

No. 5620
SECTION: STUDENTS
TITLE: DISTRICT WIDE WELLNESS POLICY

ADOPTED: 5/15/06
READOPTED: 6/18/07;6/21/11;1/29/14;
11/15/16;9/17/19
REVISED: 11/20/18

OXFORD AREA SCHOOL DISTRICT

The Oxford Area School District is committed to providing a school environment that enhances learning and development of life-long wellness practices. Oxford Area School District recognizes that student wellness and proper nutrition are related to students' physical well-being, growth, development and readiness to learn. The Board is committed to providing a school environment that promotes student wellness, proper nutrition, nutrition education and promotion and regular physical activity as art of the total learning experience.

The Superintendent or designee shall be responsible to monitor each of the district's schools, programs and curriculum to ensure compliance with this policy, related policies and established guidelines or administrative regulations. A Wellness Committee will be appointed to review the policy and make recommendations consistent with Federal and State laws. Each building principal or designee shall report to the Superintendent or designee regarding compliance in his/her school.

The Superintendent or designee and the appointed Wellness Committee shall, every three (3) years, conduct an assessment on the contents and implementation of this policy as part of a continuous improvement process to strengthen the policy and ensure implementation. The assessment shall include evidence based strategies in determining goals. The assessment shall include the extent to which district schools are in compliance with laws and policies related to student wellness and shall describe the progress made by the district in attaining the goals of this policy. The assessment shall be made available to the public.

To accomplish these goals:

- A comprehensive Child Nutrition Program in compliance with federal, state and local requirements. Child Nutrition Programs are accessible to all children.
- Provision of reasonable access to foods and beverages that meet established nutrition guidelines.
- Sequential and interdisciplinary nutrition education is provided and promoted.
- School-based activities are consistent with local wellness policy goals.
- All foods and beverages made available on campus (including vending, concessions, a la carte, student stores, celebrations and fundraising) during the school day are consistent with the current Dietary Guidelines for Americans.

- All foods made available on campus adhere to food safety and security guidelines.
- Access at reasonable cost to foods and beverages that meet established nutritional guidelines.
- Physical education courses and opportunities for developmentally appropriate physical activity during the school day.
- Curriculum and programs for grades K-12 that are designed to educate students about proper nutrition and lifelong physical activity, in accordance with State Board of Education curriculum regulations and academic standards.

The Superintendent or designee shall be responsible for the implementation and oversight of this policy to ensure each of the district's schools, programs and curriculum is compliant with this policy, related policies and established guidelines or administrative regulations.

Each building principal or designee shall annually report to the Superintendent or designee regarding compliance in his/her school.

Staff members responsible for programs related to school wellness shall report to the Superintendent or designee regarding the statuses of such programs.

The Superintendent or designee report triennially to the Board on the District's compliance with law and policies related to school wellness.

The report may include:

- Assessment of school environment regarding school wellness issues.
- Recommendations for policy and/or program revisions.
- An assurance that district guidelines for reimbursable meals are not less restrictive than regulations and guidelines issued for schools in accordance with federal laws shall be provided annually by the Food Service Director.
- Review of all food and beverages sold in schools for compliance with established nutrition guidelines.
- Listing of activities and programs conducted to promote nutrition and physical activity.

The Superintendent or designee and the established Wellness Committee shall conduct an assessment at least once every three (3) years on the contents and implementation of this policy as part of a continuous improvement process to strengthen the policy and ensure implementation. This triennial assessment shall be made available to the public in an accessible and easily understood manner and include:

- The extent to which each district school is in compliance with law and policies related to school wellness.
- The extent to which this policy compares to model wellness policies.
- A description of the progress made by the district in attaining the goals of this policy.

At least once every three (3) years, the district shall update or modify this policy as needed, based on the results of the most recent triennial assessment and/or as district and community needs and priorities change; wellness goals are met; new health science, information and technologies emerge; and new federal or state guidance or standards are issued.

The district shall annually inform and update the public, including parents/guardians, students and others in the community, about the contents, updates and implementation of this policy via the district website, student handbooks, newsletters, posted notices and/or other efficient communication methods. This annual notification shall include information on how to access the School Wellness policy; information about the most recent triennial assessment.

Nutrition Standards/Guidelines

Foods made available by the district in district schools during the school day shall be offered to students with consideration for promoting student health and reducing childhood obesity.

Food provided through the National School Lunch or School Breakfast Programs shall comply with established federal nutrition standards.

The marketing of foods and beverages to students on the school campus during the school day may only be permitted if the foods/beverages meet the established federal nutrition standards.

The district will maintain all records documenting compliance with the requirements of the school wellness policy necessary for PDE's Administrative Review.

The district shall annually inform and update the public, including parents/guardians, students and others in the community about the contents and implementation of this policy.

ADMINISTRATIVE PROCEDURES

Goals for Nutrition Education and Nutrition Promotion

- The teaching staff responsible for nutrition education will be adequately prepared and participate regularly in professional development activities to effectively deliver an accurate nutrition education program as planned.
- Nutrition education will involve sharing information with families and the broader community to positively impact students and the health of the community.
- School district will provide information to families that encourage them to teach their children about health and nutrition and to provide meals for their families.
- Nutrition education may be integrated into other areas of the curriculum such as math, science, language arts and social studies.
- Consider placing additional emphasis on diet/healthy activities in Health as well as Family and Consumer Science classes.
- The school cafeteria serves as a "learning laboratory" to allow students to apply critical thinking skills taught in the classroom. Life-long life style balance will be reinforced by linking nutritional education with physical activity.

Goals for Physical Activity

- Physical activity will be integrated across curricula and throughout the school day. Movement can be made a part of science, math, social studies and language arts.
- Physical education courses will be the environment where students learn, practice and are assessed on developmentally appropriate motor skills, social skills and knowledge.
- Comprehensive physical education to include the instruction of individual activities as well as competitive and non-competitive team sports to encourage life-long physical activity. The focus will be on providing students with the skills, knowledge and confidence to participate in life-long, health enhancing physical activity.
- Policies will ensure that state-certified physical education instructors teach all physical education classes.
- Time allotted for physical activity will be consistent with research, national and state standards.

- Provide a daily recess period for grades K-6.
- Adequate equipment is to be available for all students to participate in physical education. Physical activity facilities on school grounds will be safe.
- The school provides a physical and social environment that encourages safe and enjoyable activity for all students, including those who are not athletically gifted.
- Information will be provided to families to help them incorporate physical activity into their children's lives.
- Schools are encouraged to provide community access to and encourage students and community members to use the school's physical activity facilities outside of the normal school day. As per the Oxford Area School District's approved Use of School Facility Policy No. 1330 adopted February 21, 2006.
- Schools are to encourage families and community members to institute programs that support physical activity, such as a walk to school program.

Goals For Other School Based Activities

- Local wellness policy goals are to be considered in planning all school-based activities (such as school events, field trips, dances, and assemblies).
- Parents, teachers, administration, food service staff are encouraged to serve as appropriate role models.
- Support for the health of all students is to be demonstrated by hosting health clinics, health screenings, and helping to enroll eligible children in Medicaid and other state children's health insurance programs.
- After-school programs will encourage physical activity and healthy habit formation.

Nutrition Guidelines for All Foods on Campus

- All foods sold on campus during the school day, that are consistent with federal regulations for competitive foods (Smart Snacks in School nutrition standards) and will comply with the current USDA Dietary Guidelines for Americans and the District's Nutrition Standards:
 - All vending machines
 - A la carte
 - Kindergarten Snack Program
 - Snack Areas
 - Student Stores

- All foods other than those being sold on campus to students during the school day will comply with the current USDA Dietary Guidelines for Americans and are strongly encouraged to adhere to the District's Nutrition Standards.
 - Classroom Celebrations
 - Classroom Rewards
 - Family and Consumer Science Classes
 - Foods Brought From Home
 - Fundraisers & Concessions
- Food providers will take every measure to ensure that student access to foods and beverages meets federal, state and local laws and guidelines. Food providers will offer a variety of age appropriate healthy food and beverage selections for elementary schools, middle schools and high schools.
- Schools should encourage parents to provide a variety of nutritional foods when they bring lunch from home.
- Schools should encourage groups/organizations to either sell non-food items or to follow the District's nutritional standards.
- Nutrition information for products offered in snack areas, a la carte, vending and student stores will be available in each school cafeteria office.
- Foods and beverages sold at fundraisers will be supportive of healthy eating and provide age appropriate selections for elementary schools, middle schools and high schools.
- Advertising of foods or beverages in the areas accessible to students during meal times must be consistent with established nutrition environment standards.

Non-Sold Competitive Foods

- Non-sold competitive foods available to students, which may include but are not limited to foods and beverages offered as rewards and incentives, at classroom parties and celebrations, or as shared classroom snacks, shall meet or exceed the standards established by the district.
- If the competitive foods do not meet or exceed the Smart Snacks in School nutrition standard, the following standards shall apply:
 1. Rewards and Incentives:
If offered competitive foods do not meet or exceed the Smart Snacks in School nutrition standards, foods and beverages shall not be used as a reward or incentive in district schools message. The exception would be for nutrition education. (e.g. guest chef, field trip to a farm or farmers market, etc.).

2. Classroom Parties and Celebrations
 - a. Parents/Guardians shall be informed through newsletters or other efficient communication methods that foods/beverages should only be brought in when requested for scheduled parties.
 - b. Classroom parties shall offer a minimal amount of foods (maximum 2-3 items) containing added sugar as the primary ingredient (e.g. cupcakes, cookies) and will provide the following:
 - Fresh fruits/vegetables; and
 - Water, 100 percent juice, 100 percent juice diluted with water, low-fat mild or nonfat milk.

When possible, foods/beverages for parties and celebrations shall be provided by the food service department to help prevent food safety and allergy concerns.

3. Shared Classroom Snacks:

Shared classroom snacks are not permitted in school district.

The district shall provide a list of suggested nonfood ideas and healthy food and beverage alternatives to parents/guardians and staff, which may be posted via the district website, student handbook, newsletters, posted notices and/or other efficient communication methods.

Marketing/Contracting

- Any foods and beverages marketed or promoted to students on the school campus during the school day shall meet or exceed the established federal nutrition standards (USDA Smart Snacks in School) and comply with established Board Policy and administrative regulations.
- Exclusive competitive food and/or beverage contracts shall be approved by the Board, in accordance with provisions of law. Existing contract shall be reviewed and modified to the extent feasible to ensure compliance with established federal nutrition standards, including applicable marketing restrictions.

Goals for Eating Environment

- Adequate time should be provided for students eating breakfast and lunch.
- Dining areas are to be attractive and have enough space to avoid over crowding.
- Drinking water is to be available for students at meals.

Goals for Child Nutrition Operations

- The child nutrition program will ensure that all students have affordable access to the varied and nutritious foods they need to stay healthy and learn properly. Menus are planned for the average healthy child and reflect the preferences of the school community to encourage students to eat nutritious meals. If healthy children are the aim of society, then we also need the parent's help in encouraging children to eat properly and to get adequate exercise. The schools, parents, and the community need to all be part of the team that takes an active interest in the well-being of our children.
- Breakfast and lunch are to be offered daily at a reasonable cost in all district schools. Students are encouraged to start each day with breakfast.
- The child nutrition program will aim to be financially self-supporting.
- Each school will strive to maximize participation in the available federal Child Nutrition programs (e.g. school lunch, school breakfast, after-school snack and summer food service programs).
- All food service personnel shall have adequate in-service training in food service operations.
- All foods made available on campus comply with the state and local food safety and sanitation regulations. Hazard Analysis and Critical Control Points (HACCP) plans and guidelines are implemented to prevent food illness in schools.
- For the safety and security of the food and facility access to the food service operations are limited to Child Nutrition staff and authorized personnel.

Goals for Governance and Evaluation - To Support A Healthy School Environment

- Establish district wide advisory council with the following purposes:
 - Develop guidance for this policy
 - Monitor implementation of this policy
 - Serve as a resource to individual schools
 - Revise policy as needed
 - Evaluate policy progress

- Council membership to include, but not limited to:
 - Food Service Director
 - Principal/Administration
 - School Nurse
 - Parent Representative
 - Student Representatives
 - School Board Representatives
 - General Public Representatives
 - Physical Education Teacher
 - Family and Consumer Science teacher

- Council will meet at least annually or more often if necessary.

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Revised:6/29/2017,9/17/19(Administrative Guidelines)