

LOCAL WELLNESS POLICY

The Kremlin-Hillsdale Public Schools' Local Wellness Policy is a written document that guides Kremlin-Hillsdale Public Schools (KHS) efforts to establish a school environment that promotes students' health, well-being, and ability to learn.

The wellness policy requirement was established by the Child Nutrition and Special Supplemental Nutrition Program for Women, Infants, and Children (WIC) Reauthorization Act of 2004 and further strengthened by the Healthy, Hunger-Free Kids Act of 2010. This act requires that each local educational agency (LEA) participating in the National School Lunch Program and/or School Breakfast Program to develop a wellness policy.

Purpose

The Kremlin-Hillsdale Independent 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:

- Allow parents, students, and 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.
- 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 Q/ the school [hat is 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.
- **Smart Snacks Standards:** Nutrition standards, issued by the USDA that sets limits on the amount of calories, salt, sugar, and fat in competitive foods and beverages.
- **Smart Snacks Exempt Fundraisers:** Fundraisers that are allowed to sell non-compliant foods and beverages in accordance with the State agency. For Oklahoma, a school site can exempt 30 fundraisers each semester. A fundraiser may only be exempt for a maximum of 14 days.
- **School Wellness Committee:** A school wellness committee is essentially an advisory group concerned with the health and wellbeing of students and staff.

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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 ensure that all meals are the following:

- Accessible, appealing, and attractive to all children.
- Served in a clean, pleasant, and supervised setting.
- Ensure meals are following: high in fiber, free of added trans fats, and low in added fats, sugar, and sodium

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.
- Fruits and vegetables will be offered daily at all points of service.

Water

Schools will make clean drinking water available and accessible without restriction and at no charge throughout the entire school day.

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.

Information and Promotion

As required under [he 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.
- Distribute materials when applicable, to inform families of the availability and location of free Summer Food Service Program meals for students when school is not in session during the summer months.
- 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 recommends students be allowed at least ten (10) minutes to eat breakfast and twenty (20) minutes to eat lunch from the time they are seated.

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Local Charge & Unpaid Meal Charge Policy

All school food authorities operating under the National School Lunch and/or Breakfast Programs must have a written policy on unpaid meal charges. The District will allow students to charge up to a determined amount. This amount will be communicated to students, parents/guardians, and child nutrition supervisors. Once a student has exceeded this amount, the student will be served an alternate meal. In addition, the district do the following:

- Inform the student and parent/guardian that they are approaching or exceeding the determined amount, that the alternate meal is applicable to lunch meals only, will continue until unpaid balance is below the determined amount, and will be charged at the student's current rate.
- Train the District's Child Nutrition Department on the Unpaid Meal Charge Policy and proper protocol so the alternate meal is presented in a non-discriminating manner.

Competitive Foods and Beverages

All competitive foods and beverages sold to students during the school day must meet or exceed the USDA's Smart Snacks standards. The District will allow for competitive foods and beverages to be sold as long as they comply with the exempt fundraisers established by the Oklahoma State School Board.

Food and Beverages Provided, Not Sold, to Students During the School Day

Classroom Parties and Celebrations

The District will encourage healthy nutritious foods to be used for classroom parties, rewards, and celebrations. In addition, the District will do the following: Post on the District website the Smart Snack standards and serve snacks meeting these standards at classroom parties, celebrations, etc.

Rewards and Punishment

Food, beverages, and candy will not be used to reward academic performance or student behavior.

Fundraising on Campus During the School Day

The District is aware of the use of fundraisers and their benefits to providing additional funding for programs, clubs, etc. Fundraisers that meet the Smart Snack standards will be encouraged. In addition, the District will oversee the following:

- Fundraisers may not be held during meal service times
- Fundraising sales (food/beverage) during the school day must meet the USDA Smart Snacks standards.
- Exempt fundraisers will be allowed in accordance to Oklahoma State School Board.
- All exempt fundraisers must complete the approval process.

Nutrition Education and Health Food Promotion

Included in the Local Wellness Policy, the District is required to include specific goals for nutrition promotion and education, and other school based activities that promote wellness. The District is to review and consider evidence-based strategies in determining these goals. To meet this requirement, the District developed the following goals:

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- Schools will offer nutrition education to all grades (PK- 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.
- The District will utilize several avenues to promote healthy nutritional habits and community wellness events to students, parents, and staff. The following avenues may be considered:
 - Morning announcements
 - Website postings
 - Hallway & Cafeteria TV Monitors
 - In-service Days for Staff
 - Exhibiting posters, signs, or other displays on the school campus that promote healthy nutrition choices.
 - Encouraging school staff to display healthy eating habits and physical activity choices to students (e.g., by eating with students during meal times, consuming only healthy snacks, meals, and beverages in front of students, sharing positive experiences with physical activity with students, etc.).

Food and Beverage Marketing

Only food and beverage products that meet the USDA's Smart Snacks standards may be marketed in schools.

- This does not pertain to clothing or personal items used by students or staff, or the packaging of products brought from home or off campus for personal consumption.
- This does not apply to materials used for educational purposes in the classroom.
- This does not apply to faculty/staff lounges and workrooms.
- Marketing that promotes an exempt fundraisers will be allowed.

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. The district will require all personnel in the school nutrition programs to complete annual professional development as required by USDA Professional Standards Continuing Education Requirements including basic nutrition, nutrition education, safe food preparation, and nutrition standards for healthy meals.

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 school gardens on district property 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 or regional products into the school meal program.
- Schools may take field trips to local farms.
- As part of their education, students will learn about agriculture and nutrition.

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Physical Education and Physical Activity

General Requirements

The district will ensure that all students (PK-12) have the opportunity to participate in a minimum of sixty (60) minutes of physical activity each day, whether through physical education, exercise programs, athletics, recess, classroom activities, or wellness and nutrition education.

Physical activity opportunities will be accessible for students of all abilities and include a broad range of competitive and noncompetitive activities that help to develop the skills needed to participate in a lifetime of physical activities. When appropriate, physical activity will be integrated into the academic curriculum.

Recess and Physical Activity Breaks

Recess: The District will require schools to provide elementary' school students (K-5) at least 20 minutes of recess each day, in addition to the PE requirements and develop indoor recess guidelines to ensure students can have adequate physical activity on days when recess must be held indoors.

Physical Education (PE)

The District will ensure Elementary school students (K-5) will participate in at least 60 minutes of PE per week throughout the entire school year.

Middle school students (6-8) will participate in at least 225 minutes of PE per week throughout the entire school year.

PE curriculum will be updated to support and prioritize new State and Federal learning standards that become available.

In addition, the following requirements apply to all students (PreK-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% of the PE class time.
- PE classes will have a teacher/student ratio comparable to core subject classroom ratios.
- Only medical waivers/exemptions from participation in physical education will be allowed.

Teacher Qualifications, Training, and Involvement

Teachers will receive training on how to integrate physical activity into the curriculum. Some portions of this training will be incorporated into annual professional development.

PE classes will be taught by licensed teachers who are certified or endorsed to teach PE.

Schools will allow teachers the opportunity to participate in or lead physical activities throughout the school day.

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.)

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The district will strongly encourage teachers to use physical activity such as PE games, extra recess, etc. as a reward.

Grounds, Facilities, and Equipment

The district will ensure the availability or 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, and applicable school board policies regarding use of school facilities during non-school hours, the district will work with 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.

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.

The District will designate the following administrators to oversee the local school wellness policy:

- Crystal Szymanski Administration -- (580) 874-2281, szymanskic@kremlin.k12.ok.us
- Brad Hawkins ES Site Level Administration -- (580) 874-2281, hawkinsb@kremlin.k12.ok.us
- Corey Blough HS Site Level Administration -- (580) 874-2281, bloughc@kremlin.k12.ok.us

Assessments, Revisions and Policy Updates

Every three 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 actively inform and update the public about the content and implementation of the local wellness policy that may include the District's website, handouts, newsletters, etc.).

Staff Wellness

The district recognizes that employee health is essential to student health and creating healthy school environments. Accordingly, the district will implement an employee wellness program that promotes healthy eating, physical activity, and overall health. The district may partner with community agencies and organizations (e.g., local health departments, hospitals, health insurance companies, and local chapters of national organizations, such as the American Cancer Society, American Heart Association, Red Cross, and YMCA) to assist in providing education, services, and resources for staff. The district will do the following to support staff wellness:

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- Provide employees with access to a refrigerator, microwave, and sink with a water faucet.
- Ensure access to a private space (other than a restroom) that has an electrical outlet and provide flexible paid or unpaid break times to allow breastfeeding and/or breastmilk to be expressed.
- Provide access to on-campus athletic facilities, such as gyms, basketball courts, and indoor facility.