

# Local Wellness Policy

## **Kremlin-Hillsdale Public Schools' Local Wellness Policy**

The Kremlin-Hillsdale Public Schools' Local Wellness Policy is a written document that guides Kremlin-Hillsdale Public Schools (KHS) efforts to establish a school environment that promotes students' health, well-being, and ability to learn.

The wellness policy requirement was established by the Child Nutrition and Special Supplemental Nutrition Program for Women, Infants, and Children (WIC) Reauthorization Act of 2004 and further strengthened by the Healthy, Hunger-Free Kids Act of 2010. This act requires that each local educational agency (LEA) participating in the National School Lunch Program and/or School Breakfast Program to develop a wellness policy.

### **Purpose**

The Kremlin-Hillsdale Independent School District 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, the District 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 federal and state law. Specifically, this policy requires all schools in the District to:

- *Allow parents, students, and 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 nutrition standards for competitive foods and beverages.*
- *Create goals for nutrition promotion and education, physical activity and physical education, and other activities that promote student health.*

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

## Definitions

- **School Campus** – *All areas of the property under the jurisdiction of the school that is accessible to students during the school day.*
- **School Day** – *The period of 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 of the federal reimbursable school meals program during the school day.*
- **Smart Snacks Standards** – *Nutrition standards, issued by the USDA, that sets limits on the amount of calories, salt, sugar, and fat in competitive foods and beverages.*
- **Smart Snacks Exempt Fundraisers** – *Fundraisers that are allowed to sell non-compliant foods and beverages in accordance with the State agency. For Oklahoma, a school site can exempt 30 fundraisers each semester. A fundraiser may only be exempt for a maximum of 14 days.*
- **School Wellness Committee** - *A school wellness committee is essentially an advisory group concerned with the health and wellbeing of students and staff.*

## Nutrition

### **School Meal Requirements**

*The District 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, the District will ensure that all meals are the following:

- Accessible, appealing, and attractive to all children.
- Served in a clean, pleasant, and supervised setting.

The District will also ensure that schools do the following:

- Encourage students to start the day with a healthy breakfast.
- Provide breakfast through the USDA School Breakfast Program.
- Fruits and vegetables will be offered daily at all points of service.

### **Water**

*Schools will make clean drinking water available and accessible without restriction and at no charge throughout the entire school day.*

## **Information and Promotion**

*As required under the National School Lunch Program (7 CFR 210.12) the District will promote activities to involve students and parents in the School Lunch Program. In addition, the District will do the following:*

- Inform families about the availability of breakfasts for students.
- Distribute materials when applicable, to inform families of the availability and location of free Summer Food Service Program meals for students when school is not in session during the summer months.
- Send applications for reimbursable meal programs to families at the beginning of the school year and make applications available on the District website.

## **Adequate Time to Eat**

The District will provide sufficient lunch periods that are long enough to give all students (PK-12) adequate time to be served and eat their lunches.

## **Local Charge & Unpaid Meal Charge Policy**

All school food authorities operating under the National School Lunch and/or Breakfast Programs must have a written policy on unpaid meal charges. The District will allow students to charge up to a determined amount. This amount will be communicated to students, parents/guardians, and child nutrition supervisors. Once a student has exceeded this amount, the student will be served an alternate meal. In addition, the district will do the following:

- Inform the student and parent/guardian that they are approaching or exceeding the determined amount, that the alternate meal is applicable to lunch meals only, will continue until unpaid balance is below the determined amount, and will be charged at the student's current rate.
- Train the District's Child Nutrition Department on the Unpaid Meal Charge Policy and proper protocol so the alternate meal is presented in a non-discriminating manner.

## **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 District will allow for competitive foods and beverages to be sold as long as they comply with the exempt fundraisers established by the Oklahoma State School Board.*

## Food and Beverages Provided, Not Sold, to Students During the School Day

### **Classroom Parties and Celebrations**

*The District will encourage healthy nutritious foods to be used for classroom parties, rewards, and celebrations. In addition, the District will do the following:*

- Post on the District website the Smart Snack standards.

### **Rewards and Punishment**

*Food and beverages will not be used to punish academic performance or student behavior.*

### Fundraising on Campus During the School Day

The District is aware of the use of fundraisers and their benefits to providing additional funding for programs, clubs, etc. Fundraisers that meet the Smart Snack standards will be encouraged. In addition, the District will oversee the following:

- *Fundraisers may not be held during meal service times unless the food or beverage item meets Smart Snacks standards.*
- Exempt fundraisers will be allowed in accordance to Oklahoma State School Board.
- All exempt fundraisers must complete the approval process.

### Nutrition Education and Healthy Food Promotion

*Included in the Local Wellness Policy, the District is required to include specific goals for nutrition promotion and education, and other school based activities that promote wellness. The District is to review and consider evidence-based strategies in determining these goals. To meet this requirement, the District developed the following goals:*

- Schools will offer nutrition education to all grades (PK-12), providing students the knowledge and skills necessary for lifelong healthy eating behaviors. Including the following:
  - What it means to eat healthfully, consume the proper nutrients, and maintain a wholesome and balanced diet.
  - How to read labels and understand the problems associated with unhealthy food marketing to children.
- The District will utilize several avenues to promote healthy nutritional habits and community wellness events to students, parents, and staff. The following avenues may be considered:
  - Morning announcements
  - Website postings
  - Hallway & Cafeteria TV Monitors
  - In-service Days for Staff

- Exhibiting posters, signs, or other displays on the school campus that promote healthy nutrition choices.
- Encouraging school staff to display healthy eating habits and physical activity choices to students (e.g., by eating with students during meal times, consuming only healthy snacks, meals, and beverages in front of students, sharing positive experiences with physical activity with students, etc.).

### **Food and Beverage Marketing**

*Only food and beverage products that meet the USDA's Smart Snacks standards may be marketed in schools.*

- This does not pertain to clothing or personal items used by students or staff, or the packaging of products brought from home or off campus for personal consumption.
- This does not apply to materials used for educational purposes in the classroom.
- This does not apply to faculty/staff lounges and workrooms.
- Marketing that promotes an exempt fundraiser will be allowed.

### **Physical Education and Physical Activity**

#### **General Requirements**

*The District is required to include specific goals for physical activity. To meet this requirement, the District developed the following goal:*

- The District will ensure that all students (K-5) participate in a minimum of 60 minutes of physical activity each week, 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 require schools to provide elementary school students (K-5) at least 20 minutes of recess each day, in addition to the PE requirements.*

#### **Physical Education (PE)**

*The District will ensure Elementary school students (K-5) will participate in at least 60 minutes of PE per week throughout the entire school year.*

### **Implementation, Monitoring and Evaluation**

#### **Leadership**

*The District will designate one or more official(s) to facilitate the development of the local school wellness policy, oversee appropriate updates to the policy, and ensure each school's*

*compliance with the policy.* The District will ensure that the designated official(s) fully understand(s) the federal and state laws related to wellness policies.

The District will designate the following administrators to oversee the local school wellness policy:

- Jim Patton Administration – (580) 874-3064
- Brad Hawkins ES Site Level Administration – (580) 874-3063
- Kurt Neal HS Site Level Administration (580) 874-3060

### **Assessments, Revisions and Policy Updates**

*Every three years the District will measure the extent to which schools are in compliance with the local wellness policy, as well as progress made in attaining the policy's goals. Additionally, parents, students, physical education teachers, school health professionals, the school board, school administrators, and the general public will be allowed to participate in the development, implementation, and periodic review and update of the local wellness policy.*

*The District will inform and update the public about the content and implementation of the local wellness policy that may include the District's website, handouts, newsletters, etc.).*