

MANGUM PUBLIC SCHOOLS WELLNESS POLICY

Child Nutrition and Physical Fitness Program

The Mangum 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 also indicates that becoming physically active and maintaining a regular physical activity program significantly reduces the risk of 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.
3. Provide accurate information related to health, nutrition and physical activity.

The following goals and guidelines for Mangum Public Schools nutrition and physical fitness were developed with input from school board members, administrators, P.E. teacher, food service representatives, students, parents and the public.

Nutrition Education

1. Nutrition education will be taught in the school cafeteria as well as the classroom.
2. The Healthy and Fit School Advisory Committee will study and make recommendations regarding health education, nutrition, and health services.
3. Students will receive consistent nutritional messages throughout the school, classroom, cafeteria and school events.

Physical Activity

1. The Healthy and Fit School Advisory Committee will study and make recommendations regarding physical education and physical activity.
2. Students in Grades K through 5 will participate in 30 minutes of moderate to vigorous physical activity each week.
3. The school district may exclude from the participation in physical education or exercise programs those students who have been placed into an in-house suspension or determination class or placement or those students who are under an in-school restriction or are subject to an administrative disciplinary action.

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4. School sites will establish or encourage physical activity opportunities for students, staff, and parents, such as fitness challenges, family fitness nights, fun walks and runs, walk or bike to school safe route initiatives.
5. Elementary school sites will provide 30 minutes of daily recess that promotes physical activity beyond what is provided through physical education classes.
6. Students will be encouraged to participate in voluntary before-and after-school physical activity programs such as intramurals, clubs, and, at the secondary level, interscholastic athletics.
7. At least 50% of the physical education class will be used for actual student physical activity and that the activity be, to the extent practicable, at a moderate or vigorous level.
8. Students and school staff will collaborate with local recreational departments and youth fitness programs to promote participation in lifelong physical activities.

School-Based Activities

1. We will establish a Healthy and Fit School Advisory Committee that meets and makes recommendations to the school principal. The school principal shall give consideration to recommendations made by the Healthy and Fit School Advisory Committee.
2. According to the school district's Child Nutrition Programs Agreement, school meals may not be used as reward or punishment.
3. Students and parents will be encouraged to be involved in the National School Lunch Program and School Breakfast Program. Parent and student involvement may include menu-planning suggestions, cafeteria enhancement, program promotion, and other related student-community support activities.
4. Students will be provided with a clean, safe, and enjoyable meal environment.
5. Students will be provided safe, unflavored, cool drinking water throughout the school day at no cost to the students (e.g. water fountains, water pitchers in the cafeteria). Additional beverage options will follow USDA Child Nutrition Program and Smart Snack Standards.
6. All fundraising efforts and classroom parties will be supportive of healthy eating.
7. Recess before lunch will be encouraged at elementary schools in order to increase food consumption and nutrient intake, decrease plate waste, and improve cafeteria and classroom behavior.

Nutrition Guidelines/Standards

1. According to USDA regulations, school lunches and breakfasts will meet menu-planning system guidelines and all (RDA) allowance guidelines.
2. According to USDA regulations, school meals will meet the Dietary Guidelines for Americans.
3. Fruits and/or vegetables will be offered daily at all points of service. Fruits and vegetables should be fresh whenever possible. Frozen and canned fruits should be packed in natural juice, water, or light syrup.

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4. Assurance is made that guidelines for reimbursable school meals are not less restrictive than the regulations and guidance issued by the U.S. Department of Agriculture (USDA).

Other Food Items Sold on School Campuses

1. Foods of minimal nutritional value (FMNV) are prohibited from being sold or served during student meal services in the food service area where USDA reimbursable meals are served or eaten.
2. Students in elementary schools will not have access to FMNV except on special occasions as approved by the district.
3. Students in high school facilities are allowed specified beverages beyond water, milk and juice. They are allowed calorie-free (20-ounce portions) and lower-calorie beverage options (up to 40 calories per 8-ounce or 60 calories per 12-ounce).
4. Healthy food options will be provided at the high school/Jr high and priced lower than FMNV in order to encourage students and staff to make healthier food choices.

Plan for Measurement

1. The principal will designate one person per site to measure how effectively the plan is being implemented and ensure the school is meeting the policy.
2. Report the number of students that participate in the school lunch program.
3. Document the number of participants in P.E. classes, intramural activities and competitive sports.
4. Report and document results of testing in curricular areas. (Presidents Physical Fitness Testing, etc.).
5. Recognition of students with certificates or awards for participation and excellence.
6. Compare the number of participants at each level each year.

Curriculum

The Mangum 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 comprised of health, fitness, and nutrition that will provide opportunities for developmentally appropriate instruction for grades K-12 during and after school consistent with state and federal requirements of the National School Lunch Program and/or the School Breakfast Program. The input of staff, students, parents and public health professionals in the development of the curriculum will be encouraged.

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Nutrition, health, and fitness topics shall be integrated within the sequential comprehensive health education curriculum taught at every level, K-12, and coordinated with the district's nutrition and food services operation. The district shall adequately train staff, promote physical activity and nutrition curriculum enhancements to proactively encourage students to incorporate physical activity and make nutritious food choices in their daily life. 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.
3. Nutritious meals served by the school nutrition and food services operation complies with state and federal law.
4. School physical activity should offer instruction on self-management and movement skills; offer cooperative and competitive games; meet needs of all physical ability levels; teach cooperation, fair play and responsible participation in physical activity.

Child Nutrition Program

The Mangum Public Schools will operate a school lunch program that will include lunch and breakfast, through participation in the Child Nutrition Programs. The superintendent, in conjunction with 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:

1. School lunch is to be made available to all students.
2. Free and reduced price lunches are to be made available for students who meet the federal income guidelines.
3. 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 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 meal application for free or reduced price food services.

The school district's child nutrition program shall reflect the board's commitment to providing adequate time for instruction to promote healthy eating through nutrition

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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.

The USDA "Smart Snacks in School" standards will be followed for all competitive foods sold outside the school meal programs on campus during the school day. Standards are targeted by age group. Standard specifics include the following:

1. Nutrition standards for foods including more whole grains; low-fat dairy products; fruits and vegetables; and leaner protein.
2. Foods must also meet nutrient requirements such as calorie, sodium, fat and sugar limits.
3. Nutrition standards for beverages relative items, calorie and portion sizes for each grade.
4. The standard allows for flexibility for food brought in for school traditions and does not regulate foods brought from home.
5. The district will have the flexibility to set a reasonable threshold for the number of exempt occasional school-sponsored fundraisers.
6. School stores, vending machines, occasional fundraisers should meet the standards when sold during the school hours. The standards do not apply to items sold during non-school hours, weekends, or off-campus fundraising events, such as concessions during sporting events and school plays.

Mangum Public School building principals are directed to prepare rules and guidance to implement and support this policy, including such provisions as may be necessary to address the nutrient composition of all food and beverages sold and/or served to students at school (i.e., competitive foods, snacks, and beverages sold on the school campus during school day, vending machines, fund raising activities and refreshments that are made available at school parties, celebrations, and meetings), including provisions for staff development and program evaluation.

Reference: 70 O.S. 1-107

7 CFR, Parts 210 and 220

7 CFR, Parts 245.5

USDA Smart Snacks in School Standards, effective 01 Jul 2014

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

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CHILD NUTRITION PROGRAMS (REGULATION)

In accordance with the policy of the Mangum Board of Education, the following regulation shall govern the comprehensive nutrition programs in this school district.

SCHOOL CAFETERIA

1. Any student may eat in the school cafeteria.
2. Students may bring or otherwise provide their own breakfast or lunch. Milk or other beverages may be purchased in the cafeteria, if desired. These students may eat their breakfast or lunch in the cafeteria or a designated area. Vending machines will contain nutritious choices as per USDA guidelines and may be eaten in the site cafeteria.
3. Meal prices will be established by the superintendent with the approval of the board of education no later than the beginning of each year.
4. Meal prices will be conspicuously posted in the cafeteria.
5. A guest must be cleared through the food service supervisor by his/her host to be eligible to eat in the cafeteria.
6. Use of dining room facilities by non-district organizations or individuals must have approval of the superintendent.
7. The food service supervisor will develop in-service training programs, approved by the superintendent, for the food service staff.
8. Under federal law, a school that operates on a commodity program is prohibited from serving free meals to any adult, including employees of the district.
9. Qualification for free and reduced-price lunches will vary annually in accordance with the annual eligibility schedule.

DEFINITIONS

1. **Competitive food** means any food or drink sold in competition with the National School Lunch Program and/or School Breakfast Program in food service areas during the meal periods.
2. **Dietary Guidelines for Americans** means the current set of recommendations of the federal government that are designed to help people choose diets that will meet nutrient requirements, promote health, support active lives, and reduce chronic disease risks.
3. **Nutrition education** means a planned sequential instructional program that provides knowledge and teaches skills to help students adopt and maintain lifelong healthy eating habits.
4. **Foods of minimal nutritional value means:**

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- a. In case of artificially sweetened foods, a food that provides less than five percent of the Reference Daily Intakes(RDI) for each of eight specified nutrients per serving: and
 - b. In the case of all other foods, a food that provides less than five percent of the RDI for each of eight specified nutrients per 100 calories and less than five percent of the RDI for each of eight specified nutrients per serving. The eight nutrients to be assessed for this purpose are protein, vitamin A, vitamin C, niacin, riboflavin, thiamine, calcium, and iron.
 - c. Food that is classified into four categories:
 - i. Carbonated soft drinks
 - ii. Chewing gum
 - iii. Water ices
 - iv. Certain candies made predominately from sweeteners such as hard candy, licorice, jelly beans, gumdrops, marshmallows, fondant, cotton candy, and candy-coated popcorn
5. **Food service area** means any area on school premises where child nutrition program meals are both served and eaten, as well as any areas in which such meals are either served or eaten.
6. **Meal period** means the period(s) during which breakfast or lunch meals are served and eaten, and as identified on the school schedule.

NUTRITION EDUCATION

Nutrition education shall focus on students' eating behaviors, be based on theories and methods proven effective by research and be consistent with state and local district health education standards. Nutrition education at all levels of the district's curriculum shall include, but not be limited to, the following essential components designed to help students learn:

1. Age-appropriate nutritional knowledge, including the benefits of healthy eating; essential nutrients; nutritional deficiencies; principles of healthy weight management; the use and misuse of dietary supplements; safe food preparation, handling, and storage; and cultural diversity related to food and eating.
2. Age-appropriate nutrition-related skills including, but not limited to, planning healthy meals, understanding food labels, and critically evaluating nutrition information, misinformation, and commercial food advertising.
3. How to assess one's personal eating habits, set goals for improvement, and achieve those goals.

In order to reinforce and support district nutrition education efforts, the building principal is responsible for ensuring:

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1. Nutrition instruction is closely coordinated with the school's nutrition and food services operation and other components of the school health program to reinforce messages on healthy eating and includes social learning techniques. To maximize classroom time, nutrition concepts shall be integrated into the instruction of other subject areas where possible.
2. Links with nutrition service providers are established to provide screening, referral, and counseling for nutritional problems; inform families about supplemental nutritional services available in the community (e.g., food stamps, local food pantries, summer food services program, child and adult care food program); and implement nutrition education and promotion activities for school staff, board members and parents.

NUTRITION AND FOOD SERVICE OPERATION

In order to support the school's nutrition and food services operation as an essential partner in the educational mission of the district and its role in the district's comprehensive nutrition program, the building principal is responsible for ensuring;

1. The school encourages all students to participate in the school's child nutrition program meal opportunities.
2. The school notifies families of need-based programs for free or reduced-price meals and encourages eligible families to apply.
3. The school's child nutrition program maintains the confidentiality of students and families applying for or receiving free or reduced-price meals (or free milk) in accordance with the National School Lunch Act.
4. The school's child nutrition program operates to meet nutrition standards.
5. The school sells or serves varied and nutritious food choices consistent with the applicable federal government Dietary Guidelines for Americans.
6. Food prices set by the district are communicated to students and parents. District pricing strategies will encourage students to purchase full meals and nutritious items.
7. Procedures are in place for providing to families, on request, information about the ingredients and nutritional values of the foods served.
8. The district will provide substitute foods to students with disabilities upon written parental permission and a medical statement by a physician that identifies the student's disability, and states the food(s) to be omitted and food or choice of foods that must be substituted.
9. Food service equipment and facilities meet applicable local and state standards concerning health; safe food preparation, handling, and storage; drinking water; sanitation; and workplace safety.
10. Students are provided adequate time and space to eat meals in a pleasant and safe environment. School dining areas will be reviewed to ensure:
 - a. Tables and chairs are of the appropriate size for students;
 - b. Seating is not overcrowded;
 - c. Students have a relaxed environment;

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- d. Noise is not allowed to become excessive;
- e. Rules for safe behavior are consistently enforced;
- f. Tables and floors are cleaned between meal periods;
- g. The physical structure of the eating area is in good repair;
- h. Appropriate supervision is provided.

FOODS OF MINIMAL NUTRITIONAL VALUE

In keeping with federal regulations, the district controls the sale of foods of minimal nutritional value and all competitive foods.

Accordingly, the district will offer healthy food/snack choices via a la carte, vending machines and school stores to include but not limited to the following nutritional food items:

- 1. Canned fruits;
- 2. Fresh fruit;
- 3. Fresh vegetables;
- 4. Fruit juice and vegetable juice (at least 50% full strength), and bottled water (within established district guidelines);
- 5. Low-fat crackers and cookies, such as fig bars and ginger snaps;
- 6. Pretzels or baked chips with appropriate grain content;
- 7. Ready-to-eat, low-sugar cereals/breakfast bars (e.g., granola bars made with unsaturated fat and appropriate grain content);
- 8. Low fat milk or fat free (flavored or unflavored) milk
- 9. Snack mixes of cereal and dried fruit with a small amount of nuts and seeds;
- 10. Raisins and other dried fruit.

OTHER FOODS OFFERED OR SOLD

The district recognizes that federal government standards requiring schools to provide child nutrition programs meals consistent with applicable Dietary Guidelines for Americans. Competitive foods sold or served outside the food service areas during the school day must conform to the USDA Smart Snacks in School policy as defined in this regulation. The new standards do not apply to any foods bought off-campus, after school hours or brought to school in bagged lunches. All food type fundraisers must be assessed via standards. The district will be allowed to set a reasonable threshold for the number of school-sponsored fundraiser exemptions.

STAFF WELLNESS/PROFESSIONAL DEVELOPMENT

The school district values the health and well-being of every staff member and will plan and implement activities that support personal efforts by staff to maintain a healthy lifestyle. The district Wellness Committee will be comprised of staff members from all

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district schools. Components of staff wellness activities may include but not be limited to the following:

1. Develop, promote and oversee a multifaceted staff wellness plan to promote staff health and wellness by encouraging healthy eating, daily physical activity, injury prevention and other elements of a healthy lifestyle among school staff.
2. Encourage ongoing in-service and professional development staff training opportunities.
3. Application of nutritional standards for foods and beverages in vending machines available to staff members.
4. Prohibit all tobacco use (including e-cigarettes) on school grounds by students, staff members, and school visitors.
5. Promote participation in health-promoting activities during the school day as approved by site principals or organized events in the community after school hours.
6. Annual administration of individual health-risk appraisals to help staff members establish personal health-improvement goals.
7. Encouragement of staff members to set medical appointments for screening for cancer, heart disease, diabetes, and other diseases.
8. Encourage staff use of community or school walking tracks or fitness equipment; identify public recreation centers or private fitness facilities with organized programs and incentives to encourage staff use.

FAMILY AND COMMUNITY INVOLVEMENT

In order to promote family and community involvement in supporting and reinforcing nutrition education in the schools, the building principal is responsible for ensuring the following:

1. Nutrition/health education materials and cafeteria menus are sent home with students.
2. Parents are encouraged to send healthy snack/meals to school.
3. Families are invited to attend exhibitions of student nutrition projects or health fairs.
4. Nutrition/health education workshops and screening services are offered.
5. Nutrition/health education homework that students can do with their families is assigned. (e.g., reading and interpreting food labels, reading nutrition-related newsletters, preparing healthy recipes, etc.).
6. School staff is encouraged to cooperate with other agencies and community groups to provide opportunities for student volunteer or paid work related to nutrition, as appropriate.
7. Assess options for family and school partnerships in nutritional education such as a school garden, etc.

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PROGRAM EVALUATION

In order to evaluate the effectiveness of the school wellness program in promoting healthy eating and physical activity, site principals will implement program changes as necessary to increase its effectiveness to ensure:

1. Board policy and this regulation are implemented as written.
2. All building, grade-level and age appropriate comprehensive nutrition, health and physical education curricula are assessed for accuracy, completeness, balance, and consistency with state and local district educational goals and standards.
3. Teachers deliver nutrition, health and physical education through age-appropriate, culturally relevant, participatory activities that include social learning strategies and activities.
4. Families and community organizations are involved, to the extent practicable, in nutrition, health and physical education.

HEALTH EDUCATION

The Mangum Board of Education recognizes that student health and success in school are interrelated. Schools cannot achieve their primary mission of education if students (and staff) are not healthy and fit physically, mentally, and socially. As new health issues arise, a comprehensive health curriculum becomes increasingly difficult to develop. The board of education believes that the best it can do for students is to present them with a wide spectrum of health information, delivered in different aspects throughout the instructional program. In order to play a proactive role in preventing disabling chronic health conditions, unnecessary injury and disease; to help students learn to take responsibility for their own health; and to adopt health-enhancing attitudes and behaviors, the district shall adopt a comprehensive health education program consistent with the requirements of state and federal law.

The concepts addressed in the health curriculum will be: mental health, human relations, and values awareness; personal health, fitness, and dental health; the body, human growth, and development; nutrition; family and consumer health; prevention and control of disease; health services and medical advances; drugs, including alcohol and tobacco; community and environmental health; safety and first aid; and health career awareness and exploration.

The input of students will be encouraged. Development of the district's program will be guided by the following goals:

1. Each district school shall be a safe and healthy place for students and employees to learn and work, with a climate that nurtures learning, achievement and growth of character.

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2. Each district school shall ensure availability of proper equipment and facilities to include playground equipment, physical activity equipment, etc. that meet national safety standards.
3. All students shall be taught the essential knowledge and skills needed to become health literate; that is, to make health-enhancing choices and avoid behaviors that can damage their health and well-being.
4. Each district school shall be organized to reinforce students' adoption of health-enhancing behaviors, and staff shall be encouraged to model healthy lifestyles.
5. School leaders shall ensure that the nutrition health services and social services students need in order to learn are provided, either at the school site or in cooperation with other community agencies.

PHYSICAL EDUCATION

Health and Fitness Curriculum

The superintendent shall adopt and implement a comprehensive health and fitness curriculum, which will provide opportunities for developmentally appropriate instruction for grades K-12. Evaluation procedures will utilize classroom-based assessments or other strategies and will be continued each school year.

All students in full-day kindergarten and grades one through five are required to complete an average of sixty (60) instructional minutes per week of physical education. The time students participate in recess shall not be counted toward the sixty minutes per week physical education requirement. Instruction should include practice in basic movement and fine motor skills, progressive physical fitness, and wellness activities through age-appropriate activities. Students excluded from physical education program participation include those who have been placed into an in-house suspension or detention class or placement or those students who are under an in-school restriction or are subject to an administrative disciplinary action.

The district will encourage physical education instruction to students in grades six through twelve. All high school students are strongly encouraged to complete two units of physical and health education as part of the core curriculum. The high school is encouraged to offer a variety of health and fitness classes for each grade in the high school.

Established after-school programs shall seek to integrate evidence-based obesity prevention and reduction curriculum that includes structured opportunities for increasing physical activity and promoting healthy eating and nutritious habits.

Suitable adapted physical education shall be included as part of individual education plans for students with chronic health problems, other disabling conditions that preclude such students' participation in regular physical education instruction or activities.

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In addition to required physical education, students at the elementary level should have the opportunity to participate in daily recess and physical activity. The district shall provide daily recess periods for elementary school students, featuring time for unstructured but supervised active play. The district is encouraged to provide adequate co-curricular physical activity programs, including fully inclusive intramural programs and physical activity clubs; and to promote the use of school facilities for physical activity programs offered by the school and/or community-based organizations outside of school hours.

The district shall provide parents or guardians of students a physical activity report at least annually.

REFERENCE: 70 O.S. 1-107

70 O.S. 11-103

School Law of OK 246 Curriculum, Section 246.2

CARDIOPULMONARY RESUSCITATION COURSES

Students in grades nine through twelve may be taught the techniques of cardiopulmonary resuscitation as part of their physical education program.

REFERENCE: 70 O.S. 1-107

70 O.S. 11-103, 11-103.9

70 O. S. 1210.199

7 CFR, PARTS 210 AND 220

7 CFR, PART 245.

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