

## **CHILD NUTRITION AND PHYSICAL FITNESS PROGRAM**

The Gracemont Board of Education recognizes that childhood obesity has reached epidemic levels throughout the country. Overweight children are at a higher risk for developing severe long-term health problems, and overweight children are affected by discrimination, psychological stress, and low self-esteem. However, research indicates that obesity and subsequent diseases are largely preventable through diet and regular physical activity. Research also indicates that becoming physically active and maintaining a regular physical activity program significantly reduces the risk of some obesity and some cancers, diabetes, and other chronic diseases.

Children who eat well-balanced meals and are healthy are more likely to learn in the classroom. The board supports increased emphasis on nutrition as well as physical activity at all grade levels to enhance the well-being of our district's youth. Therefore, it is the policy of the board to:

1. Provide students access to nutritious food;
2. Provide opportunities for physical activity and developmentally appropriate exercise; and
3. Provide accurate information related to these topics.

It is the intent of the board of education that parents, students, child nutrition employees, teachers of physical education, school health professionals, and the general public participate in the development, implementation, and periodic review and updating of this policy. It is expected that the school district's Healthy and Fit Kids Advisory Committee will participate in the process and assist the referenced individuals in preparing written recommendations to the administration and the board to adopt as a part of the school district's local school wellness policy. Specific information regarding these recommendations and the wellness policy are as follows:

### Wellness

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.

All students in Gracemont 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 Gracemont School District are encouraged to model healthful eating and physical activity as a valuable part of daily life.

To meet this goal, the Gracemont 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.

This policy will be reviewed every year by committee and open to public discussion. Comments, suggestions and questions are always welcome and encouraged anytime. The Gracemont Board of Education will review the district wellness policy every year at the regular June meeting. Please contact the Superintendent at 405-966-2233.

### School Meals

- Per USDA Regulations §210.10 and §220.8, school lunches and breakfasts will meet menu-planning system guidelines as required by USDA.

**CHILD NUTRITION AND PHYSICAL FITNESS PROGRAM (Cont.)**

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

Other Food Items Sold on School Campuses

- 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.
- High energy drinks with elevated levels of caffeine will not be available for sale anywhere on school campus.

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.

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.

### **CHILD NUTRITION AND PHYSICAL FITNESS PROGRAM (Cont.)**

- Elementary school sites will provide 20 minutes of daily recess that promotes physical activity beyond what is provided through physical education classes.
  - Recess or other physical activity time will not be canceled for instructional make-up time.
  - 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.

#### 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.

#### Assessment & Implementation

Recent assessment on the implementation of the Local School Wellness policy is available for public view at the Gracemont Public Schools Administration Office by contacting:

Mr. David Garner  
417 East McCall  
Gracemont, OK 73042  
Phone: 405-966-2233

#### Public Release/Information

Gracemont Public Schools Local School Wellness Policy is available for public view on the School District Website, School Cafeteria and at the Elementary & High School Administration offices. Copies of the Local School Wellness Policy can be obtained by contacting:

Mr. David Garner  
417 East McCall  
Gracemont, Oklahoma 73042  
Phone: (405)966-2233

#### Review and Update Policies

Gracemont Public School holds an annual meeting to review and update the Local School Wellness Policy. A Copy of our Local School Wellness Policy can be found online at <http://www.gracemont.k12.ok.us> or in the office of the Superintendent.

Mr. David Garner  
417 East McCall

Gracemont, OK 73042  
Phone: 405-966-2233

**CHILD NUTRITION AND PHYSICAL FITNESS PROGRAM (Cont.)**

Stakeholder Awareness

Gracemont Public School welcomes the public to participate in the development, review, update and implementation of the Local School Wellness Policy. The Local School Wellness Policy is reviewed and updated annually by the district and other stakeholders and the meeting date, location, and time is posted on the School District Website at <http://www.gracemont.k12.ok.us>.

Reviewing and Updating Responsible Parties

David Garner, Superintendent/High School Principal  
Brad Ellis, Dean of Students  
Lauren Maahs, Math Teacher  
Cynthia Russell-Child Nutrition Head Cook  
Savannah Shook-Child Nutrition Director  
Kandyce Reynolds-High School Student

This School Wellness Policy was adopted by the Board of Gracemont Public Schools at the regularly scheduled meeting on this, the 8th day of June 2021.

Signature

\_\_\_\_\_

Curriculum

The Gracemont Board of Education recognizes that healthy eating patterns are essential for students to achieve their academic potential, full physical and mental growth, and lifelong health and well being. To ensure students possess the knowledge and skills necessary to make nutritious food choices for a lifetime, the superintendent shall prepare and implement a comprehensive district nutrition program consistent with state and federal requirements for districts sponsoring the National School Lunch Program and/or the School Breakfast Program. To implement the program, the Superintendent shall adopt and implement a comprehensive curriculum on health, fitness, and nutrition that will provide opportunities for developmentally appropriate instruction for grades K-12. The input of staff, students, parents, and public health professionals in the development of the curriculum will be encouraged.

Nutrition, health, and fitness topics shall be integrated within the sequential comprehensive health education curriculum taught at every grade level, K-12, and coordinated with the district’s nutrition and food services operation.

The district shall take a proactive effort to encourage students to make nutritious food choices. The superintendent shall ensure that:

1. A variety of healthy food choices are available whenever food is sold or served on district property or at district-sponsored events;
2. Schools shall regulate the sale or serving of foods or snacks high in fat, sodium, or added sugars; and

- 3. Nutritious meals served by the school nutrition and food services operation complies with state and federal law.

**CHILD NUTRITION AND PHYSICAL FITNESS PROGRAM (Cont.)**

Child Nutrition Program

The Gracemont Public Schools will operate a school lunch program that will include lunch, and may include breakfast, through participation in the Child Nutrition Programs. The superintendent, in conjunction with the food service supervisor and with the approval of the board of education, will establish and post meal prices.

As required for participation in the Child Nutrition Programs, the board prescribes that:

- a. School lunch is to be made available to all students.
- b. Free and reduced price lunches are to be made available for students who meet the federal income guidelines.
- c. In the operation of the Child Nutrition Programs, no child will be discriminated against because of race, sex, color, national origin, age, or disability. Discrimination complaints under these programs should be filed with the State Department of Education Child Nutrition Programs, 2500 North Lincoln Blvd., Oklahoma City, Oklahoma 73105-4599.

The district shall inform parents of the eligibility standards for free or reduced price meals. Reasonable efforts shall be made to protect the identity of students receiving such meals. A parent has the right to appeal to the superintendent any decision with respect to his/her application for free or reduced price food services.

The district’s child nutrition program shall reflect the board’s commitment to providing adequate time for instruction to promote healthy eating through nutrition education, serving healthy and appealing foods at district schools, developing food-use guidelines for staff, and establishing liaisons with nutrition service providers, as appropriate. Nutrition education topics shall be integrated within the sequential, comprehensive health education program taught at every grade level, pre-kindergarten through grade 12, and coordinated with the district’s nutrition and food services operation.

It is the intent of the board of education that district schools take a proactive effort to encourage students to make nutritious food choices. Meals served in school before the end of the last lunch period shall conform to the U. S. Dietary Guidelines for Americans. Food and beverages sold or served on district grounds or at district-sponsored events shall meet requirements for nutritional standards and/or other guidelines as may be recommended by the district and school health and nutrition committees. The superintendent shall ensure that nutritious foods are available as an affordable option whenever food is sold or served on district property or at district-sponsored events.

The superintendent is directed to prepare rules and regulations to implement and support this policy, including such provisions as may be necessary to address all food and beverages sold and/or served to students at school (i.e., competitive foods, snacks, and beverages sold from vending machines, school stores, and fund raising activities and refreshments that are made available at school parties, celebrations, and meetings), including provisions for staff development, family and community involvement, and program evaluation. The board of education designates the

Superintendent as the school official who shall be responsible for oversight of this policy to ensure compliance for the school district.

The content of this policy and any updates are to be provided to the public on an annual basis. The district may do this electronically or through the media.

**CHILD NUTRITION AND PHYSICAL FITNESS PROGRAM (Cont.)**

**REFERENCE:** 70 O.S. §1-107  
7 CFR, Parts 210 and 220  
7 CFR, Part 245.5

*THIS POLICY REQUIRED BY  
PUBLIC LAW 108-265, SECTION 204  
AND PUBLIC LAW 111-296.*

**OSSBA Legal Note:** The existing policy does not comply with current state and federal law. The policy is missing measureable goals and objectives that are to be set by the local wellness committee. This requirement was placed in law in 2017.