

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  
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.

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.
- 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.

#### 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.

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ADMINISTRATIVE PROCEDURES

Goals for Nutrition Education

- 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.
- 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 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.

#### 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 Wellness Committee with the following purposes:
  - Develop guidance for this policy
  - Monitor implementation of this policy
  - Serve as a resource to individual schools
  - Make recommendations for policy revisions consistent with Federal and State laws.
  - Evaluate policy progress
- Council membership to include, but not limited to:
  - Food Service Director
  - Principal/Administration
  - School Nurse
  - Parent Representative
  - Physical Education Teacher
  - Family and Consumer Science teacher
- Council will meet at least annually or more often if necessary.

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