



Oklahoma Union School District Wellness

Policy

Purpose

The Oklahoma Union 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, Oklahoma Union District establishes the following policy to promote the health and wellness of students and staff and to ensure its school comply with those standards established by federal and state law. Specifically, this policy requires all sites to:

- Allow parents, students, representatives of the school food authority, physical education teacher, 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 guideline 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 as well as staff 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 are 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 the federal reimbursable school meals program during the school day (e.g. vending machines or school stores).

Oklahoma Union Public Schools

- **Smart Snack Standards:** Nutrition standards, issued by the USDA, which set limits on the amount of calories, salt, sugar, and fat in competitive foods and beverages.

Nutrition:

School Meal Requirements:

The district will make nutritious foods available on campus during the school day to promote students and staff health. At a minimum, the District Child Nutrition Program will serve reimbursable meals that meet the USDA's 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 clean, pleasant, and supervised setting
- High in fiber, free of added trans fats, and low in added fats, sugar, and sodium
- Respectful of cultural diversity (e.g. students will be encouraged to suggest local, cultural, and favorite ethnic foods) and religious preferences

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.

Water:

Schools will make clean drinking water available and accessible without restriction and at no charge.

- Water sources such as drinking fountains, water jugs, and hydration stations, will be maintained on a regular basis to ensure good hygiene standards.
- Students are allowed to have water bottles in the classrooms.

Information and Promotion:

As required under the National School Lunch Program (7CFR 210.12), the district will promote activities to involve students and parents in the School Lunch Program. In addition, Oklahoma Union School District will do the following:

- Inform families about the availability of breakfasts for students.
- Post information on the nutritional content and ingredient of school meals on the district website.

Oklahoma Union Public Schools

- Send applications for reimbursable meal programs to families at the beginning of the school year and make applications available all year long in the school site offices for new enrollments.

Adequate Time to Eat:

Oklahoma Union School District will provide sufficient lunch periods that are long enough to give all students adequate time to be served and eat their lunches.

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.

Other Foods Provided at School:

Other foods and beverages provided (not sold) on campus by school staff must meet the USDA's Smart Snacks standards. Oklahoma Union School District, however, may allow exemptions for up to 4 celebrations during the school year, during which the foods and beverages served are not required to meet the Smart Snack standards.

Oklahoma Union School District will provide parents with a list of healthy foods and non-food alternatives for classroom parties (e.g. the USDA's resources on "Healthy Celebrations").

Fundraising: Oklahoma Union School District will encourage fundraisers that do not sell food and/or that promote physical activity.

Fundraising on Campus During the School Day:

- Elementary School will only use fundraisers that feature non-food items or food and beverages that meet the Smart Snacks standards. Oklahoma Union District may allow exemptions for one fundraiser during the school year, during which food and beverages sold are not required to meet the Smart Snacks standards. Importantly, this fundraiser cannot be held during normal meal service times.
- Middle/High School will hold up to 30 exempted fundraisers on food and beverages sold on campus, but will not be held during normal meal times.

Nutrition Education:

Oklahoma Union Schools will offer – and integrate into the core curriculum – nutrition education to all grades (K-12), providing students the knowledge and skills necessary for lifelong healthy eating behaviors.

Oklahoma Union Public Schools

In addition, Oklahoma Union will ensure that nutrition education:

- Complies with state learning objectives and standards.
- Provides opportunities for students to practice and apply the skills and knowledge taught in the classroom
- Is made available to staff
- Is promoted to families and the community

Rewards and Punishment:

Food and beverages will not be used to punish academic performance or student behavior (e.g. denial of school meals for disciplinary action.)

Nutrition and Healthy Food Promotion:

Oklahoma Union School District will promote healthy food and beverage choices and appropriate portion sizes by doing the following:

- Exhibiting posters, signs, or other displays on the school campus that promote healthy nutrition choices.
- Offering information to families and encouraging them to teach their children about nutrition and healthy eating behaviors.
- Encouraging school staff to display healthy eating habits and physical activity choices to students.
- Oklahoma Union will require all personnel in the school nutrition programs to complete annual continual education and training.
- The Child Nutrition staff will receive training in basic nutrition education, safe food preparation, and nutrition standards for healthy meals.
- Child Nutrition staff will organize and participate in educational activities that support healthy eating behaviors and food safety.
-

Food and Beverage Marketing:

Only foods and beverages that meet the USDA's Smart Snacks standards may be marketed in schools.

School Gardens/Greenhouse:

Oklahoma Union District will allow gardens on school property. Additionally,

- As part of their education, students will learn about agriculture and nutrition.
- Oklahoma Union will dedicate resources (volunteer hours, materials, tools, etc.) to build a school garden and/or greenhouse on District property.

Oklahoma Union Public Schools

Physical Education and Physical Activity:

The primary goal for our school's physical activity component is to provide opportunities for every student to develop and maintain regular participation in physical activity, and understand the short and long-term benefits of a physically active and healthful lifestyle.

- The Healthy and Fit School Advisory Committee at each school site will study and make recommendations regarding physical education and physical activity.
- Students in Grades K through 5 will participate in 120-150 minutes of physical activity each week and will be moderately to vigorously active at least 50% of the time. (ABL, Brain Breaks, recess, and P.E.) 100 minutes will come from PE instruction.
- During PE, students will be given the opportunity to participate in many types of physical activity, including both cooperative and competitive games.
- PE classes will have a teacher/student ratio comparable to core subject classroom size.
- School sites will establish or enhance physical activity opportunities for students, staff and parents.
- Students will be encouraged to participate in voluntary before-and after-school physical activity programs such as intramurals, clubs, and interscholastic athletics. Ex: CYSA, elementary walking program.
- Staff will NOT withhold PE, ABL, or Brain Breaks from students as punishment. (This does not apply to participation on sports teams that have specific academic requirements.)
- District will encourage staff to provide 2 to 4 physical activity breaks for students during the school day to let them stretch, move around, and break up their time spent sitting.
- Staff will serve as physical activity role models for students.
- Committee will vigorously strive to ensure playgrounds meet the recommended safety standards for design, installation, and maintenance.
- School sites will provide adequate equipment for every student to be active.
- District has a shared-use agreement that allows school grounds to be open to students and their families and the community outside of the school day.
- Schools will allow teachers the opportunity to participate in or lead physical activities before or after school.
- PE classes will be taught by licensed teachers who are certified or endorsed to teach PE.

Oklahoma Union Public Schools

- PE teachers and athletic coaches will participate in training to keep children safe, such as cardiac arrest and overheating prevention.
- Elementary school will ensure that PE classes and equipment afford all students an equal opportunity to participate in PE.
- Oklahoma Union School will provide a list of alternative ways for teachers and staff to discipline students.
- Oklahoma Union will strongly encourage teachers to use physical activity as a reward.

Active Transportation:

Due to the rural location of our school and with student safety in mind, the district will promote walking and physical transportation through other activities. (e.g. walking program, participate in National Walk to school day by walking the Cougar Trail, etc.)

Tobacco Prevention:

Oklahoma Union School is a 24/7 Tobacco Free Campus. Prohibition applies at all times, 24 hours a day, 7 days a week.

Prohibition includes and/or applies to the following:

- Vapor products
- All school property (indoor and outdoor), including school vehicles, at all times.
- All school employees, students, and visitors on school property.
- Personal vehicles while on school property.

Signs about this policy will be posted at entrances to school property. The district will provide tobacco cessation information. All campuses will recognize Red Ribbon Week, where tobacco prevention lessons and/or activities will take place.

- Oklahoma Union will provide insurance benefits and access to the following types of assistance with no out-of-pocket cost to the employee ages 18 or older: two 8-week lozenges or two 10-week patches or gum and telephone coaching.
- Oklahoma Union will communicate and promote the available tobacco cessation benefits and insurance coverage for employees to new employees and all existing employees on an annual basis.
- Promote tobacco prevention and provide referral information on cessation services through Oklahoma Tobacco Helpline.

General Wellness:

- Oklahoma Union School District will partner with community organizations or agencies to promote a healthy lifestyle.
- Ensure access to a private, clean space that has an electrical outlet and flexible breaks, to allow mothers to express breast milk.

Oklahoma Union Public Schools

- Partner with community organizations for immunization clinics to students.
- Provide opportunity for staff to participate in low-cost first aid and CPR training.

Implementation, Monitoring, and Evaluation

Leadership:

Oklahoma Union School District will designate one or more officials 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.

Oklahoma Union School District designates the following officials:

Brenda Taylor	OKU Superintendent	btaylor@okunion.k12.ok.us
Rusty Sellars	OKU HS Principal	rsellars@okunion.k12.ok.us
Levi Robbins	OKU MS Principal	lrobbins@okunion.k12.ok.us
Angelia Murphy	OKU Elem. Principal	amurphy@okunion.k12.ok.us

Assessments, Revisions, and Policy Updates:

At least once every three years, Oklahoma Union School District will measure the extent to which schools are in compliance with the local wellness policy, as well as progress made in attaining the policy's goals. Additionally:

- Parents, students, physical education teachers, school health professionals, the school board, school administrators, and the general public will be allowed to participate in the development, implementation, and periodic review and update of the local wellness policy.
- Oklahoma Union School District will inform and update the public about the content and implementation of the local wellness policy. (e.g. school website, handouts, newsletters, etc.)

Approved by Oklahoma Union School Board on _____

Adoption 10/09/2019

Revised 1/8/2020 Revised 11/14/22 Revised 11/13/23

Oklahoma Union Public Schools

Date

Board President: _____
Name

Adoption 10/09/2019

Revised 1/8/2020 Revised 11/14/22 Revised 11/13/23