

# **SALLISAW PUBLIC SCHOOLS**

## **WELLNESS POLICY**

The Local School Wellness Policy requirement was established by the Child Nutrition and WIC Reauthorization Act of 2004, and further strengthened by the Healthy, Hunger-Free Kids Act of 2010. It requires each local LEA participating in the National School Lunch Program and/or School Breakfast Program to develop a local school wellness policy that promotes the health of students and addresses the growing problem of childhood obesity.

The District Wellness Policy is committed to providing school environments that promote and protect children's health, well-being and ability to learn by supporting healthy eating and physical activity.

- The school district will establish a Wellness Steering Committee that consists of students, parents, teachers, administrators, a School Committee member, food service professionals, health professionals and other interested community members in developing, implementing, monitoring and reviewing district wide nutrition and physical activity procedures.
- All students will have opportunities, support, and encouragement to be physically active on a regular basis.
- Schools will provide sequential, comprehensive, standards-based nutrition education and physical education that will establish linkages to the school food programs, health services and to related community services/agencies.
- Food and beverages sold or served outside of the school lunch program will meet the nutrition standards set by the Smart Snack regulations passed as part of the Healthy Hunger Free Kids act of 2010. This act sets the standards that allow Sallisaw schools to offer healthier snack foods to our students while eliminating foods of non-nutritional value.
- Superintendent or his/her designee will yearly monitor and evaluate the Wellness Policy and its action plan of implementation and report to the School Committee.

### **Healthy Hunger Free Kids Act**

The landmark legislation passed in 2010, The Healthy Hunger Free Kids Act (HHFKA), made significant changes and provided great opportunities for improvement to the National School Lunch and Breakfast Program.

When the HHFKA was passed, we made immediate adjustments in our programs to align with new laws:

- Sallisaw Public Schools is providing only fat-free and low-fat milk syrup in milk.
- Drinking water is provided to all dining programs at no additional cost to students

### **New Meal Standards for Breakfast and Lunch**

The HHFKA also called for an update to the national meal standards for the breakfast and lunch programs. The United States Department of Agriculture (USDA) released these new

standards in January 2012, and Sallisaw Public Schools has been hard at work preparing our districts to implement them beginning in the 2012-2013 school year. Below are some highlights of the new regulations that Sallisaw Public Schools is providing.

### **Increase in Fruits and Vegetables**

The new regulations require schools to offer a larger amount and increased variety of nutrient-dense vegetables over the course of the week, including dark green, orange, starchy vegetables and legumes (beans) and there is a minimum required each day.

- Fruit is offered daily and at increased portion sizes.
- Using Farm to School, USDA produce and local vendors we are attempting to offer a greater quantity and variety of fruits and vegetables to expose students to more nutrient-dense foods that are a part of a healthy diet.

### **Allowable Grains and Proteins**

- Menus offer specific amounts of whole grains and proteins throughout the week, without exceeding maximum amounts defined for each grade group. Half of the grains offered at lunch each week are whole grain rich.
- This requirement is also applied to breakfast.
- Sallisaw has already made great strides in increasing the variety of whole grains on our menus, serving items like whole grain pizza crust, rolls, muffins, pancakes, waffles and cereal.

### **Reduction of Saturated Fats, Sodium, and Elimination of Trans Fats**

- School breakfasts and lunches offered to all age/grade groups on average over the school week, provide less than 10 percent of total calories from saturated fat.
- An attempt is being made to reduce the sodium content in foods offered. The new guidelines establish a timeline for reducing sodium in school meals significantly over the next 10 years.
- Sallisaw schools is working to comply with the new final rule, schools can only use food products and ingredients that contain zero grams of trans fat per serving, as indicated on the nutrition label.

### **Menus by Age Groups**

- The regulations established new grade groups for menu planning, aimed at ensuring students receive age-appropriate portions and nutrients. The groups include:
  - Grades K-5 (ages 5-10 years)
  - Grades 6-8 (ages 11-13 years)
  - Grades 9-12 (ages 14-18 years)
- New calorie requirements were also developed to align with the newly established grade groups.
- Sallisaw Public School is meeting the age appropriate portions and nutrients in their daily offerings.

- USDA recently published practical, science-based nutrition standards for snack foods and beverages sold to children at school during the school day. The standards, required by the Healthy, Hunger-Free Kids Act of 2010, will allow schools to offer healthier snack foods to children, while eliminating junk food.
- Sallisaw Schools is complying with the standards set by the Smart Snack policy in its offerings in vending machines open to the students during the school day and 30 minutes after the end of the school day.
- Sallisaw Public Schools is working to offering alternative rewards other than “rewarding with foods”.

### **Farm to School**

Sallisaw Public schools partners with local farmers to provide fresh produce to all students. Farm fresh watermelon and cantaloupe is offered to our students at breakfast and lunch during the months of August and September. USDA provides other fresh produce for our meals during the school year.

### **Nutrition Education and Physical Activity**

Sallisaw Public Schools’ goal is that all students possess the knowledge and skills necessary to make nutritious food choices and enjoyable physical activity choices for a lifetime. Our staff is encouraged to model healthful eating and physical activity as a valuable part of daily life.

To meet this goal, Sallisaw Public Schools is committed to following this wellness policy using nutrition, nutrition education, physical activity, and other school-based activities that support student and staff wellness

### **Nutrition Education**

The primary goal of nutrition education is to influence students eating behaviors.

- Each site will study and make recommendations regarding health education, nutrition and health service.
- Students in grades pre-K -12 will receive nutrition education that is interactive and teaches the skills they need to adopt healthy eating behaviors.
- Nutrition education will be offered in the dining room as well as in the classroom, with coordination between the food service staff and teachers.
- Nutrition education will be coordinated into the health education curricula or the core curriculum.
- School staff will promote healthful eating and healthy lifestyles to students and parents.
- School staff will provide non-food rewards when possible.
- All fundraising efforts and classroom parties will be supportive of healthy eating.
- School meals will not be used as a reward or punishment. (Examples: “Flashdance

Fridays”- for Perfect Attendance, Super Kid Day – good behavior, Eastside Olympics – good behavior.)

## **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 PK-5 will participate in 120 minutes of physical activity each week.
- Elementary school sites will provide 20 minutes of physical activity (recess) beyond what is provided through physical education classes.
- Students will be encouraged to participate in voluntary after-school physical activity programs such as Sallisaw Youth League football, baseball and soccer, dance, gymnastics and karate.
- Staff will be discouraged from withholding PE/physical activity/recess as punishment and discourage using physical activity as punishment.
- 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 for every student to be active.