students must be physically active during the majority of time in physical education class. This includes instruction and practice in basic movement and fine motor skills, progressive physical fitness and wellness activities through age-appropriate activities. All middle school and high school students must complete one unit of instructional physical and health education as part of the core curriculum. All middle and high school students are strongly encouraged to complete two units or sets of competencies of physical and health education as part of the core curriculum. District middle and high schools are encouraged to offer a variety of health and fitness classes within secondary schools.

Suitable adapted physical education shall be included as part of individual education plans for student with chronic health problems, other disabling conditions, or other special needs that preclude such students' participation in regular physical education instruction or activities. Only medical waivers/exemptions from participation in physical education shall be allowed.

Integrate Physical Activity in the Classroom. The board will provide professional training to classroom teachers on effective ways to integrate physical activity into their curriculum. Schools should discourage extended periods (i.e., periods of two or more hours) of inactivity. Therefore, teachers will be encouraged to provide short physical activity breaks between lessons or classes as appropriate. 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.

Daily 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

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 as punishment.

**Child Nutrition Program****Nutrition Standards**

Holdenville Public Schools will operate a school nutrition program that will include lunch, and 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 applications for free or reduced food services.

It is the intent of the Board of Education that district schools take 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. Training and support to food service and other relevant staff will be provided to meet nutrition standards for preparing healthy meals. Food and beverages sold or served on district grounds or at district-sponsored events shall meet the federal requirement for nutritional standards and/or other guidelines as maybe be recommended by the district, Holdenville Public Schools Wellness Committee and/or Healthy and Fit School Advisory Committee. Food, beverages, and candy will not be used to reward or punish academic performance or student behavior. 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 beverage 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. The board of education designates the Superintendent as the school official who shall be responsible for oversight of this policy to ensure compliance for the school district.

#### Nutrition Education

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 services 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 operations. The district will use multiple channels to promote healthy eating behaviors, including the classroom, cafeteria, and communications with parents. School gardens will be permitted.

#### **Employee Wellness**

The Holdenville Public School District seeks to promote and support a healthy work environment, health awareness, individual responsibility for a healthy lifestyle, decreased risk of disease and enhanced quality of life for all District personnel. The district will provide opportunities along with tools and resources that empower personnel to make healthy lifestyle choices to improve health and well-being. The District Wellness Committee will provide a Coordinated School Health framework from which the District Wellness Committee shall make recommendations provide guidance, and oversee timely opportunities for access to health and wellness information, fitness challenges and other opportunities for the promotion and preservation of healthy lifestyles.

#### **Monitoring and Policy Review**

**A. Monitoring.** The Superintendent or designee (e.g. Holdenville Public Schools Wellness Committee) will ensure compliance with established district wide health and wellness policies.

1. In each school, the principal or designee (Healthy and Fit School Advisory Committee) will ensure compliance with those policies in his/her school.
  2. School food service staff, at the school district level, will ensure compliance with nutrition policies within school food services areas.
  3. That report will be provided to the school board and also distributed to all Healthy and Fit School Advisory Committees, parent/teacher organizations, school principals and school health services personnel in the district
  4. April of each school year, the district’s Wellness Committee will develop an annual summary report on district wide compliance with the district’s established health and wellness policies, based on input from schools within the district.
- B. Policy Review.** To help with development, implementation and evaluation of the district’s wellness policies, each school district will be encouraged to conduct a baseline assessment of the school’s existing nutrition and physical activity environments and policies.
1. The results of those school by school assessments will be compiled at the district level to identify and prioritize needs.
  2. Assessments will be repeated every three years to help review policy compliance, assess progress and determine areas in need of improvement.
  3. As part of that review, the school district will review the nutrition and physical activity policies and recommend actions that support health and wellness policies and program elements
  4. The district and individual schools within the district will, as necessary, revise the wellness policies and develop work plans to facilitate their implementation.

The content of this policy and any updates are to be provided to the public on an annual basis. The district may do this electronically or through the media.

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***THIS POLICY REQUIRED BY  
PUBLIC LAW 108-265, SECTION 204  
AND PUBLIC LAW 111-296.***