

CHILD NUTRITION AND PHYSICAL FITNESS PROGRAM

The Watts Board of Education recognizes that childhood obesity has reached epidemic levels throughout the country. Overweight children are at a higher risk for developing severe long-term health problems, and overweight children are affected by discrimination, psychological stress, and low self-esteem. However, research indicates that obesity and subsequent diseases are largely preventable through diet and regular physical activity. Research also indicates that becoming physically active and maintaining a regular physical activity program significantly reduces the risk of some obesity and some cancers, diabetes, and other chronic diseases.

Children who eat well-balanced meals and are healthy are more likely to learn in the classroom. The board supports increased emphasis on nutrition as well as physical activity at all grade levels to enhance the well-being of our district's youth. Therefore, it is the policy of the board to:

1. Provide students access to nutritious food;
2. Provide opportunities for physical activity and developmentally appropriate exercise; and
3. Provide accurate information related to these topics.

WATTS SCHOOL WELLNESS POLICY

Watts School Board of Education believes that children and youth who begin each day as healthy individuals can learn better and are more likely to complete their formal education. The Board also believes that a healthy staff can more effectively perform their assigned duties and model appropriate wellness behaviors for students. This policy encourages a holistic approach to staff and student wellness that is sensitive to individual and community needs.

Whereas, children need access to healthy foods and opportunities to be physically active in order to grow, learn, and thrive;

Whereas, good health fosters student attendance and education;

Whereas, school districts around the country are facing significant fiscal and scheduling constraints; and

Whereas, community participation is essential to the development and implementation of successful school wellness policies;

Thus, the Watts School District is committed to providing school environments that promote and protect children's health, well-being, and ability to learn by supporting healthy eating and physical activity. Therefore, it is the policy of the Watts School District that:

- All Students in grades K-12 will be given opportunities, support, and encouragement to be physically active on a regular basis.
- Foods served will meet the nutrition recommendations of the *U.S. Dietary Guidelines for Americans*.
- Qualified child nutrition professionals will provide students with access to a variety of affordable, nutritious, and appealing foods that meet the health and nutrition needs of students; will

accommodate religious, ethnic, and cultural diversity of the student body in meal planning; and will provide clean, safe, and pleasant settings and adequate time for students to eat.

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- To the maximum extent practicable, Watts School will participate in available federal school meal programs including The School Breakfast Program, National School Lunch Program, and Summer Food Service Program.
- Schools will provide nutrition education and physical education to foster lifelong habits of healthy eating and physical activity.

NUTRITION

Academic performance and quality of life issues are affected by the choice and availability of good food in our schools. Healthy foods support student physical growth, brain development, resistance to disease, emotional stability and ability to learn.

- A. Nutrition Guidelines that require the use of products that are high in fiber, low in added fats, sugar and sodium, and serves in appropriate portion sizes consistent with USDA standards shall be established for all foods offered by the district's Nutrition Services Department or contracted vendors. Menu and product selection shall utilize student, parent, staff and community advisory groups whenever possible.
 - School lunches and breakfasts will meet menu-planning guidelines as required by USDA.
 - School lunches will provide 1/3 of the recommended dietary allowance (RDA) for calories, proteins, calcium, iron, vitamin A, and vitamin C as required by USDA.
 - School breakfasts will provide ¼ of the RDA for calories, protein, calcium, protein, calcium, iron, vitamin A, and vitamin C as required by USDA.
 - The total calories for fat in school meals will be limited to 30% when averaged over one week.
 - The total calories for fat in school meals will be limited to 10% when averaged over one week.
 - School meals will meet the dietary *U.S. Dietary Guidelines for Americans*.
- B. Nutrition services policies and guidelines for reimbursable meals shall not be less restrictive than federal and state regulations require.
- C. Foods of Minimal Nutritional Value (FMNV) are prohibited from being sold or served during student meal services in the food service areas where USDA reimbursable meals are served or eaten.
 - FMNV are prohibited from being sold or served in the food service areas.
 - Beverage contract will not restrict the sale of fluid milk products at any time during the school day or at any place on the school premises.
 - Students in elementary school will not have access to FMNV except on special occasions.
 - Students in middle and junior high schools will have diet drinks available for sale in the vending areas.

NUTRITION AND PHYSICAL ACTIVITY PROMOTION AND FOOD MARKETING

Watts School District aims to teach, encourage, and support healthy eating and physical fitness to the students. Schools should provide nutrition education and engage in nutrition promotion that:

- Provides access to hand washing or hand sanitizing before they eat meals or snacks.
- Discourages students from sharing their foods or beverages with one another during meal or snack times, given concerns about allergies and other restrictions on some student's diets.

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- Includes enjoyable, developmentally-appropriate, culturally-relevant, participatory activities, such as contests, promotions, and farm visits.
- Replaces FMNV advertising with nutritional messages throughout the school.
- Does not permit general brand marketing for food brands under which more than half of the foods or beverages do not meet the nutrition standards for foods sold individually or the meals are not consistent with school meal nutrition standards.
- Is sensitive and/or aware of children with special nutritional needs and be able to substitute when needed.
- Is able to accommodate children with physical handicaps in all areas of their disabilities.

PHYSICAL ACTIVITY OPPORTUNITIES AND PHYSICAL EDUCATION

The goal of Watts School District for the physical activity program to provide opportunities for every student to develop the knowledge and skills for specific physical activities, maintain physical fitness, regularly participate in physical activity, and understand the short- and long-term benefits of a physically active and healthy lifestyle.

Physical education and physical activity shall be an essential element of the instructional program. The program shall be designed to stress physical fitness to all students regardless of differing abilities.

The comprehensive physical activity program encompasses a variety of opportunities including:

- Physical education:
 - Kindergarten through eighth grade students to complete an average of 60 instructional minutes per week.
 - High school students are encouraged to complete two credits.
- Recess.
- After-school activity programs.
- Physical activity breaks within regular classrooms.
- Community use of facilities during after-school hours.

OTHER SCHOOL-BASED ACTIVITIES

Watts School District will create a school environment that provides consistent wellness messages and is conducive to healthy eating and being physically active.

- 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.
- Playground, walking track, and outdoor basketball courts will be accessible to the community after school hours.
- The staff and faculty are encouraged to participate in activities designed to benefit healthy living.

MEASUREMENT AND EVALUATION

The superintendent will ensure compliance with the Watts School Wellness Policy. The Healthy and Fit School Committee will meet yearly to monitor progress and assessments regarding our School Health Index (SHI).

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To help with the initial development of Watts School Wellness Policy, the district will conduct a baseline assessment concerning the school's existing nutrition and physical activity environments. The Healthy and Fit School Committee will use the results of the SHI to identify and prioritize needs.

When necessary due to change in the SHI, the Healthy and fit School Committee will revise the wellness policies and develop work plans to facilitate their implementation.

Curriculum

The Watts Board of Education recognizes that healthy eating patterns are essential for students to achieve their academic potential, full physical and mental growth, and lifelong health and well being. To help ensure students possess the knowledge and skills necessary to make nutritious food choices for a lifetime, the superintendent shall prepare and implement a comprehensive district nutrition program consistent with state and federal requirements for districts sponsoring the National School Lunch Program and/or the School Breakfast Program. To implement the program, the superintendent shall adopt and implement a comprehensive curriculum on health, fitness, and nutrition that will provide opportunities for developmentally appropriate instruction for grades K-12. The input of staff, students, parents, and public health professionals in the development of the curriculum will be encouraged.

Nutrition, health, and fitness topics shall be integrated within the sequential comprehensive health education curriculum taught at every grade level, K-12, and coordinated with the district's nutrition and food services operation.

The district shall take a proactive effort to encourage students to make nutritious food choices. The superintendent shall ensure that:

1. A variety of healthy food choices are available whenever food is sold or served on district property or at district-sponsored events;
2. Schools shall regulate the sale or serving of foods or snacks high in fat, sodium, or added sugars; and
3. Nutritious meals served by the school nutrition and food services operation complies with state and federal law.

Child Nutrition Program

The Watts Public Schools will operate a school lunch program that will include lunch, and may include 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.

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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 application for free or reduced price food services.

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 service 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 operation.

It is the intent of the board of education that district schools take a 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. Food and beverages sold or served on district grounds or at district-sponsored events shall meet requirements for nutritional standards and/or other guidelines as may be recommended by the district and school health and nutrition committees. 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 beverages 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.

REFERENCE: 70 O.S. §1-107
7 CFR, Parts 210 and 220
7 CFR, Part 245.5

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