GRAND VIEW SCHOOL WELLNESS POLICY

Grand View School District Wellness Policy

Purpose

The Grand View School District (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 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.
- 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.

Coordinated School Health

The district will adopt the Coordinated School Health Program model that is recommended by the Centers for Disease Control and Prevention (CDC) for planning and coordinated school health activities. This model helps to create a school environment that conveys consistent messages and is conductive to healthy eating, physical activity, and wellness for all staff, students and their families.

The Coordinated School Health Program includes the following eight components: Health Education; Physical Education; Health Services; Family and Community Involvement; Counseling, Psychological, and Social Services; Nutrition Services; Healthy School Environment, and Health Promotion for Staff.

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 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) throughout the entire school day.

Schools will also ensure the following:

- 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.
- 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.
- 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 20 minutes to eat lunch from the time they are seated.

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.[1]

Classroom Parties and Celebrations

Only foods and beverages that meet the USDA's Smart Snacks standards will be allowed to be served during classroom parties and celebrations. The District, however, may allow exemptions for up to 2 during the school year, during which the foods and beverages served are not required to meet the Smart Snack standards.

Examples of Foods and Beverages that Meet Criteria Include:

- Individual fruits-apples, pears, oranges
- Fruit cups packed in juice or water
- Vegetables-baby carrots, broccoli
- Dried or dehydrated fruits-raisins, apricots, cherries
- Low-fat, low-salt, whole grain crackers or chips
- Whole grain, low sugar cereals
- 100% whole grain mini bagels

- 8-oz servings of low-fat, fruit-flavored yogurt with ≤30g of total sugars
- Low sodium, whole grain bars containing sunflower seeds, almonds, peanuts or walnuts
- Unflavored nonfat and low-fat milk
- Flavored nonfat and low-fat milk (≤ 22g of total sugars per 8-oz. portion)

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 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.

After-School Fundraisers and Concessions (e.g., during after-school programming, events, clubs, and evening concessions): After school fundraising should support children's health and reinforce nutrition lessons. Our district encourages that fundraising activities should only include healthy foods and/or physical activity and/or non-food items. School fundraising activities that include the sale of healthy foods and non-food is a public demonstration of the school's commitment to promote healthy behaviors among students, families, and the communities at large; while helping clubs, groups, or organizations meet their financial needs.

Nutrition Education

The goal of the nutrition education is to facilitate the adoption of healthy eating and other health promoting nutrtion-related behaviors. Nutrtion education occurs in the classroom as well as in the larger school community. Healthy eating behaviors are promoted through the use of multiple channels: including classroom, cafeteria, and communications with parents.

Schools will offer—and integrate into the core curriculum—nutrition education to all grades (K-8), providing students the knowledge and skills necessary for lifelong healthy eating behaviors. In the classroom, it is included in the scope and sequence in core subjects such as math, science, language arts, social sciences, and elective subjects.

In addition, schools will ensure that nutrition education:

- 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.

Nutrition and Healthy Food Promotion

The District will promote healthy food and beverage choices and appropriate portion sizes by doing the following:

- Providing age-appropriate activities, such as contests, food demonstrations, and taste-testing that promote healthy eating habits.
- Offering information to families and the community through communications with parents, educational workshops, homework materials, screening services, and health-related exhibitions and fairs.
- 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 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.

Nutrition Guidelines and Standards for Foods and Beverages Outside of School Meal Programs (Competitive Foods) from the Institure of Medicine (IOM)

These foods and beverages will meet the following standards:

- Fruits, vegetables, whole grains, and related combination products (contain a total of ≥ 1 serving fruits, vegetables, and/or whole grains), or nonfat/low-fat dairy
- Foods low in calories:
    - Snacks are ≤ 200 calories per portion as packaged and do not exceed calorie limits on comparable National School Lunch Program (NSLP) items
- Foods low in fat:
    - No more than 35% of total calories from fat
    - Exceptions to the standard are:
    - Nuts and seeds: fat content will not count against the total fat content of the product
    - Less than 10% of total calories from saturated fats
    - Zero trans fat (< 0.5g per serving)
- Foods low in added sugar:
    - Snacks, foods, and beverages provide ≤ 35 % of calories from total sugars per portion as packaged
    - Exceptions to the standard are:
        - 100 % fruits and fruit juices in all forms without added sugars
        - 100 % vegetables and vegetable juices without added sugars
            - 4-oz. portion as packaged for elementary/middle school
        - Unflavored nonfat and low-fat milk and yogurt
        - Flavored nonfat and low-fat milk (≤ 22g of total sugars per 8-oz. serving)
        - Flavored nonfat and low-fat yogurt (≤ 30g of total sugars per 8-oz. serving)
- Foods low in Sodium:
    - Snacks have ≤ 200mg sodium per portion as packaged or have ≤ 480mg per entrée portion as served for à la carte items
- Caffeine-free foods and beverages:
    - An exception is naturally occurring trace amounts of caffeine
- Water without flavoring, additives, or carbonation
- Plain, potable water is available at all times for free
- The remaining available beverage choices must follow the criteria below:

- Sugar-free, made with nonnutritive sweeteners or <5 calories per portion as packaged
- Caffeine-free
- Not vitamin- or nutrient-fortified (includes but not limited to vitamin waters, energy drinks, sports drinks
- With or without carbonation or flavoring

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.
- Engage in educational activities that support healthy eating behaviors and food safety.

Farm-to-School Programs and School Gardens

The District supports the incorporation of school or community gardens into the standards based curriculum as a hands-on, interdisciplinary teaching tool to increase knowledge and influence student food choices and lifelong eating habits. The district will support the sustainability of school gardens through activities that could include: fundraising, solicitation of community donations, and the use of existing resources.

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.
- Meals serced within the federally reimbursable meal program will be designed to feature fresh fruits and vegetables from local sources to the greatest extent possible.
- As part of their education, students will learn about agriculture and nutrition.

Community/Family Involvement

The district recognizes that parents and guardians have a primary and fundamental role in promoting and protecting their children's health and well-being. The district supports parents' efforts to provide a healthy diet and daily physical activity for their children. The district encourages parents to provide healthy lunches and snacks and to refrain from including beverages and foods that do not meet good nutrition standards for foods and beverages.

PHYSICAL EDUCATION AND PHYSICAL ACTIVITY

The Grand View School District recognizes the importance of physical activity and physical education in promoting health and academic achievement, and is an important part of a student's comprehensive, well-rounded education program that will positively impact life-long health and well-being. The District supports quality physical activity throughout the school day including physical education classes, classroom activity and recess or outdoor play activity.

General Requirements

The District will ensure that all students (K-12) participate in a minimum of 60 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.

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.
- Recess before lunch will be encouraged to the greatest extent possible in order to increase food consumption, reduce waste, and improve classroom attentiveness when students reture 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.

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.

Elementary school students (K-5) will participate in at least [120] minutes of PE per week throughout the entire school year.

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.

Only medical waivers/exemptions from participation in physical education will be accepted.

Teacher Qualifications, Training, and Involvement

- Students will be given opportunitites for physical activity during the school day by integrating physical activity into the academic curriculum.
- Training for teachers on integrating physical activity into the curriculum will be provided.
- PE classes will be taught by licensed teachers who are certified or endorsed to teach PE.

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 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 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.

Active Transportation

Due to safety issues resulting from the location of Grand View School, all students are transported by bus or parent.

The District will do the following:

- Work with local officials to designate safe or preferred routes to school.
- Promote National and International Walk and Bike to/at School Week/Day.

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.[2] 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 highly values the health and well-being of every staff member and support staff members to maintain a healthy lifestyle. District staff will be encouraged to model healthful eating and physical activity habits to demonstrate support of healthy lifestyle habits to the students. The district will:

- Provide employees with access to a refrigerator, microwave, and sink with a water facet.
- Provide access to on-campus athletic facilities, such as gyms, running tracks, basketball courts, tennis courts, and swimming pools.

- 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.
- Provide information aobut local physical activity resources and faciliites, such as walking trails, community parks, and recreation faciliites.
- Partners with community organizations or agencies to offer voluntary health screenings annually to staff, including free or low-cost health assessmetns.
- Ensure access to a prive space (other than a restroom) that has an electrical ourtlet, and provided flexible paid or unpaid break times to allow mothers to express breast milk and/or breastfeed.
- 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 the National Health Education Standards or Oklahoma Academic Standards.

Name	Position	Contact Information (Email address is sufficient)
Rashelle Vaughn	Child Nutrition Director	rvaughn@grandviewchargers.org
Ed Kennedy	Superintendent	ekennedy@grandviewchargers.org

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.

Include the name(s), position(s), and contact information of the designated official(s) here:

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:

- *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.).

TSET HEALTHY LIVING PROGRAM

GRAND VIEW SCHOOL TOBACCO-FREE CAMPUS POLICY

Introduction

- Grand View Public School understands the concern of parents, educators, students, and community members regarding the adverse effects of tobacco and secondhand smoke. We want to provide a safe and healthy environment for our students, staff, and community and set the proper example for our students.
- This policy is intended to improve the health and safety of all individuals using the schools.

Definitions

For the purposes of this policy, the following definitions apply:

School Property is defined as any property that is owned, leased, managed, or otherwise controlled by the school district, including vehicles and any outdoor property, such as sporting facilities and parking lots.

Tobacco Product is defined as a product that contains or is derived from tobacco and is intended for human consumption, excluding drugs or devices approved for cessation by the United States Food and Drug Administration. This includes e-cigarettes and vapor products with or without nicotine.

24/7 Tobacco-free Campus is defined as a campus where tobacco use is prohibited anywhere, at any time, and by any person. This extends to school vehicles and school-sponsored or school-sanctioned events, including those held off-campus.

Prohibitions

- Tobacco Product use is prohibited anywhere on School Property, 24 hours a day, seven days a week, by any person. This policy extends to personal vehicles while such vehicles are on School Property, school vehicles, and school-sponsored or school-sanctioned events, including those held off-campus.
- This policy applies to employees of the school district, students, visitors, and any other person present on School Property. This policy also applies to all public school functions (sporting events, concerts, etc.) and any outside agency using the district's facilities, including stadiums. This policy is in effect 24 hours per day, seven days per week.
- The district will not accept donations of gifts, money, or materials from the tobacco industry. This district will not participate in any type of services, events, or programs that are funded by the tobacco industry.

- Students are prohibited from possessing Tobacco Products on School Property and at any off-site, school-sponsored meeting or event, including, but not limited to, field trips and athletic events.
- Ash receptacles, such as ash trays or ash cans, are not permitted on School Property.

Implementation and Enforcement

- Signs should be posted to inform employees, students, visitors, and any other person present of the tobacco-free facility at entrances on School Property.
- The success of this regulation will depend upon the thoughtfulness, consideration, and cooperation of tobacco users and nonusers. All individuals on school premises share in the responsibility for adhering to and enforcing this regulation. All students will receive instruction on avoiding tobacco use. Ultimately, each site administrator will take appropriate steps to enforce the regulation.
- Students found in violation of the policy will have their parents contacted for a first violation. Second offense could include disciplinary action, to include, but not limited to community service and tobacco education programs. The school administrator will confiscate the prohibited Tobacco Product. Information about the Oklahoma Tobacco Helpline will be provided to students in violation of this policy in order to provide a resource for tobacco cessation.
- Employees who violate the regulation shall be subject to disciplinary action in accordance with the employee bargaining agreements and/or the districts' faculty handbook. Information about the Oklahoma Tobacco Helpline will be provided to staff members in violation of this policy in order to provide a resource for tobacco cessation.
- Visitors who violate the policy shall be subject to a verbal request to the individual to stop. If the person refuses to stop, the individual will be requested to leave. If the person refuses to leave, they will be referred to local authorities.

Effective Date

This 24/7 Tobacco-free Campus Policy is effective as of 9-19-17.

Approved by School District:

Name & Title: Marty a. Kimble, Board Pres.

Date: 9-19-17

Comment on Traditional Tobacco Use

This document acknowledges the traditional and sacred use of tobacco among American Indian people living in Oklahoma. Whenever the word tobacco is referenced in these materials it refers to the use of commercial tobacco.

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[1] 7 CFR 2010.11.

[2] 70 OSA 24-100a.

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