

## BRIDGE CREEK PUBLIC SCHOOLS 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, essential for a healthy weight, are also linked to reduced 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 also is an integral part of a healthy school environment since school staff can be daily role models for healthy behaviors.

### Overall Goal:

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

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

## NUTRITION GUIDELINES/STANDARDS

### School Meals

#### *Minimum Policy Statements:*

- School lunches and breakfasts will meet menu-planning system guidelines as required by USDA. Per USDA Regulations §210.10 and §220.8.
- School lunches will provide 1/3 of the recommended dietary allowances (RDA) for calories, protein, sodium, calcium, iron, vitamin A, and vitamin C as required by USDA. Per USDA Regulation §210.10.
- School breakfasts will provide ¼ of the RDA for calories, protein, sodium, calcium, iron, vitamin A, and vitamin C as required by USDA. Per USDA Regulation §220.8.
- The total calories from fat in school meals will be limited to 30 percent when averaged over one week. Per USDA Regulations §210.10 and §220.8
- The total calories from saturated fat in school meals will be less than 10 percent when averaged over one week. Per USDA Regulations §210.10 and §220.8
- School meals will meet the Dietary Guidelines for Americans. Per USDA Regulations §210.10 and §220.8nes.

#### *Optional Policy Statements:*

- Fruits and/or vegetables will be offered daily on all serving lines. Fruits and vegetables should be fresh whenever possible. Frozen and canned fruits should be packed in natural juice, water, or light syrup.
- Schools serving chips will use reduced-fat or baked varieties, rather than the traditional varieties, whenever possible.

- The most nutritious food items offered will be placed on the serving line(s) first to encourage students to make healthier selections.
- Students will be offered a variety of skim and low fat milk, meat and beans, fruits and vegetables, and whole grains on a daily basis.
- School staff will support and encourage student participation in the USDA school meal programs.

#### Other Food Items Sold on School Campuses

##### *Minimum Policy Statements:*

- 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. Per USDA Regulation §210, Appendix B.
- Beverage contracts will not restrict the sale of fluid milk products at any time during the school day or at any place on the school premises. Per the Child Nutrition and WIC Reauthorization Act of 2004.
- Students in elementary schools will not have access to FMNV except on special occasions. Per Oklahoma Senate Bill 265 (effective school year 2007-2008).
- Students in middle and junior high schools will not have access to FMNV except after school, at events which take place in the evening, and on special occasions. Per Oklahoma Senate Bill 265 (effective school year 2007-2008).
- Healthy food options will be provided at the high school and priced lower than FMNV in order to encourage students and staff to make healthier food choices. Per Oklahoma Senate Bill 265 (effective school year 2007-2008).

##### *Optional Policy Statements:*

- Nutrient-rich food items will be available for sale at all places where food and beverages are sold on school campuses. This includes the cafeteria, vending machines, school stores, and concession stands. The district will follow the recommended food items specified in **Healthy Snack Choices** provided by the OSDE.
- Snack food items available for sale will contain less than 10 percent or 2 grams of saturated fat per single serving as stated on the Nutrition Facts label.
- Snack food items available for sale will contain no more than 35 percent sugar by weight or 15 grams per single serving as stated on the Nutrition Facts label (exceptions are fresh and dried fruits).

**Use fundraising activities and student rewards that support health.** Schools should incorporate fundraising activities that use only healthy foods, involve physical activity, or sell nonfood items. In 2006, nearly one in four schools held fundraiser nights at fast-food restaurants, and 54% sold baked goods that were not low in fat (105). Fundraising that involves selling nutritious foods and beverages (e.g., fruits, vegetables, 100% fruit juice, and low-fat or fat-free dairy products) or selling nonfood items such as wrapping paper, candles, or student artwork can support student health. One study found that policies to regulate food used for fundraising were more common in middle schools than in high schools, where the sale of foods high in fat and added sugar remained a prevalent fundraising practice (375). Events that engage the community in physical activity, such as runs, walks, and bicycle rides, also can be used to raise money. Other examples include basketball and golf tournaments, dance-a-thons, and car washes. In addition, as described in guideline 2, schools should use constructive classroom rewards that support student health and do not include food.

*High School only after-school hours*

- The remaining available beverage choices must follow the criteria below:
- Sugar-free, made with nonnutritive sweeteners or <5 calories per portion as 11packaged.
- Caffeine-free
- Not vitamin-or nutrient-fortified (includes but not limited to vitamin water, energy drinks, sports).
- With or without carbonation or flavoring

## NUTRITION EDUCATION

### *Minimum Policy Statements:*

- Nutrition education is offered in the school cafeteria as well as the classroom. Per USDA Regulations §210.12 and §227.
- The Healthy and Fit School Advisory Committee at each school site will study and make recommendations regarding health education, nutrition, and health services. Per Oklahoma Senate Bill 1627

### *Optional Policy Statements:*

- My Pyramid nutrition education resources will be used in the cafeteria and classroom.
- Students, parents, and the school staff will participate in an annual school health fair.
- Family/parent nutrition education opportunities will be available through County Health Services and the OSU Extension Family & Consumer Science Educators.
- Students will receive consistent nutritional messages throughout the school, classroom, cafeteria, and school events.
- School staff will work with local county extension educators to incorporate nutrition education activities in school.
- School staff will promote healthful eating and healthy lifestyles to students and parents.

## SCHOOL-BASED ACTIVITIES

### *Minimum Policy Statements:*

- Each school site 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. Per Oklahoma Senate Bill 1627.
- School meals may not be used as a reward or punishment. Per the school district's Child Nutrition Programs Agreement.
- Students and parents will be involved in the NSLP. Parent and student involvement will include menu-planning suggestions, cafeteria enhancement, program promotion, and other related student-community support activities. Per USDA Regulations §210.12 and §227

### *Optional Policy Statements:*

- Students will be provided with a clean, safe, enjoyable meal environment.
- Students will be provided with an adequate amount of time to eat breakfast and lunch. A minimum of 10 minutes will be provided at breakfast and 10 minutes at lunch (after students receive their trays).
- Classroom teachers and administrators will not use candy or sweets as a reward.

- Students will be involved in planning for a healthy school environment. Students will be asked for input and feedback through the use of student committees and school-sponsored organizations.

This School Wellness Policy adopted by the Board of the Bridge Creek Public Schools at a regularly scheduled meeting on this, the \_\_\_\_\_ day of \_\_\_\_\_ in the year \_\_\_\_\_.

Signature

\_\_\_\_\_

SFA Official

Clerk of the Board

BRIDGE CREEK PUBLIC SCHOOLS

WELLNESS POLICY COMMITTEE

SCHOOL YEAR 2014-2015 UNTIL REPLACED

Parent Elementary	
Parent High School	
Student Elementary	
Student High School	
School Food Service	
School Board Member	
Elementary Principal	
High School Principal	
Superintendent	
Teacher Elementary	
Teacher High School	
Teacher High School	
School Nurse	
Community Member	

Community Member	
PEP Coordinator	