

# MOSELEY PUBLIC SCHOOL WELLNESS POLICY

## Purpose

Moseley Public School (the 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 and creating environments that facilitate 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.
- Create goals for nutrition promotion and education, physical activity and physical education, and other activities that promote student as well as staff 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 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 Moseley School District will make nutritious foods available on campus during the school day to promote student and staff health. At 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:**
    - **High in fiber.**
    - **Free of added trans fats.**
    - **Low in added fats.**
    - **Low in sugar.**
    - **Low in sodium.**
    - **Accessible, appealing, and attractive to all children.**
    - **Served in a clean, pleasant, and supervised setting.**
    - **Respectful of cultural diversity (e.g., students will be encouraged to suggest foods that reflect cultural traditions) and religious preferences.**
    - **Reviewed by a registered dietitian or other certified nutrition professional and/or based on a meal plan provided by a professional resource (e.g., the State Department of Education, the USDA, the Alliance for a Healthier Generation, or The Lunch Box).**
- **The District will ensure that schools provide breakfast through the USDA School Breakfast Program.**
  - **The District will also offer breakfast using alternate meal service options such as Breakfast in the Classroom, Second Chance Breakfast, Breakfast After the Bell, and/or Grab & Go Breakfast carts in the hallways.**
  - **The District will also encourage students to start the day with a healthy breakfast.**
- **Water: Moseley School 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.**
    - **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)**

- **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.**
- **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:
    - **Send applications for reimbursable meal programs to families at the beginning of the school year and make applications available on the District website.**
    - **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.**
    - 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.
- **Adequate Time to Eat:** The District will allow students at least 10 minutes to eat breakfast and 20 minutes to eat lunch from the time they are seated AND/OR provide sufficient lunch periods that are long enough to give all students (K-12) adequate time to be served and eat their lunches.

## Competitive Foods and Beverages

- **All competitive foods and beverages sold to students during the school day must meet the USDA's Smart Snacks standards.<sup>1</sup>**

## Other Foods Provided at School

- **Other foods and beverages provided (not sold) on campus (e.g., for classroom parties, celebrations, and afterschool-programming) must meet the USDA's Smart Snacks standards.**
  - The District, however, may allow exemptions for up to two (2) celebrations during the school year, during which the foods and beverages served are not required to meet the Smart Snack standards.
  - The 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 "Popular Events") and after-school programming (including 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 *two (2) 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.
- 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.
  - **After-School Concessions and Fundraisers:** Foods and beverages offered at after-school concessions or as part of fundraisers held outside of school hours must also comply with the USDA's Smart Snacks standards.

## Nutrition Education

- Moseley School will provide nutrition education to all grades (K-8 District), to give students the knowledge and skills necessary for lifelong healthy eating behaviors, including the following:
  - How to read labels and understand the problems associated with unhealthy food marketing to children.
  - What it means to eat healthfully, consume the proper nutrients, and maintain a wholesome and balanced diet.
- In addition, schools will ensure that nutrition education:
  - Complies with and supports state learning objectives and standards, including those related to Oklahoma Academic Standards for Health and the state's Health Education Act.
  - 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

- Food, beverages, and candy will not be used to reward or punish academic performance or student behavior.
- The Moseley district will always offer both breakfast and lunch to each and every student enrolled in the school district. The district prohibits the use of all foods, beverages, and candy for reward or punishment toward all students enrolled.

## Nutrition and Healthy Food Promotion

- The Moseley District will promote healthy food and beverage choices and appropriate portion sizes by doing the following:
  - **Providing age-appropriate activities, such as food demonstrations and taste-testing that promote selection and consumption of healthy foods.**
  - **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.**
  - **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 foods and beverages that meet the USDA's Smart Snacks standards may 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 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. The District will also 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 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; establish designated areas where students can garden with guidance; offer related nutrition and food preparation lessons and opportunities for taste testing and hands-on learning.
- 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

## General Requirements

- **The District will ensure that all students participate in a minimum of sixty (60) minutes of physical activity each day, whether through physical education, exercise programs, after-school athletics, fitness breaks, recess, classroom activities, physical activity throughout the school day, or wellness and nutrition education.**

## Physical Education & Physical Activity

Moseley Public School includes measurable mandates for both physical activity and physical education. The district has built a schedule around all grade levels K- 8<sup>th</sup> to ensure students have an average of 300 minutes a week of PE and Health Education not just students in grades K-5. All students receive the same amount of physical activity each school day. The districts policy goes above the Oklahoma state law which requires school districts ensure elementary students participate in a minimum average of 60 minutes of physical activity per week. The Moseley School district meets the recommended amount of physical activity per day because this is the amount recommended by the CDC and encouraged by the USDA.

## Classroom Activities/Integrating Physical Activity Throughout the School Day

The Moseley School District allows students to have flexible seating in the upper grade classrooms for those students who want to learn in that setting. (This includes stationary bikes, treadmills, flexible seating yoga balls) Each classroom has "brain break" activities after each lesson taught for movement. This helps with focus, academic performance, and better brain health. Yearly professional development is presented for training and staff meetings are held throughout the year for planning strategies. Classroom activities/brain breaks with music and movement are held throughout the school day and implemented into each classroom throughout the school district.

### 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). 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 before lunch, in order to increase food consumption, reduce waste, and improve classroom attentiveness when students return from lunch.**
- **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.

- **Physically Active Classrooms:** Provide support for teachers and other staff to incorporate classroom-based physical activities, such as classroom energizers, into academic lessons or as a break.

## 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 that PE classes and equipment afford all students (K-12) an equal opportunity to participate in PE.
  - This curriculum will be updated to support and prioritize new State and Federal learning standards that become available.
- **Elementary school students (K-5)** will participate in at least 150 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.

## Physical Education (PE)

Moseley Public School students in all grades pre-kindergarten through 8<sup>th</sup> grade have 60 minutes of physical education daily. All students enrolled at Moseley School have 300 minutes of physical education per week.

- In addition, the following requirements apply to all students (K-12):
  - Students will engage in moderate to vigorous physical activity for more than 50 percent of the PE class time.
  - During PE, students will be given the opportunity to participate in many types of physical activity, including those that can be incorporated into everyday lifelong activity, as well as competitive and cooperative games.
  - PE classes will have a teacher/student ratio comparable to core subject classroom ratios.

## Teacher Qualifications, Training, and Involvement

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

## 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 allow staff, students, their families, and other neighbors and community members to use school recreational facilities during non-school hours to increase opportunities to engage in physical activity.**
- **Consistent with state law, District policies and procedures, and applicable School Board policies regarding the use of school facilities during non-school hours, the District will work with local government (including city, county, and/or recreation districts) and/or community-based organizations to coordinate and enhance physical activity opportunities using school facilities before and after the school day, during weekends, and during school vacations.**

## Recreational Facilities

Moseley School has a paved track open to all community stakeholders within the district. The gymnasium is open two nights a week to a church community driven Taekwondo lesson classes. The softball field is also available for t-ball and up to 8U leagues.

## Active Transportation

- **The District will do the following:**
  - **Work with local officials to designate safe or preferred routes to school.**
    - **This includes local coordination to create designated drop off locations and procedures that promote physical activity and safety.**
  - Encourage children and their families to walk and bike to and from school.
  - Encourage parents to supervise groups of children who walk or bike together to and from school.
  - Provide bike racks for students, faculty, and staff.
  - Promote National and International Walk and Bike to School Week/Day.

## After-School Physical Activity and Screen Time

After-school programming will do the following:

- **Dedicate at least 20%, or at least 30 minutes (whichever is more), of program time to physical activity, which includes a mixture of moderate to vigorous physical activity.**
- **Limit screen time to less than 60 minutes per day to be used only for homework and other educational or physical activity purposes.**
- **Encourage staff to join children and youth in physical activity whenever possible.**
- Utilize outdoor space for physical activity as much as possible each day (weather permitting and with appropriate protection from the elements).
- Provide equal opportunities for children and youth with disabilities to be physically active.

## OTHER ACTIVITIES THAT PROMOTE SCHOOL WELLNESS

### School Wellness

The Moseley School district provides opportunities for after school athletic programs such as softball, football, basketball, cheerleading, archery, and track. The school district supports these programs with employing school personnel to lead in these programs.

### Health Education

- Where applicable, schools' health education curriculums will follow the [Oklahoma Academic Standards](#) and new health education and literacy laws and guidance.
- Where applicable, multi-component, school-based health promotion interventions will be delivered, including: educational, behavioral, environmental, and other obesity prevention efforts (e.g., education classes, enhanced physical education, healthy food promotion, family outreach, etc.)

### 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.**
- The District will do the following to support staff wellness through:
  - Nutrition
    - **Provide employees with access to a refrigerator, microwave, and**

- sink with a water faucet.
  - **Provide (or partner with community organizations or agencies in order to offer) nutrition education through activities such as seminars, workshops, classes, meetings, and/or newsletters.**
  - **Serve only those foods and beverages that meet Smart Snacks standards at all staff meetings, trainings, special occasions (e.g., birthdays and retirement parties), and other workplace gatherings.**
  - **Partner with community organizations or agencies to offer staff accessible and free or low-cost healthy eating/weight management programs.**
- Physical Activity
  - **Provide access to on-campus athletic facilities, such as gyms, running tracks, basketball courts, tennis courts, and swimming pools.**
  - **Promote walking meetings.**
  - **Promote employee participation in physical activity by creating exercise clubs or groups and/or sponsoring employee sports teams.**
  - **Provide information about local physical activity resources and facilities, such as walking trails, community parks, and recreation facilities.**
  - **Incorporate 10-minute physical activity breaks into every hour of sedentary meetings, trainings, and other workplace gatherings.**
  - **Use posters, pamphlets, and other forms of communication to promote physical activity.**
  - **Promoting stairwell use, if applicable, throughout the workday by making stairs appealing and posting motivational signs.**
- General Wellness
  - **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.**
  - **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 breast milk to be expressed.**
  - **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 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.**

### **Staff Wellness**

The Moseley School district has furnished an area with exercise equipment that can be utilized before school, after school, or during a planned break.

Professional development training has been provided for this room.

## Professional Development

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

## 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

Name	Position	Contact Information (Email address is sufficient)
Machele Potter	Superintendent	machele@moseleyschool.com
Jacke Fairchild	Special Ed Director	jfairchild@moseleyschool.com
Emma Phillips	Counselor	emma@moseleyschool.com

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.

- Below are name(s), position(s), and contact information of the designated official(s) below (USDA requires districts to only include the position of the designated official(s); the District also strongly encourages that the individuals' contact e-mail address be provided):

### 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 serve on the local school wellness policy committee and 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:
  - **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.**

- **Community supports school athletic programs and education on health and wellness by attending meetings and participating in discussions outlined in the agenda.**

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

- **At least once 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 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.).**
  - **Triennial Assessments will be given once every three years via google forms.**

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1 7 CFR 2010.11.