



# PECKHAM SCHOOL DISTRICT #27

## WELLNESS POLICY

### COMMITTEE MEMBERS INCLUDE:

Gary Young.....Superintendent  
Johnie Decker.....Vice Principal/Teacher  
Cindy Cline.....Lunchroom Business Manager  
Jan Sheets.....Lunchroom Manager  
Kim Case.....Board Member  
Andrea Carleton.....Parent

## **PECKHAM SCHOOL 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 Peckham School District shall possess the knowledge and skills necessary to make nutritious food choices and enjoyable physical activity choices for a lifetime. All staff in Peckham School District is encouraged to model healthful eating and physical activity as a valuable part of daily life.

To meet this goal, the Peckham School District adopts this school 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**

- Per USDA Regulations §210.10 and §220.8, school lunches and breakfasts will meet menu-planning system guidelines as required by USDA.
- Per USDA Regulation §210.10, school lunches will provide 113 of the recommended dietary allowances (RDA) for calories, protein, calcium, iron, vitamin A, and vitamin C as required by USDA.
- Per USDA Regulation §220.8, school breakfasts will provide 114 of the RDA for calories, protein, calcium, iron, vitamin A, and vitamin C as required by USDA.
- Per USDA Regulations §210.10 and §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.

- In addition to following USDA menu-planning system guidelines, school lunch menus will be planned according to the silver or gold criteria specified in the *Healthier US School Challenge*.
- Healthy food preparation techniques will be implemented.
- 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.
- Schools serving chips will use reduced-fat or baked varieties, rather than the traditional varieties, whenever possible,
- Beverages such as tea, lemonade, and fruit drinks containing less than 50 percent fruit juice will not be offered to students.
- 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.
- A nutrient analysis of school meals offered to students will be made available upon request.
- School staff will support and encourage student participation in the USDA school meals programs.
- School sites will be encouraged to participate in Farm-to-School by purchasing fresh fruits and vegetables from local farmers when available.

### **Breakfast**

To ensure that all children have breakfast, either at home or at school, in order to meet their nutritional needs and enhance their ability to learn, Peckham School will:

- Operate the School Breakfast Program to the extent possible.
- Arrange bus schedules and utilize methods to serve school breakfast that encourage participation.
- Notify parents and students of the availability of the breakfast program.
- Encourage parents to provide a healthy breakfast for their children through newsletter articles, take-home materials, or other means.

## **Free and Reduced-Priced Meals**

Peckham Schools will make every effort to eliminate any social stigma attached to, and prevent the over identification of students who are eligible for free and reduced priced school meals.

### **Meal Times and Scheduling**

Peckham School:

- Will provide students with at least 15 minutes to eat for breakfast and 20 minutes to eat for lunch after sitting down.
- Should schedule meal periods at appropriate time, e.g., lunch should be scheduled between 11:00 a.m. and 12:30 p.m.
- Should not schedule tutoring, club or organizational meetings, or activities during mealtimes unless students may eat during such activities.
- Will provide students access to hand washing or hand sanitizing before they eat meals or snacks.

### **Qualifications of School Food Service Staff**

Qualified nutrition professionals will administer the school meal programs. As part of the school district's responsibility to operate a food service program, Peckham School will:

- Provide continuing professional development for all nutrition professionals in the school.
- Provide staff development programs that include appropriate certification and/or training programs for child nutrition directors, school nutrition managers, and cafeteria workers, according to their levels of responsibility.

### **Sharing of Foods**

Peckham School should discourage students from sharing their foods or beverages with one another during meal or snack times, given concerns about allergies and other restrictions on some children's diets.

## **Other Food Items Sold**

- Per USDA Regulation §210, Appendix B, 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 the Child Nutrition and WIC Reauthorization Act of 2004, 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 Oklahoma Senate Bill 265 (effective school year 2007-2008), 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), diet soda, an FMNV, will be available for sale at the junior high only in vending areas outside of the cafeteria.
- 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.

## **Food**

Other than cafeteria meals, Peckham School does not offer additional food items for sale,

## **Beverages**

**Allowed:** water or seltzer water without added calorie sweeteners; fruit and vegetable juices and fruit-based drinks that contain at least 50 percent fruit juice and that do not contain additional calorie sweeteners; unflavored or flavored low-fat or fat-free fluid milk and nutritionally equivalent nondairy beverages ( as defined by the USDA)

**Not allowed:** soft drinks containing calorie sweeteners; fruit-based drinks that contain less than 50 percent real fruit juice or that contain additional calorie sweeteners; beverages containing caffeine, excluding low-fat or fat-free chocolate milk ( which contain trivial amounts of caffeine).

## **Fundraising Activities**

To support children's health and school nutrition-education efforts, fundraising activities will not take place during the school day.

## **Snacks**

Snacks served during the school day or in enrichment programs will make a positive contribution to children's diets and health, with emphasis on serving fruits and vegetables as the primary snacks and water as the primary beverage.

## Celebrations

The school should limit celebrations that involve food during the school day.

## NUTRITION EDUCATION

- Per USDA Regulations §210.12 and §227, nutrition education is offered in the school cafeteria as well as the classroom.
- Per Oklahoma Senate Bill 1627, the Healthy and Fit School Advisory Committee at each school site will study and make recommendations regarding health education, nutrition, and health services.
  - Health nutrition education resources will be used in the cafeteria and classrooms.
  - School staff will promote healthful eating and healthy lifestyles to students and parents.

## PHYSICAL ACTIVITY

- Per Oklahoma Senate Bill 1627, the Healthy and Fit School Advisory Committee at each school site will study and make recommendations regarding physical education and physical activity.
- Per Oklahoma Senate Bill 312 (effective school year 2006-2007), students in Grades K through 5 will participate in 60 minutes of physical activity each week.
  - Students will participate in an annual health-related fitness test (e.g., Fitness Grain, President's Challenge to Physical Fitness, etc.).
  - School sites will establish or enhance physical activity opportunities for students, staff, and parents (fitness challenges, walks, and runs).
  - Elementary school sites will provide at least 20 minutes of daily recess that promotes physical activity beyond what is provided through physical education classes.
  - Students will be encouraged to participate in voluntary physical activity programs.
  - Students will not be denied participation in recess or other physical activity as a form of discipline.
  - Recess or other physical activity time will not be canceled for instructional make-up time.
  - Staff will serve as physical activity role models for students.

- All playgrounds will meet the recommended safety standards for design, installation, and maintenance.
- School sites will provide adequate equipment (e.g., balls, rackets, and other manipulatives) for every student to be active.
- Students will be engaged in moderate to vigorous activity during at least 50 percent of physical education class time.

### **Daily Recess**

Peckham School:

- Should provide recess for elementary students that is at least 20 minutes a day and preferably outdoors.
- Encourages moderate to vigorous physical activity verbally and through the provision of space and equipment.
- Discourages extended periods (i.e., periods of two or more hours) of inactivity.

When activities such as mandatory school-wide testing make it necessary for students to remain indoors for long periods of time, the school should give students periodic breaks during which they are encouraged to stand and be moderately active.

### **Integrating Physical Activity into Classroom Settings**

For students to receive the nationally recommended amount of daily activity (i.e., at least 60 minutes per day) and for students to fully embrace regular physical activity as personal behavior, students need opportunities for physical activity beyond physical education class. Peckham School will:

- Offer classroom health education that complements physical education by reinforcing the knowledge and self-management skills needed to maintain a physically active lifestyle and to reduce the time spent of sedentary activities.
- Discourage sedentary activities such as watching television.
- Provide opportunities for physical activity to be incorporated into other subject lessons.
- Encourage classroom teachers to provide short physical activity breaks between lessons or classes as appropriate.

## Communication with Parents

The District will support parents' efforts to provide a healthy diet and daily physical activity for their children,

## SCHOOL-BASED ACTIVITIES

- Per Oklahoma Senate Bill 1627, 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 the school district's Child Nutrition Programs Agreement, school meals may not be used as a reward or punishment.
- Per USDA Regulations §210.12 and §227, 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.
  - 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 15 minutes will be provided at breakfast and 20 minutes at lunch (after students receive their trays).
  - Recess before lunch will be implemented at all elementary schools in order to increase food consumption and nutrient intake, decrease plate waste, and improve cafeteria and classroom behavior.
  - All fundraising efforts and classroom parties will be supportive of healthy eating.
  - Elementary schools will be encouraged to participate in the *HealthierUS School Challenge*.
  - Students will be involved in planning for a healthy school environment. Students will be asked for input and feedback through the use of student surveys, student committees, and school clubs.

## Policy Review

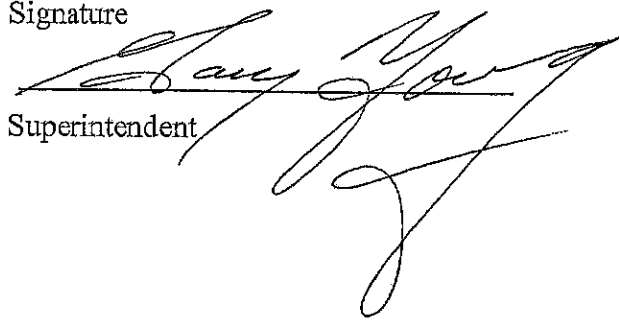
To help with the initial development of the district's wellness policy, an assessment will be repeated every three years to help review policy compliance, assess progress and determine areas in need of improvement. As part of that review, the school district will review our nutrition and physical activity policies; provision of an environment that supports healthy eating and physical activity; nutrition and physical education policies

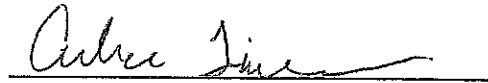


and program elements. The district, will, as necessary, revise the wellness policies and develop work plans to facilitate their implementation.

This School Wellness Policy review by the Board of the Peckham School District at the regularly scheduled meeting on this, the 29 day of September in the year 2009.

Signature

  
Superintendent

  
Clerk of the Board