

## **WELLNESS POLICY**

### **SET GOALS FOR PHYSICAL ACTIVITY**

1. The District will require physical education at all grade levels with class time allotted for it.
2. All students will be regularly assessed for attainment of physical education skills.
3. Highly qualified teachers will be hired to teach physical education and supervise physical activities in the District.
4. Physical education resources will be readily available for students and teachers.
5. District policy for physical education will be consistent with State policy and guidelines.
6. Students will be provided many choices of physical activity, including cooperative and competitive games.
7. District will provide physical activity outside of the school day.
8. District will encourage teachers and staff to serve as role models for students.
9. Recreational facilities will be safe, clean and accessible for all students.

### **SET GOALS FOR NUTRITION EDUCATION**

1. The Nutrition Education program will meet State Standards.
2. Nutrition education teachers will instruct students in the skills they need to adopt healthy eating behaviors.
3. Nutrition education is culturally sensitive.
4. Students receive consistent nutrition messages throughout the school, classroom, cafeteria, and school events.
5. Nutrition education is integrated into the coordinated school health program and physical education.
6. Faculty that provides nutrition education has appropriate training.
7. School menus are followed and analyzed using a USDA-approved recipe book.
8. School foodservice staff is trained in the appropriate substitution of foods in order to meet the nutritional goals of the program.
9. Students are offered a variety of milk, including fat-free, low fat, flavored and unflavored, on a daily basis.
10. Students are offered a variety of meats/poultry, fresh fruits, vegetables, and whole grains on a daily basis.

### **NUTRITION EDUCATION**

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



3. MyPyramid nutrition education resources will be used in the cafeteria and classroom.
4. Students, parents, and the school staff will participate in an annual health fair.
5. Family/parent nutrition education opportunities will be provided.
6. Advertising and other materials that promote FMNV will be eliminated on all school campus.
7. Students will receive consistent nutritional messages throughout the school, classroom, cafeteria, and school events.
8. School staff will promote healthful eating and healthy lifestyles to students and parents.

**ESTABLISH CRITERIA FOR CAMPUS FOOD PROVISION AND OTHER SCHOOL-BASED ACTIVITIES.**

**SCHOOL MEALS**

1. Per USDA Regulations §210.10 and §220.8, school lunches and breakfast will meet menu-planning guidelines as required by USDA.
2. Per USDA Regulation §210.10, school lunches will provide 1/3 of the recommended dietary allowances (RDA) for calories, protein, calcium, iron, vitamin A, and vitamin C as required by USDA.
3. Per USDA Regulation §220.8, school breakfasts will provide 1/4 of the RDA for calories, protein, calcium, iron, vitamin A, and vitamin C as required by the USDA.
4. 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.
5. 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.
6. Per USDA Regulations §210.10 and §220.8, school meals will meet the Dietary Guidelines for Americans.
7. Qualifying after-school programs will participate in USDA'S After-School Snack.
8. Qualifying school sites will participate in USDA'S Summer Food Service Program.
9. 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.
10. Schools serving chips will use reduced-fat or baked varieties, rather than the traditional varieties, whenever possible.
11. Beverages such as tea, lemonade, and fruit drinks containing less than 50 percent fruit juice will not be offered to students.
12. The most nutritious food items offered will be placed on the serving line(s) first to encourage students to make healthier selections.
13. 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.
14. School staff will support and encourage student participation in the USDA school meals programs.



15. Healthy food preparation techniques will be implemented. Food items will not be fried.

**OTHER FOOD ITEMS SOLD ON SCHOOL CAMPUSES**

1. 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.
2. 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.
3. Per Oklahoma Senate Bill 265 (effective school year 2007-2008), students in elementary schools will not have access to FMNV except on special occasions.
4. Per Oklahoma Senate Bill 265 (effective school year 2007-2008), students will not have access to FMNV except after school, at events which take place in the evening, and on special occasions.
5. 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 the cafeteria.
6. 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.
7. Nutrition-rich food items will be available for sale at all places where food and beverages are sold on school campuses. This includes vending machines, school stores, and concession stands. The district will follow the recommended food items specified in the HEALTHY SNACK CHOICES provided by the OSDE.
8. High energy drinks with elevated levels of caffeine will not be available for sale anywhere on school campus.

**SANCTIONING POLICY**

**(Approved March 8, 1999)**

**FAIRLAND SCHOOL DISTRICT**

**POLICY ESTABLISHING GUIDELINES FOR THE SANCTIONING OF  
STUDENT ACHIEVEMENT PROGRAMS AND PARENT-TEACHER  
ASSOCIATIONS AND ORGANIZATIONS**

