

Lomega School District Wellness Policy

The Lomega School District recognizes the relationship between academic achievement and student health and wellness. This policy reflects the Lomega School District's Board of Education's commitment to removing health-related barriers to learning by establishing health policy, health promotion and health education. The board values school-based activities designed to provide students with a school environment that supports and promotes wellness, healthy eating and an active lifestyle. The board recognizes the District role as part of the larger community, to model and actively practice the promotion of family health, physical activity and good nutrition. The district will adopt the Whole School, Whole Child, Whole Community (WSCC) Coordinated School Health Program model recommended by the Centers for Disease Control and Prevention (CDC) for planning and coordinating school health activities. This model will help create a school environment that conveys consistent messages and is conducive to healthy eating, physical activity and wellness for all staff, students and their families.

Nutrition

The Lomega School District will make nutritious foods available for both breakfast and lunch on campus during the school day to promote students and staff health. At a minimum, the Lomega District Child Nutrition Program will serve reimbursable meals that meet United States Department of Agriculture (USDA's) requirements as well as follow principles of the Dietary Guidelines for Americans. USDA Nutrition Standards

1. The Child Nutrition Program will serve the following: food high in fiber, free of added trans-fat, low in added fats, sugar and sodium, and will promote healthy food and beverage choices and appropriate portion sizes consistent with the USDA standards.
2. The District will ensure that all meals are reviewed by a registered dietitian or other certified nutrition professional or based on a meal plan provided by a professional resource (such as the State Department of Education, the USDA, Dietary Guidelines for Americans).
3. The District will ensure meals are respectful of cultural diversity (e.g. students will be encouraged to suggest local, cultural, and favorite ethnic foods) and religious preferences.
4. Child Nutrition Programs are accessible to all children. Students will be encouraged to start each day with a healthy breakfast. The District ensures that the schools will provide breakfast through the USDA School Breakfast Program. The District will also inform families of the availability of breakfast for students (e.g. school website, student handbook, beginning of the year paperwork).
5. Meals served through the Child Nutrition Program will: Be accessible, appealing and attractive to children of various ages and diverse backgrounds, be served in a clean, safe pleasant, and supervised setting.
6. The Child Nutrition Program will pursue partnership with local/regional farms to facilitate a Farm-To-School program and incorporate local and/or regional products into the school meal program. Meals served within the federally reimbursable meal program will be designed to feature fresh fruits and vegetables from local sources to the greatest extent possible.

7. Child Nutrition staff will organize and participate in wellness activities and educational opportunities that support healthy eating behaviors and food safety. The District will require all personnel in the school nutrition programs to complete annual continuing education and training.
8. The District will follow the USDA's Professional Standards for State and Local Nutrition Programs in selecting local school nutrition program directors.
9. Annual training is provided to Child Nutrition Staff on basic nutrition, nutrition education and nutrition standards for preparing healthy meals.
10. Training and support are provided to enable Child Nutrition Staff to become full partners in providing excellent food to our students.
11. Safe, unflavored cool drinking water will be offered at no charge throughout the school day. Only low or no-fat varieties of mil will be allowed. Juice will be 100 percent juice with no added caloric sweeteners.
12. Students will be provided drinking cups, glasses, or reusable water bottles in places where meals are served.
13. Students will be allowed adequate time to consume meals, at least 10 minutes for breakfast and 20 minutes for lunch from the time they are seated.
14. Students are provided only healthy food and beverage options for food beyond the school food service (vending machines, school stores and food/beverages for snacks and celebrations). Other foods and beverages provided (not sold) on campus (e.g. for classroom parties, celebrations, and after-school programming) must meet the USDA's Smart Snack Standards. Only foods that meet the USDA Smart Snack Standard will be served during classroom parties and celebrations (Exception of 2 celebrations during the school year). The Smart Snack Standards will be provided to teachers and parents as well as non-food alternatives for classroom parties.
15. Food, beverages and candy will not be used to reward or punish academic performance or student behavior.

Nutrition Education

The goal of nutrition education is to facilitate the adoption of healthy eating and other health-promoting nutrition-related behaviors. Nutrition education occurs in the classroom as well as in the larger school community.

1. Nutrition education will be provided in all grades and will be integrated into core curriculum. In the classroom, it is included in the scope and sequence in core subjects such as math, science, language, arts, social sciences, and elective subjects.
2. Nutrition education will teach students the knowledge and skills necessary to adopt healthy eating and regular physical activity as part of their lifestyle.
3. Schools will ensure that nutrition education complies with state learning objectives and standards. As part of their education, students will learn about agriculture and nutrition, as well as take field trips to local farms.
4. Nutrition education is coordinated with child nutrition services to reinforce messages on healthy eating. The school cafeteria environment allows students to apply critical thinking skills taught in the classroom.

5. Nutrition resources that include learning opportunities which enhance health will be made available for staff.
6. 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. Nutrition education is provided to families and the community through communications with parents, educational workshops, homework material, screening services and health-related exhibitions and fairs. The district will exhibit posters, signs or other displays that promote healthy nutrition choices on school campus.
7. The District will provide age-appropriate activities such as food demonstrations and taste-testing, that promotes healthy eating habits.
8. The District will send applications for reimbursable meal programs to families at the beginning of the school year and make applications available on the District website.

Nutrition Guidelines and Standards for Foods and Beverages Outside of School Meal Programs

(Competitive Foods) All competitive foods and beverages sold to students during the school day must meet or exceed the USDA Smart Snack Standards.

- A. Fruits, vegetables, whole grains, and related combination products (contain a total of ≥ 1 serving fruits, vegetables, and/or whole grains), or nonfat/low-fat dairy.
Snack foods offered to high-school students in after-school settings and activities are not required to meet this standard.
- B. Foods low in calories:
Snacks are ≤ 200 calories per portion as packaged and a la carte entrée items do not exceed calorie limits on comparable National School Lunch Program (NLSP) items.
- C. Foods low in fat:
No more than 35% of total calories from fat.
Exceptions to the standards are: Nuts and seeds: fat content will not count against the total fat content of the product.
Less than 10% of total calories from fat.
Zero trans-fat ($< 0.5\text{g}$ preserving)
- D. Foods low in added sugar:
Snacks, foods, and beverages provide $\leq 35\%$ of calories from total sugars per portion as packaged.
Exceptions to the standard are:
 - *100% fruits and fruit juices in all forms without added sugar
 - *100% vegetables and vegetable juice without added sugars
 - *4- oz. portion as packaged for elementary/middle school 8 oz. (2portions) for high school.
 Unflavored nonfat and low-fat yogurt
 Flavored nonfat and low-fat milk ($\leq 22\text{g}$ of total sugars per 8-oz serving)
 Flavored nonfat and low-fat yogurt ($\leq 30\text{g}$ of total sugars per 8-oz serving)

- E. Foods low in Sodium:
Snacks have < 200mg sodium per portion as packaged or have < 480 mg per entrée portion as served for a la carte items.
- F. Caffeine-free foods and beverages:
* An exception is naturally occurring trace amounts of caffeine
- G. Water without flavoring, additives, or carbonation
- H. Schools will make clean drinking water available and accessible without restriction and at no charge at every district facility throughout the entire school day. Students will be allowed to bring drinking water from home and take water into the classroom provided that the water is in a capped container, to prevent spills. All water sources and containers will be maintained on a regular basis to ensure good hygiene standards.

**** High School only after-school hours**

At least 50 % of available beverage choices must meet the criteria above

The remaining available beverage choices must follow the criteria below:

- Sugar-free, made with nonnutritive sweeteners or < calories per portion as packaged.
- Caffeine-free
- Not vitamin – or nutrient-fortified (includes but not limited to vitamin waters, energy drink, sports drinks.)
- With or without carbonation or flavoring

Examples of Foods and Beverages that Meet Criteria Include:

- Individual fruits-apples, pears, oranges
- Fruit cups packed in juice or water
- Vegetables-baby carrots, broccoli
- Dried or dehydrated fruits-raisins, apricots, cherries
- Low-fat, low-salt, whole grain crackers or chips
- Whole grain, low sugar cereals
- 8-oz servings of low-fat, fruit-flavored yogurt with ≤ 30 g of total sugars
- Low sodium, whole grain bars containing sunflower seeds, almonds, peanuts or walnuts
- Unflavored nonfat and low-fat milk
- Flavored nonfat and low-fat milk (≤ 22 g of total sugars per 8 –oz. portion)
- 100% fruit juice or low-sodium 100% vegetable juice
- 8-oz servings of low-fat or nonfat chocolate or strawberry milk with ≤ 22 g of total sugars.

Physical Education

The Lomega School District recognizes the importance of physical activity and physical education in promoting health and academic achievement, and is an important part of a student's comprehensive, well-rounded education program that will positively impact life-long health and well-being. The District supports quality physical activity throughout the school day.

The district will implement Health Education Curriculum for all grades levels that follow the Oklahoma or National Academic Standards for Health Education.

1. The District will ensure that all students participate in a minimum of 60 minutes of physical activity each day, whether through physical education, exercise programs, after-school athletics, fitness breaks, recess, classroom activities, or wellness and nutrition education.
2. Students will be given opportunities for physical activity during the school day by integrating physical activity into the academic curriculum. The District will require schools to provide all students short breaks (3-5 minutes) throughout the day to let them stretch, move around, and break up their time spent sitting. These physical activity breaks may take place during and/or between classroom time.
3. Teachers and other school personnel will not use physical activity as a punishment or withhold opportunities for physical activity (withholding recess or PE) as a punishment. (This does not apply to participation on sports teams that have specific academic requirements.) The District will provide a list of alternative ways for teachers and staff to discipline students.
4. PE classes will have a teacher/student ratio comparable to core subject classroom size.
5. PE classes will be taught by licensed teachers who are certified or endorsed to teach PE.
6. Teachers and other school personnel are encouraged to use physical activity opportunities as rewards such as extra recess.
7. Recess before lunch will be encouraged to the greatest extent possible for the purpose of reducing food waste.
8. The District will develop indoor recess guidelines to ensure elementary school students (K-5) can have adequate physical activity on days when recess must be held indoors.
9. Students participating in Physical Education will be moderately to vigorously active for more than 50% of PE class time.
10. Proper equipment and facilities that meet safety standards are required and necessary inspections and repairs will be made as needed.
11. Schools will ensure that PE classes and equipment afford all students an equal opportunity to participate in PE.
12. Elementary students will participate in at least 150 minutes of PE per week throughout the entire school year. Activity will be through daily recess, daily physical activity integrated in the school day and Physical Education time. Elementary students will receive at least 20 minutes of recess each day.
13. Middle/High School students (7-12) will participate in at least 225 minutes of PE/Athletics per week throughout the school day.
14. Only medical waiver/exemptions from participation in physical education will be accepted.
15. The District will provide opportunities for participation in a broad range of competitive and noncompetitive physical activities that help to develop the skills needed to participate in lifetime physical activities.
16. The District will encourage walking or biking to school for students who live in town where the school is located. In honor of the international Walk to School Day, students will be allowed to walk from the edge of town by participating in a walking school bus, with help from parents and volunteers to supervise groups of children. The District will work with local officials to designate safe or preferred routes to school and will provide bike racks.
17. Training for teachers on integrating physical activity into the curriculum will be provided.
18. Schools will allow teachers the opportunity to participate in or lead physical activities throughout the school day.

Fundraising- Incremental Step toward Best Practices

School fundraising activities that include the sale of healthy foods, beverages and non-food items is a public demonstration of the school's commitment to promoting healthy behaviors among students, families and the communities at large, while helping clubs, groups or organizations meet their financial needs.

1. Fundraisers sponsored by the school or that occur on campus during the school day will be supportive of healthy eating. Only fundraising that feature non-food items or beverages that meet the Smart Snacks Standard will be permitted.
2. For fundraising activities outside the school day, Clubs, Groups and organizations should support children's health and nutrition lessons. Our district supports the idea that fundraising activities should only include healthy foods and/or physical activity and/or Non-food items. This a public demonstration of the school's commitment to promoting healthy behaviors among students, families and the community at large.

School Gardens

The Lomega School district promotes school gardens and dedicates resources (i.e. land, water, containers, raised beds, etc.) for school gardens. The District supports the incorporation of school gardens into the standards based curriculum as a hands-on, interdisciplinary teaching tool to increase knowledge and influence student food choices and lifelong eating habits. The district will support the sustainability of school gardens through activities that could include: fundraising, solicitation of community donations, and the use of existing resources.

Access to Facilities for Physical Activity after School Hours

Students, parents, and other community members will have access to, and be encouraged to use, the schools outdoor physical activity facilities outside the normal school day.

Marketing of food and/or beverages

School-based marketing should be consistent with nutrition education and health promotion. Only marketing and advertising of food and beverages that meet the Smart Snack Standard will be allowed. School-based marketing of brands promoting predominantly low-nutrition foods and beverages is prohibited. The promotion of healthy foods, including fruits, vegetables, whole grains and low-fat dairy products is encouraged.

Staff Wellness

The District highly values the health and well-being of every staff member and support staff members to maintain a healthy lifestyle. District staff will be encouraged to model healthful eating and physical activity habits to demonstrate support of healthy lifestyle habits to the students.

The District will:

1. Encourage only those foods and beverages that meet the Smart Snack Standards at all staff meetings, trainings, special occasions (e.g. birthdays and retirement parties), and other workplace gatherings.
2. Provide employees with access to a refrigerator, microwave, and sink with water faucet.
3. Incorporate 10-minute physical activity breaks into every hour of sedentary meetings.
4. Use posters, pamphlets, and other forms of communication to promote physical activity.
5. Provide information about local physical activity resources and facilities, such as walking trails, community parks, and recreational facilities.
6. Partner with community organizations or agencies to offer voluntary health screenings annually to staff, including free or low-cost health assessments.
7. Ensure access to provide space (other than a restroom) that has an electrical outlet, and provide flexible paid or unpaid break times to allow mothers to express breast milk and/or breastfeed.
8. Partner with community organizations or agencies to offer immunization clinics (e.g., flu, Tdap, etc.) to staff.
9. Provide or partner with community organizations or agencies to offer free or low-cost first aid and CPR training.
10. Provide staff with educational resources and annual training in health and health-related topics.

Community/Family Involvement

The District recognizes that parents and guardians have a primary and fundamental role in promoting and protecting their children's health and well-being. The district support parents' efforts to provide a healthy diet and daily physical activity for their children. The district encourages parents to provide healthy lunches and snacks and to refrain from including beverages and foods that do not meet good nutrition standards for foods and beverages. The district also supports health fairs to educate and equip parents with the information they need.

The District will permit parents, students, representatives of the school food authority, physical education teachers, school health professionals the school board, school administrators, and the general public to serve on the local school wellness committee, and participate in the development, implementation, review and update of the local school wellness policy.

The District will actively notify parents and the community about the content and implementation of the wellness policy, whether through electronic communications, non-electronic means or both. The District will ensure that all outreach and communication is culturally appropriate and translate as needed.

Monitoring and Evaluation

An assessment of the Lomega School District Wellness Policy will be completed annually to help review policy compliance, assess progress, and determine areas in need of improvement. As part of that review, the Superintendent, school board, school Principals, the Healthy and Fit Kids Committee, consisting of parents, students, nutrition staff, PE teacher and school &/or public health professionals will review the wellness policy yearly and make recommendations as needed. The District will designate one or more official(s) to facilitate the development of the local school wellness policy, oversee appropriate updates to the policy, and ensure each school's compliance with the policy. The District will ensure that the designated official(s) fully understand(s) the federal and state laws related to wellness policies. At least once every three years, the District will measure the extent to which schools are in compliance with the local wellness policy, as well as progress made in attending the policy's goals. The District will assess how its policy compares with the latest national recommendations on school health, and will update the policy accordingly. Documentation about the process will be kept.

State and Federal laws pertaining to the wellness policy are attached as an appendix.

Include the name(s), position(s), and contact information of the designated official(s) here:

Name	Position	Contact Information (Email address is sufficient)
Steve Shiever	Superintendent	steves@lomega.k12.ok.us
Cory Wilson	JH/HS Principal	cory@lomega.k12.ok.us
Kevin Lewallen	Elementary Dean of Students	kevin@lomega.k12.ok.us
Jessica Ramer	School Nurse	jessica.ramer@lomega.k12.ok.us

This was reviewed and signed by the Lomega School Board on

Signature Julie Myers Date of review 4/11/23

24/7 TOBACCO FREE ENVIRONMENT POLICY

As of November 1, 2011 Lomega School District adopted a 24/7 Tobacco Free Campus Policy. This includes E-Cigarettes and Vaping. (This clause was added in April of 2013)

The Lomega School District understands the concern of parents, educators, students, and community members regarding the adverse effects of tobacco and second hand smoke. We want to provide a safe and healthy environment for our students, staff and community and set the proper example for our students. Therefore tobacco in any form will not be used by anyone, anywhere at any time (including non-school hours and days), on school grounds, property, and vehicles (school-owned and personal) during any school sponsored function held off campus.

This policy is intended to improve the health and safety of all individuals using the school.

"Tobacco" is defined as cigarettes, cigars, pipe tobacco, snuff, chewing tobacco and all other kinds and forms of tobacco prepared as such a manner to be suitable for chewing, smoking or both, and includes e-cigarettes/vaping devices or any other product packaged for smoking or simulation of smoking.

This regulation applies to employees of the school district, students, and visitors. This regulation also applies to all public school functions, (ballgames, concerts, etc.) and any outside agency using the district's facilities, including stadiums.

Enforcement

The success of this regulation will depend upon the thoughtfulness, consideration and cooperation of tobacco users and non-tobacco users. All individuals on school premises share in the responsibility for adhering to and enforcing this regulation. All students will receive instruction on avoiding tobacco use. Ultimately each site administrator will take appropriate steps to enforce the regulation.

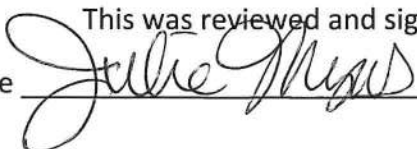
Students found in violation of the policy will have their parents contacted for a first violation. Second offense will include disciplinary action, to include, but not limited to community service and tobacco education programs. Information about the Oklahoma Tobacco Helpline will be provided to all students in violation of this policy in order to provide a resource for tobacco cessation.

Staff members who violate the regulation shall be subject to disciplinary action in accordance with the employee bargaining agreements. Information about the Oklahoma Tobacco Helpline will be provided to all staff members in violation of this policy in order to provide a resource for tobacco cessation. The District will communicate and promote the available tobacco cessation benefits and insurance coverage for employees to all prospective employees, new employees at the time of hire, and at all existing employees on an annual basis.

Visitors who violate the policy shall be subject to a verbal request to the individual to stop. If the person refuses to stop, the individual will be requested to leave. If the person refuses to leave, they will be referred to the local authorities.

In addition, the district will not accept any donations of gifts, money or materials from the tobacco industry. The district will not participate in any type of services that are funded by the tobacco industry. Signage is posted at entrances of school property including outdoor sports fields.

Adopted Date: October 11, 2011. Revision Date(s) August 12, 2013; January 9, 2017; April 13, 2020;

This was reviewed and signed by the Lomega School Board on
Signature  Date of review 4/11/23