

## Turkey Ford Wellness Policy ( Revision Sept 2022 )

### **Purpose:**

The Turkey Ford Public School District in Turkey Ford District located in Ottawa County, 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, 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.

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 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 dietitian 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))

**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 cafeterias and eating areas, classrooms, hallways, playgrounds, and faculty lounges) before, during, and after school.

**Schools will also ensure the following:**

- Students will be provided drinking cups, glasses, or reusable water bottles in places where meals and snacks 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 Turkey Ford School 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 to inform families of the availability and location of free Summer Food Service Program meals for students when school is not in session.
- 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 provide sufficient lunch periods that are long enough to give all students (K-12) adequate time to be served and eat their lunches-Lunch time allotted will not be less than 20 minutes per rotation.

- All competitive foods and beverages sold to students during the school day must meet or USDA food standards.

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### **Foods Provided at School:**

- Other foods and beverages provided (not sold) on campus (Breakfast, lunch and afterschool-programming) must meet the USDA's Smart Snacks standards. School parties and events will offer nutritious snacks.
- Turkey Ford School District will provide parents and teachers with a list of ideas for healthy food as well as non-food alternatives for classroom parties (e.g., the USDA's resources on Health

### **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 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. Examples include, but are not limited to [ sporting events, carnivals, auctions, concession stand sales and individual sale of items by the PTO to raise funding for the school].

### **The following will also occur:**

- Fundraising activities will not promote any particular food brands (e.g., fundraisers by fast food chains).
- The District will encourage fundraisers that do not sell food and/or that promote physical activity.
- The District will not be restricted regarding fundraisers and no caps shall be placed on the amount of fundraisers given in a school year.

After-School Concessions and Fundraisers: At least [50 percent] of foods and beverages offered during after-school concessions or as part of fundraisers held outside of school hours must comply with the USDA's Smart Snack standards.

## **Nutrition Education:**

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Schools will offer and integrate into the core curriculum nutrition education to all grades. The goal is to provide the students with 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 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:**

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

## **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 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.).

## **Smarter Lunch Room Score Card Scoring:**

Turkey Ford School District Smarter score card total is 47 out of 60. This score has improved from a starting score of 17. Turkey Ford School District strives to provide an engaging learning and eating experience.

### **Focus on Fruit: 6 out of 6**

1. At two kinds of fruit are offered.
2. Sliced or cut fruit is offered.
3. A variety of whole fruit are offered in an attractive way. pre-packaged or cut on tray.
4. Fruit is offered in at least 2 places. One being before point of sale. The other is on share table.
5. At least one fruit is offered as the fruit of the day.
6. A fruit taste test is offered at least one time per school year.

### **Variety of Vegetables: 6 out of 8**

1. At least two kinds of vegetables are offered each day.
2. Vegetables are offered on all service lines.
3. When cut and raw vegetables are offered, they are paired with a low fat dip such as ranch, humus, or salsa.
4. A serving of vegetables is offered at least once a month as an incorporation like beef and bean burrito.
5. At least one vegetable is featured as the vegetable of the day.

6. A vegetable taste test is offered at least once per year.

**Move more white milk: 4 out of 5**

1. Milk cases/coolers are kept full throughout the meal or service.
2. White milk is offered in all beverage coolers?
3. While milk is organized and represents at least 1/3 of all milk in each designated milk cooler.
4. White milk is displayed in front of other beverage choices.

**Boost Reimbursable Meals: 5 out of 11**

1. Cafeteria staff politely prompts students who do not have a full reimbursable meal to select fruit or vegetable.
2. One entree is chosen as the entree of the day and has a creative label for that item, and is the first item offered.
3. Creative, descriptive names are used for featured items on the monthly meals.
4. Students can preorder lunch in the morning or the day before.
5. Students are offered a taste test entree at least once a year.

**Lunchroom Atmosphere: 10 out of 10**

1. Cafeteria staff smile and greet the students upon entering the service line and throughout the meal service.
2. Attractive, healthy posters are displayed throughout the cafeteria.
3. A menu with creative names is listed and is placed at least 5 feet away from the students view.
4. The lunchroom is branded and decorated in a way that reflects the students.
5. Cleaning supplies or broken/unused equipment are not visible during meal times.
6. All lights in the meal area are working properly and on during meals.
7. Compost/trash cans and recycling bins are at least 5 feet away from service line.
8. A clear traffic path is established and a routine has been established for students.
9. Trash cans are emptied when full.
10. A menu with tomorrow's meal is posted in dining area.

**Student Involvement: 6 out of 6**

1. Student artwork is displayed in the service area or dining space. ( Holiday and special dates)
2. Students, teachers, or administrators announce todays menu in daily announcements.
3. Students are involved in the development of creative names for menu items.
4. Students have the opportunity to volunteer in the lunchroom.
5. Students are involved in the creation of artwork or materials to promote healthy eating.
6. Students provide feedback ( raise your hand if you like...)

**School Community Involvement: 10 out of 10**

1. A monthly menu is posted in the office or online.
2. A menu board with creative, descriptive names for todays featured meal options is located in the main area.
3. A monthly menu is available for students,parents, families, and teachers.
4. Information about the benefits of school meals is provided to teachers and administrations at least once per year.
5. Nutrition information is incorporated into the school day.
6. Students are engaged in food. ( gardens, plants, farm tours)
7. Recess is provided before lunch.
8. Food promotions are utelized such as fuel up to play 60, share our strength and other similar programs.
9. The school partners with local farmers to reduce food waste by providing leftovers to local farmers. This promotes interaction between students and local farms.
10. Smarter lunchroom strategies are included in this school wellness policy.

## **Food and Beverage Marketing:**

Only foods and beverages that meet the USDA's Smart Snacks standards will be marketed in schools. The marketing of any brand, without reference to a specific product, is prohibited unless every food and beverage product manufactured, sold, or distributed under the corporate brand name meets the Smart Snacks standards.

Marketing includes the following:

- Advertising on any property or facility owned or leased by the school district or school and used at any time for school-related activities (including school buildings, athletic fields, parking lots, school buses, vending machines, scoreboards, uniforms, educational materials, and supplies).
- Coupons, discounts, and corporate incentive programs that reward students (e.g., when they reach certain academic goals) with free or discounted items. Such rewards may not include foods or beverages that fail to satisfy the USDA's Smart Snacks standards.
- Corporate-sponsored programs that provide funds to schools in exchange for consumer purchases of certain items. Programs involving purchase of foods and beverages that do not meet the USDA's Smart Snacks standards are not permitted.
- If the non-compliant advertising is a permanent feature of a permanent fixture (e.g., a scoreboard), such advertising can remain until the permanent fixture is removed or replaced.

## **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 and snacks.
- Organize and participate in educational activities that support healthy eating behaviors and food safety.



## **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.
- Schools will take field trips to local farms.
- As part of their education, students will learn about agriculture and nutrition.

### **PHYSICAL EDUCATION AND PHYSICAL ACTIVITY:**

#### **Physical Education (PE): Basic Requirements**

- The District will require all schools to establish a comprehensive, standards-based PE curriculum for each grade (PK-6)- Schools will ensure that PE classes and equipment afford all students (PK-6) an equal opportunity to participate in PE.

#### **In addition, the following requirements apply to all students (PK-6):**

- 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.
- PE classes will have a teacher/student ratio comparable to core subject classroom size.

#### **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 before, during, and after school.
- PE classes will be taught by licensed teachers who receive professional development education and training each year, courses must be PE related.

## **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 and extra recess as a reward to encourage students to have a healthy lifestyle.

## **General Requirements: High Impact**

- Turkey Ford School District will ensure that all student will participate in 150 minutes.of physical activity each week.

## **Leadership:**

- Turkey Ford School District will designate one or more official to supervise the school wellness program. This person will be responsible for undated to the policies and fully understand all state and federally mandated laws regarding health and nutrition at a school.

## **Community Involvement:**

- Turkey Ford School District will permit Parents, Staff, Health officials and other community members to participate with the wellness commity. This will help bring awareness to healthy lifestyle choices in our school.
- Turkey Ford School District will provide the following:
  - Actively notify parents and the broader community about the contend and implementation of the wellness initiative as well as changes.
  - Ensure that all outreach and communication are culturally appropriate.
  - Educate the community about how they can participate in the wellness policy and implementation.

## **Assessments, Revisions, and Policy Updates:**

- At least once every three years, Turkey Ford School District will revisit the Wellness policy to assess the extent to which the school is in compliance with the policy. Updates and revisions will be made as needed at this time.
- Parents, students, physical education teachers, and the general public may be allowed to participate in the development of new policies.

- Turkey Ford School District will inform and update the public about the content and implementation of the local wellness policy.

### **High Impact Physical Activity Guidelines:**

- Recess will be provided each day of at least 20 minutes for all students.
- Indoor recess guidelines will be implemented to ensure that students receive adequate physical movement.
- Recess and/or movement activities will be done before lunch to encourage students to be hungry at meal times.
- Classroom brain breaks and movement will be encouraged at all grade levels.
- Physical Education standards will be followed for all students.
- All students will have an equal opportunity to participate in physical education.
- Students will engage in physical activity for at least 50 minutes of physical education time.
- Many different types of physical activity will be allowed to meet the needs of all students.
- Physical education classes will have a staff ratio that meets state guidelines for classrooms.

### **Teacher Qualifications:**

- At least one teacher will be a certified coach or physical education teacher. This teacher will supervise standards being available for other certified teachers to utilize during classes.
- Annual teacher development will include the importance of brain breaks and movement in the classroom.

### **Punishment and Rewards:**

- Physical activity and restriction of food will not be allowed for punishment.
- Extra Recess and PE may be given as a reward for students to help promote a healthy lifestyle.

**Afterschool Program Guidelines:**

- 20 % or 30 minutes (whichever is longer) of afterschool time will involve physical activity outside whenever the weather allows.
- Limit screen time to no more than 60 minutes per day for homework time.
- Encourage staff to join students in movement activities.

**Active Transportation:**

- Turkey Ford School District will work with officials to make all forms of transportation for students as safe as possible.
- Teachers and staff will be present at car drop off and pick up areas.
- Supervision will be provided for the loading and unloading of students.
- Bus rules will be followed and students will understand safe evacuation procedures.

**Staff Wellness:**

The District recognizes that employee health is essential to student health and to 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.

**Services made available:**

- Walking and short breaks will be encouraged for teachers and staff.
- Teachers will be encouraged to take short walks on campus with students when the weather allows for brain breaks.

**Nutrition:**

- Serve food and beverages that meet Smart Snacks standards as an option with other snacks and foods at all staff meetings, trainings, special occasions (e.g., birthdays and retirement parties), and other workplace gatherings.
- Provide employees with access to a refrigerator, microwave, and sink with a water faucet.

- Provide or partner with community organizations or agencies to offer nutrition education through activities such as seminars, workshops, classes, meetings, and newsletters.
- Partner with community organizations or agencies to offer staff accessible and free or low-cost healthy eating/weight management programs.

## **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.
- Require schools to hold recess or Physical education class before lunch, in order to increase food consumption, reduce waste, and improve classroom attentiveness when students return from lunch.

### **Physical Activity Breaks:**

- Turkey Ford School District, will require schools to provide all students (PK-6) 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.

## **Grounds, Facilities, and Equipment:**

- Turkey Ford School 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.
- Allow 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 and encourage a good working community.
- Turkey Ford School District will be Consistent with state law and District policies and procedures regarding the use of school facilities during non-school hours.
- Turkey Ford School District will work with community-based organizations to coordinate and enhance opportunities for staff, students, and their families to engage in physical activity.

- The school facilities shall be available to use, before and after the school day, during weekends, and during school vacations.

- **Physical Activity For**

- **Staff:**

- Promote walking.
- Incorporate 10-minute physical activity breaks into every hour of sedentary meetings, trainings, and other workplace gatherings.
- Promote employee participation in physical activity by creating exercise clubs or groups and/or sponsoring employee sports teams.
- Use posters, pamphlets, and other forms of communication to promote physical activity (including stairwell use, if applicable).
- Provide information about local physical activity resources and facilities, such as walking trails, community parks, and recreation facilities.

**General Wellness:**

- Partner with community organizations or agencies to offer voluntary health screenings annually to staff, including free or low-cost health assessments.
- Partner with community organizations or agencies to provide stress management programs annually to staff.
- Promote tobacco prevention and provide referral information on cessation services through the Oklahoma Tobacco Helpline.
- Partner with community organizations or agencies to offer immunization clinics (e.g., flu, Tdap, etc.) to staff.
- Provide or partner with community organizations or agencies to offer free or low-cost first aid and CPR training.

**Professional Development:**

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

**Health Education:**

Where applicable, schools' health education curriculums will follow Oklahoma State Standards.

## **Leadership:**

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