

**CHILD NUTRITION AND PHYSICAL FITNESS PROGRAM**

The Ada 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:

**PURPOSE:**

The Ada City 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, the District establishes the following policy to promote the health and wellness of students and staff and to ensure its schools comply with those standards established by federal and state law. Specifically, this policy requires all schools in the District to do the following:

Allow parents, students, representatives of the school food authority, physical education teachers, 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 guidelines 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 health.

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

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 of the federal reimbursable school meals program during the school day (e.g., in vending machines or school stores).
- **Smart Snacks standards**  
Nutrition standards, issued by the USDA, that 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 student and staff health. At a minimum, the District Child Nutrition Program will serve reimbursable meals that meet the United States Department of Agriculture's (USDA) 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 a 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*
- *Reviewed by a registered dietician or other certified nutrition professional based on a meal plan provided by a professional resource (such as the State Department of Education, the USDA, the Alliance for a Healthier Generation, or The Lunch Box)*

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

*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 at every district facility (including cafeteria and eating areas, classrooms, hallways, playgrounds, and faculty lounges) throughout the entire school day. *Schools will also ensure the following:*

- *Students will be provided drinking cups, glasses, or reusable water bottles in places where meals are served.*
- *Students will be allowed to bring drinking water from home and take water into the classroom, provided that the water is in a capped container, such as a bottle, to prevent spills.*
- *All water sources and containers will be maintained on a regular basis to ensure good hygiene standards (including drinking fountains, water jugs, hydration stations, and other methods for delivering drinking water).*

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

- *Inform families about the availability of breakfasts for students.*
- *Post information on the nutritional content and ingredients of school meals on menus in the cafeteria, on the District website and/or websites of individual schools, and/or in school newsletters.*
- *Send applications for reimbursable meal programs to families at the beginning of the school year and make applications available on the District website.*

**Adequate Time to Eat:** *The District will allow students at least 10 minutes to eat breakfast and 15 minutes to eat lunch from the time they are seated.*

**Competitive Foods and Beverages**

The District will encourage that competitive foods and beverages sold to students during the school day meet or exceed the USDA's Smart Snacks standards.<sup>i</sup>

**Classroom Parties and Celebrations**

The District will encourage foods and beverages that meet the USDA's Smart Snacks standards be served during classroom parties and celebrations.

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

*The District will provide parents and teachers with a list of ideas for healthy food as well as non-food alternatives for classroom parties and celebrations.*

**Fundraising**

**Fundraising on Campus During the School Day:** Only fundraisers that feature non-food items or foods and beverages that meet the Smart Snacks standards will be permitted. [*The District, however, may allow exemptions for up to 30 fundraisers during the school year, during which the foods and beverages sold are not required to meet the Smart Snack standards. Importantly, these exempted fundraisers cannot be held during normal meal service times.*]

*The following will also occur:*

- *The District will encourage fundraisers that do not sell food and/or that promote physical activity.*

**After-School Fundraisers and Concessions** (e.g., during after-school programming, events, clubs, and evening concessions): The District will offer alternate food and beverage selections which meet the USDA's Smart Snack Standards as part of after-school concessions or as part of fundraisers held outside of school hours.

**Nutrition Education**

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, *including the following:*

- *What it means to eat healthfully, consume the proper nutrients, and maintain a wholesome and balanced diet.*
- *How to read labels and understand the problems associated with unhealthy food marketing to children.*

In addition, schools will ensure that nutrition education:

- *Complies with state and federal learning objectives and standards.*
- *Provides opportunities for students to practice and apply the skills and knowledge taught in the classroom (e.g., by using the cafeteria as a learning lab, visiting local farms, etc.).*
- *Is made available for staff.*
- *Is promoted to families and the community.*

**Rewards and Punishment**

Staff will be encouraged not to use food, beverages, or candy to reward or punish academic performance or student behavior.

**CHILD NUTRITION AND PHYSICAL FITNESS PROGRAM (Cont.)****Nutrition and Healthy Food Promotion**

The 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.*
- *Providing age-appropriate activities, such as contests, food demonstrations, and taste-testing, that promote healthy eating habits.*
- *Offering information to families (via communications with parents, educational workshops, screening services, and health-related exhibitions and fairs) 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 (e.g., by consuming only healthy snacks, meals, and beverages in front of their students, sharing positive experiences about physical activity with their students, etc.).*

**Food and Beverage Marketing**

*The marketing of any brand, without reference to a specific product, is permissible only when alternative options which meet the USDA Smart Snack Standards are also available.*

*Marketing includes the following:*

- *School sites will be encouraged to refrain from offering coupons, discounts, and corporate incentive programs that reward students (e.g., when they reach certain academic goals) with free or discounted items unless those items meet the USDA's Smart Snacks Standards.*

**Staff Qualifications and Training**

*The District will follow the USDA's Professional Standards for State and Local Nutrition Programs in selecting local school nutrition program directors. Also, the District will require all personnel in the school nutrition programs to complete annual continuing education and training.*

*In addition, Child Nutrition Staff will do the following:*

- *Receive training in basic nutrition, nutrition education, safe food preparation, and nutrition standards for healthy meals.*
- *Organize and participate in educational activities that support healthy eating behaviors and food safety.*

**CHILD NUTRITION AND PHYSICAL FITNESS PROGRAM (Cont.)****Farm-to-School Programs and School Gardens**

*The District will allow school gardens on District property.*

*The following will also occur:*

- *The District will dedicate resources (e.g., tools, materials, volunteer hours, etc.) to build a school garden on District property and/or actively participate in community gardens by dedicating the same resources as would be required for gardens on District property.*
- *The District will incorporate local and/or regional products into the school meal program.*
- *As part of their education, students will learn about agriculture and nutrition.*

**PHYSICAL EDUCATION AND PHYSICAL ACTIVITY****General Requirements**

The District will ensure that all students (K-6) participate in a minimum of 45 minutes of physical activity each day, whether through physical education, exercise programs, after-school athletics, fitness breaks, recess, classroom activities, or wellness and nutrition education. Secondary students (7-12) are offered the opportunity for physical activity through designated Brain Break and Nutrition Break periods each day. Secondary students are offered the opportunity to enroll in physical education classes and competitive athletics.

**Recess and Physical Activity Breaks**

**Recess:** The District will require schools to provide elementary school students (K-6) at least 20 minutes of recess each day (in addition to the PE requirements). Additionally, the District will do the following:

- Develop indoor recess guidelines to ensure students can have adequate physical activity on days when recess must be held indoors.

**Physical Activity Breaks:** The District will require schools to provide all students (K-12) short breaks (three to five minutes) throughout the day to let them stretch, move around, and break up their time spent sitting. These physical activity breaks may take place during and/or between classroom time.

**Physical Education (PE)**

The District will require all schools to establish a comprehensive, standards-based PE curriculum for each grade (K-12). Schools will ensure PE classes and equipment afford all students (K-12) an equal opportunity to participate in PE.

**Elementary school students** (K-6) will participate in at least 120 minutes of physical activity per week throughout the entire school year.

**Middle and high school students** (7-12) who are enrolled in physical education courses will participate in at least 225 minutes of PE per week throughout the entire school year.

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

*In addition, the following requirements apply to all students (K-12):*

- *During PE, students will be given the opportunity to participate in many types of physical activity, including both cooperative and competitive games.*
- *Students will engage in moderate to vigorous physical activity for more than 50 percent of the PE class time.*

***Teacher Qualifications, Training, and Involvement***

- *Teachers will receive training on how to integrate physical activity into the curriculum. Some portion of this training will be incorporated into annual professional development.*
- *Schools will allow teachers the opportunity to participate in or lead physical activities throughout the school day.*
- *PE classes will be taught by licensed teachers who are certified in physical education.*

**Punishment and Rewards**

Physical activity will not be used or withheld as punishment. (This does not apply to participation on sports teams that have specific academic requirements).

- *The District will provide a list of alternative ways for teachers and staff to discipline students.*
- *The District will strongly encourage teachers to use physical activity (e.g., extra recess) as a reward.*

**Grounds, Facilities, and Equipment**

The District will ensure the availability of proper equipment and facilities that meet safety standards and will conduct necessary inspections and repairs.

**Community Use of Recreational Facilities**

The District will encourage school staff, students, and their families to participate in physical activity outside of the school day. Allowing staff, students, and their families to use school recreational facilities during non-school hours is one way to increase opportunities to engage in physical activity. Consistent with state law and District policies and procedures (District Policies GK and GK-R1) regarding use of school facilities during non-school hours, the District will work with the City of Ada Department of Recreation and community-based organizations to coordinate and enhance opportunities for staff, students, and their families to engage in physical activity using school facilities before and after the school day, during weekends, and during school vacations.

**Active Transportation**

The District will do the following:

- *Encourage children and their families to walk and bike to and from school.*

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

- *Work with local officials to designate safe or preferred routes to school.*
- *Promote National and International Walk and Bike to School Week/Day.*
- *Provide bike racks when possible.*

**OTHER ACTIVITIES THAT PROMOTE SCHOOL WELLNESS**  
***Healthy and Fit School Advisory Committee (HFSAC)***

*All Oklahoma public schools must establish a HFSAC comprising of at least six individuals who represent different segments of the community, including teachers, parents, school counselors, health care professionals, and business community representatives.ii The HFSAC is responsible for making recommendations and providing advice to the school principal regarding health education, nutrition, and health services, and will meet at least two times a year.*

*The school principal will give consideration to the HFSAC's recommendations.*

***Staff Wellness***

*The District will implement an employee wellness program that promotes the physical, mental, and emotional needs of its staff.*

*The program will include the following:*

- *Health education*
- *Voluntary annual health screenings*
- *Stress management programs*
- *Mental health awareness programs*
- *A breastfeeding policy*
- *Physical activity opportunities, available before and/or after school*
- *Nutrition education and weight management programs*
- *Promotion of the OK Tobacco Helpline (1-800-QUIT-NOW)*
- *Oklahoma State Employee Assistance Programs for substance abuse*
- *Crisis management and prevention training*
- *Free or low-cost first aid and CPR training*



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

***Professional Development***

*The District will provide staff with educational resources and annual training in health and health-related topics.*

*Health Education*

<b>Position</b>	<b>Contact Information</b>
Superintendent	580.310.7200
Child Nutrition Director	580.310.7212
Director of Operations	580.310.7205
Director of Federal Programs	580.310.7314

*Where applicable, schools' health education curriculums will follow the National Health Education Standards or the state-approved Oklahoma Academic Standards.*

**IMPLEMENTATION, MONITORING, AND EVALUATION**

**Leadership**

The District will designate one or more official(s) 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:

Superintendent of Schools

Child Nutrition Director

Director of Operations

Director of Federal Programs

**Community Involvement**

The District will permit parents, students, representatives of the school food authority, physical education teachers, school health professionals, the school board, school administrators, and the general public to participate in the development, implementation, review, and update of the local school wellness policy. To encourage broad public participation in the process, the District will do the following:

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

- *Actively notify parents and the broader community about the content and implementation of as well as any changes to the wellness policy, whether through electronic communications (e.g., email, District website, etc.), non-electronic means (e.g., mailings, presentations, etc.), or both.*
- *Ensure that all outreach and communication is culturally appropriate and translated as needed.*
- *Educate community stakeholders on how they can participate in the development, implementation, review, and update of the wellness policy and let them know why their participation is important to the health and wellness of students and the broader community.*

**Assessments, Revisions, and Policy Updates**

Every *two* years, the 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.
- The District will assess how its policy compares with the latest national recommendations on school health, and will update the policy accordingly.
- The District will inform and update the public about the content and implementation of the local wellness policy (via the District’s website, handouts, newsletters sent directly to families’ homes, etc.).

Curriculum

The Ada 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 help 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:

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

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 Program

The Ada 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:

School lunch is to be made available to all students.

Free and reduced price lunches are to be made available for students who meet the federal income guidelines.

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.

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

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 district is required to make this policy and inform the public about the content of this policy and any updates to the policy on an annual basis. The district may do this electronically or through the media.

**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.***

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i 7 CFR 2010.11.

ii 70 OSA 24-100a.