

## Central Public School Wellness Policy

### Purpose:

The link between nutrition, physical activity, and learning is well documented. Healthy eating and activity patterns are essential for students to achieve their full academic potential, full physical and mental growth, and lifelong health and well-being. Healthy eating and physical activity, are essential for a healthy weight and is also linked to reduce risk for many chronic diseases. Schools have a responsibility to help students learn, establish, and maintain lifelong healthy eating and activity patterns. Well-planned and effectively implemented school nutrition and fitness programs have been shown to enhance students' overall health, as well as their behavior and academic achievement in school. Staff wellness is also an integral part of a healthy school environment since school staff can be daily role models for healthy behaviors.

### Overall Goal:

All students in Central Public School shall possess the knowledge and skills necessary to make nutritious food choices and enjoyable physical activity choices for a lifetime. All staff in the Central School District is encouraged to model healthful eating and physical activity as a valuable part of daily life.

To meet this goal, Central Public School District adopts this school wellness policy with the following commitments to nutrition, nutrition education, physical activity, and other school based activities that support student, staff and community wellness.

### NUTRITION GUIDELINES/STANDARDS

The Central School District Nutrition policy aims to improve the health and well-being of children in the Central Public School District by reducing their consumption of unhealthy foods, beverages and excess calories, fats, and sodium, and increasing their intake of healthy food and beverages in appropriate portions.

It is the policy of Central Public School District that:

- At least 10 minutes for breakfast and 20 minutes for lunch will be provided from the time students are seated to allow adequate time to eat school meals.
- Only healthier food options for food beyond the school food service (e.g. all vending machines, school stores during school hours, and food/beverage celebrations) are allowed.
- The school district does not use candy or food as a reward or punishment for academic performance or behavior.

**CONTUINED CENTRAL PUBLIC SCHOOL WELLNESS POLICY (cont)****Meals:**

- All reimbursable meals will meet nutrition standards mandated by the USDA, as well as any additional state nutrition standards that go beyond USDA requirements.
- All cafeteria staff will be provided training USDA meal plans/reimbursable meals so they can properly advise students as to the meal components they may/must take, as well as cooking techniques, recipe implementation, sanitation, and food safety.
- Meals will be served in a clean and pleasant setting and under appropriate supervision. Rules for safe behavior will consistently be enforced.
- Families will be requested to pack lunches and snacks that meet district nutrition standards and will be provided with written guidance on how to accomplish this.
- Students will have access to hand washing/hand sanitizing facilities before meals and snacks and cafeteria staff will remind students to make use of them.
- The school district only offers 1% and non-fat dairy items.
- Drinking water must be offered at no charge at all meal service events.
- The school district will follow calorie limits for breakfast as follows, Pre K through 5<sup>th</sup> grade 250-500 calories, 6<sup>th</sup> grade through 8<sup>th</sup> grade 400-550 calories, and 9<sup>th</sup> grade through 12<sup>th</sup> grade 450-600 calories.
- The school district will follow calories limits for lunch as follows, Pre K through 5<sup>th</sup> grade 550-650 calories, 6<sup>th</sup> grade through 8<sup>th</sup> grade 600-700 calories, and 9<sup>th</sup> through 12<sup>th</sup> grade 750-850 calories.
- The school district will follow sodium limits for breakfast as follows, Pre K through 5<sup>th</sup> grade is less than 540mg, 6<sup>th</sup> grade through 8<sup>th</sup> grade is less than 600mg, and 9<sup>th</sup> – 12<sup>th</sup> grade is less than 640mg.
- The school district will follow sodium limits for lunch as follows, Pre K through 5<sup>th</sup> grade is less than 1230mg, 6<sup>th</sup> grade through 8<sup>th</sup> grade is less than 1360mg, and 9<sup>th</sup> through 12<sup>th</sup> grade is less than 1420mg.
- Saturated fat limits are less than 10% of total calories.

**Competitive Food/Smart Snack and Beverages**

All foods and beverages sold on school grounds to students outside of reimbursable school meals are considered “competitive foods.” Competitive foods include items sold a la carte in the cafeteria, from vending machines, snack bars, school stores and for in-school fund raisers. All competitive foods must comply with the district’s nutrition standards, as well as all applicable state and federal standards. Foods served as part of the Before and Aftercare (child care) programs must also comply with the district’s nutrition standards unless they are reimbursable under USDA school meals program, in which case they must comply with all applicable USDA standards. The school day is the period from midnight before, to 30 minutes after the end of the official school day.



**CONTUINED CENTRAL PUBLIC SCHOOL WELLNESS POLICY (cont)**

Central Public School District competitive foods/beverages in schools policy is as follows:

**Foods**

- To be allowable, a competitive food item must meet all of the proposed competitive food nutrient standards and be a grain product that contrains 50% or more whole grains by weight or whole grain-rich as the first ingredient or have as the first ingredient one of the nongrain main food groups: fruits, vegetable, dairy or protein foods (meat, beans, poultry, seafood, eggs, nuts, seed, etc., or be a combination food that contains at least ¼ cup fruit and/or vegetable or contain 10% of the daily value of a nutrient of public health concern (i.e. calcium, potassium, vitamin D, or dietary fiber. If water is the first ingredient, the second ingredient must be one of the mentioned.
- Packaged items shall not exceed one serving per package/200 calories, including any added accompaniments.
- Items shall contain no more than 35% of total calories from fat, less than 10% of total calories from saturated fats and zero trans fats. Exception: The fat content of nuts and seeds will not count against the total fat content of packaged products; -Items shall contain no more than 35% of calories from total sugars. Exception: Yogurt, may contain up to 30grams of total sugars per 8oz serving;
- Items shall contain less than or equal to 230mg of sodium per packaged portion;
- A la carte items in the cafeteria must be USDA school meal components (200 calorie limit does not apply) and meet the above fat and sugar limits. A la carte items cannot exceed 480mg of sodium.
- Whole fruits, vegetables, nuts and seeds are preferable to processed food items.
- Caffeine is not allowed in elementary or middle school unless it is a naturally occurring caffeine substance. High School caffeine is allowed.
- Acceptable items must have less than 35% of weight from total sugar as served.

**Beverages**

The only beverages allowed to be sold outside of school meals include:

- Low-fat (1%), non-fat or non-dairy milk in 8 oz portions (plain or flavored with no more than 22 grams of total sugars per 8oz);
- 100% fruit/vegetable juice in 8oz portions for elementary and 12oz portions for middle school and high school;
- Plain water, no size limit.
- High School only, other flavored and/or carbonated beverages, no larger than 20oz that are labeled to contain less than 5 calories per 8oz or less than 10 calories for 20oz
- High School only, other flavored and/or carbonated beverages, no larger than 12oz that are labeled to contain less than 40 calories per 8oz or less than 60 calories for 12oz

**CONTUINED CENTRAL PUBLIC SCHOOL WELLNESS POLICY (cont)****Additional Foods Available to Students****Fundraising**

- Non-food fundraising is promoted. When in-school fundraising involves food, items must meet the district's nutrition standards for competitive foods and cannot be sold for immediate consumption. When out-of-school fundraising events involve food, items sold must meet the nutrition standards for a la carte items sold in the cafeteria OR the district's nutrition standards for competitive foods.
- Fundraising activities that promote physical activity are encouraged.
- The standards do not apply during non-school hours, on weekends, and at off-campus fundraising events.

**Vending:**

The Central Public School Board of Education ensures that no vending machines are accessible to students that offer beverages or snacks with no or low nutritional value as defined by the USDA. Incentive pricing for items that meet the minimum standards will be offered at lower prices.

**FARM TO SCHOOL POLICY****Purpose and Goal:**

In an effort to increase access to healthy food and decrease access to unhealthy food Central Public School will implement Farm-To-School Programs that connect the students and food service staff to local farmers located in the area. Central Pubic School supports the following strategies for policy and practice for Farm-To-School:

- Purchasing and preparing fresh, seasonal, local, and sustainably grown foods as a source of nutrition for growing children.
- Teach Cherokee attributes such s integrity, responsibility, respect, patience, and cooperation through food and farming experiences.
- Teaching to increase knowledge of traditional Cherokee foods and cultures, using the Cherokee language, how the food is grown, who grows it, and how it is prepared to promote healthy and nutritious behaviors in a cultural context.
- Purchasing from local farmers and ranchers when available to create a positive community relationships and encourage local economic growth.
- The District promotes school gardens and dedicates available resource (i.e. land, water, containers, raised beds, greenhouses, etc.) or school gardens. The District supports the incorporation of school gardens into the classroom curriculum as a hands-on teaching tool to increase knowledge and influence student food choices and lifelong eating habits. The District will support the sustainability of school gardens through activities that could include: fundraising, community donations, and the use of existing resource.



**CONTUINED CENTRAL PUBLIC SCHOOL WELLNESS POLICY (cont)****NUTRITION EDUCATION AND PROMOTION**

Students will receive consistent nutrition messages throughout schools, classrooms, cafeterias, and school media:

- Nutrition education will be offered in the cafeteria as well as the classroom, with coordination between the foodservice staff and teachers.
- Nutrition education will promote fruits, vegetables, whole-grain products, low-fat dairy products, healthy food preparation methods, and accurate portion sizes;
- Students will have opportunities to taste foods that are low in saturated and trans fats, sodium and added sugar;
- Staff members responsible for nutrition education will regularly participate in relevant professional development (e.g., training on the Dairy Guidelines for Americans and how to teach them);
- Promotion of adequate nutrient intake and healthy eating practices;
- Skill development, such as reading labels to evaluate the nutrients quality of foods, meal planning, analysis to health information.
- The Healthy and Fit School Advisory Committee at each school site will study and make recommendations regarding health education nutrition, and health services.
- Staff shall integrate experiential educational activities-such as gardening, cooking demonstrations, Ag in the classroom, farm and farmers market tours-into existing curricula (including business, science, health, etc.) at all grade levels.

**Purchase and use of Local Produce:**

School Food Service, in partnership with other school departments and community organizations, will work to creatively market and promote locally produced food to students, through activities such as:

- Featuring food grown in the school garden and by local farmers in the cafeteria through sampling and inclusion in school meals based upon availability and acceptability.
- Develop cafeteria themes relating to local farmers and products grown in the region.
- Develop creative campus fundraisers based on healthy food items, integrating farm grown produce where appropriate.
- Meals served within the federally reimbursable meal program will be designed to feature fruits and vegetables and other healthy foods from local sources to the greatest extent possible

## CONTUINED CENTRAL PUBLIC SCHOOL WELLNESS POLICY (cont)

## QUALITY PHYSICAL EDUCATION


A quality physical education program addresses three critical issues; curriculum, instruction, and assessment, in conjunction with an opportunity to learn and should include the following:

## Curriculum:

- Has a curriculum aligned with the Oklahoma Academic Standards (OAS).
- Equips students with the knowledge, skills, and attitudes for lifelong physical activities.
- Influences positive personal and social skill development.
- Incorporate The Cherokee Challenge Curriculum.
- Incorporate Early Childhood and Elementary Catch Curriculum.

## Instructions and Assessment:

- Is taught by a certified physical education teacher trained in best practice physical education methods.
- Physical activity will not be withheld as a form of punishment.
- Only medical waiver/exemptions from participation in physical education is allowed.
- Access to a broad range of competitive and noncompetitive physical activities.
- Engages students in curriculum choices that prepare them for a wide variety of lifetime fitness activities.
- Keeps all students of all abilities involved in moderate to vigorously physical activity for the majority of the class period.
- The healthy & Fit Advisory Committee at each school site will study and make recommendations regarding physical education and physical activity.
- Elementary students will participate in 150 minutes of physical activity per week. Activity will include daily recess, daily physical activity integrated in the school day, and Physical Education time.

  
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School Board President  
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Superintendent

Approved at a board meeting on

September 6, 2023