

CHILD NUTRITION, SCHOOL WELLNESS AND PHYSICAL FITNESS PROGRAM POLICY

The Noble Public Schools' Local Wellness Policy is a written document that guides Noble Public Schools (NPS) 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 Noble 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.