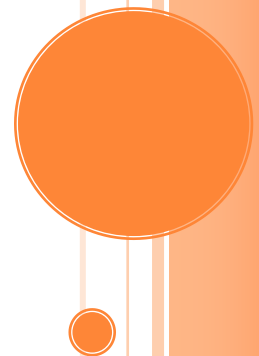


BEGGS PUBLIC SCHOOLS

Local Wellness Policy

The Beggs Public School District is committed to providing a school environment that enhances learning and development of lifelong wellness practices. We recognize the direct correlation between academic achievement and student health and wellness.

Revised: March 2022



Beggs Public Schools

Local Wellness Policy

This policy reflects Beggs Public Schools Board of Education's commitment to removing health-related barriers to learning by establishing health policy, health promotion and health education. The board values school-based activities designed to provide students with a school environment that supports and promotes wellness, healthy eating and an active lifestyle. The board recognizes the District role as part of the larger community, to model and actively practice the promotion of family health, physical activity, and good nutrition. The Beggs Public School District shall serve as a framework for the students, staff and patrons of the district illustrative of a sound commitment to local health and fitness.

Healthy School Environment

The physical, emotional climate, social climate and culture of the school supports and enhances the health of students, staff and families.

- ☞ Our school enforces a Tobacco Free Policy campus wide 24 hours per day 7 days a week. This includes electronic and vapor devices or any other product or device packaged for smoking or the simulation of smoking.
- ☞ Beggs Schools prohibits the acceptance of tobacco funds and advertising on school property.
- ☞ Beggs students and faculty are prohibited from wearing alcohol or tobacco brand-name apparel or carrying merchandise with alcohol or tobacco logos.
- ☞ The District sustains written bullying prevention procedures.
- ☞ Safety & Wellness Committee meets regularly. Board members, District Administration, Teachers, Cafeteria Personnel, Parents, and Students are encouraged to contribute. This Committee will work on School Health Index or other school assessment tool and develop and implement action plans.
- ☞ Site principals will encourage classroom teachers, staff, administrators, volunteers, or community partners are not using food, beverages, or candy as a reward or punishment for academic performance or student behavior.
- ☞ Site principals will communicate and employ the Snack, Party, & Celebration Policy with faculty, staff, parents and guardians through the use of newsletters, handbooks and the District website. Classroom celebrations should only offer healthy food and beverage options with the exception of ONE party per school year as long as healthy snack options are also available during this time.
- ☞ Teachers and other school personnel will not use physical activity as punishment or withhold opportunities for physical activity such as withholding recess or PE as a punishment.
- ☞ Elementary and Middle School students receive 20 minutes of recess daily.
- ☞ Proper equipment and facilities meet all standard and safety requirements.

- ☞ Students, parents and all other community members have access to, and are encouraged to use and participate in the schools outdoor physical activity facilities outside the normal school day.
- ☞ School fundraising activities that include sale of healthy foods, beverages and non-food items is a public demonstration of the school's commitment to promoting a healthy environment and healthy behaviors among students, classrooms, families and the community, while helping groups and organizations meet their financial needs. The Healthy food and beverage criteria are outlined within this policy under the *Nutrition Guidelines and Standards for other Foods Beverages Outside of School Meal Programs* and will be followed in all fund raising events.
- ☞ All fundraisers sponsored by the Beggs School District will be supportive of healthy eating.
- ☞ Fund raising activities, including activities run by organizations throughout the District will support student's health and reinforce positive nutritious behaviors.
- ☞ Our District promotes healthy fundraising efforts such as healthy foods and beverage options, non-food items, physical activity-related options, or community service options.
- ☞ Beggs Public Schools maintains written guidelines/policies for safety including fire safety, weather safety, lock downs, etc.
- ☞ Our District will remain open-minded to the possibility of a school garden.

Health Education

The goal of Beggs School District is to facilitate the adoption of health promoting behaviors. Health education occurs in the classrooms as well as in the larger school community; aiding students with skills that help with maintaining and improving their health, preventing disease and reducing health-related risk behaviors.

- ☞ Nutrition Education will be provided in all grades and will be incorporated into core curriculum. 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.
- ☞ The school cafeteria environment allows students to apply critical thinking skills taught in the classroom on healthy eating.
- ☞ Resources that include learning opportunities which enhance health will be made available for all staff.
- ☞ Health education is provided to families and community through communications with parents, homework materials, newsletters and our District Website.
- ☞ Students will be given opportunity for physical activity during the school day by introducing physical activity in the classrooms through the use of brain breaks and structured movement.
- ☞ The District Agriculture Department will educate students regarding plant growth (fruits/vegetables) through the use of the campus greenhouse.
- ☞ Our district is dedicated to offering health education for our student population. Elementary, Middle, and High School students will receive a minimum of 20 minutes a week.

- ☞ Beggs middle/high school students have opportunity for involvement and membership in youth empowerment groups.

Physical Education

The Beggs School District recognizes the importance of physical activity and physical education in promoting health and academic achievement, and is an important part of 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.

- ☞ Students participating in PE will be moderately to vigorously active for at least 50% of Physical Education class time.
- ☞ Teachers and other school staff are encouraged to use physical activity as rewards such as extra recess during a school day.
- ☞ Elementary students participate in 150 minutes of Physical activity per week. These activities will be throughout daily recess, daily physical activity integrated in the school day and Physical Education class.
- ☞ Only medical waivers/exemptions from participation in physical education will be accepted.
- ☞ The District provides opportunities for participation in a broad range of competitive and noncompetitive physical education activities.
- ☞ The Beggs School district has a walk or ride a bike to school initiative. The School sponsors an annual Walk at School Day.
- ☞ The District will utilize the Physical Education Curriculum Analysis Tool (PECAT) in the process of assessing physical education curriculum

Health Services

Beggs School District is dedicated to supporting students in an effort to appraise, protect and promote health. Our health services are designed to ensure optimum conditions for a safe school environment.

- ☞ Beggs School District communicates health information to parents, including the importance of physical activity, when to keep an ill student home, good sleep habits, hand washing, immunization information, tobacco cessation, etc.
- ☞ The District provides information to faculty, staff, and students on the **Oklahoma Tobacco Helpline (1-800-QUIT-NOW)** for tobacco cessation.
- ☞ The District fulfills state immunization requirements.
- ☞ The District Nurse refer students to appropriate healthcare providers when health problems are detected that affect student ability to participate in physical activity or students with nutrition issues.

Nutrition Services

The District will make nutritious foods available on campus during the school day to promote student and staff health. The District Child Nutrition Program will offer reimbursable meals that meet the United States Department of Agriculture (USDA's) requirements as well as follows principles of Dietary Guidelines for Americans.

- ☞ The Child Nutrition Program will serve the following: food high in fiber, free of added trans-fat, low added fats, sugars and sodium, served in appropriate portion sizes consistent with the USDA Guidelines.
- ☞ Child Nutrition Programs are accessible to all children.
- ☞ Children will be encouraged to start each day with a healthy nutritious breakfast.
- ☞ Meals served throughout the Child Nutrition Program will be appealing and attractive to children of various ages and diverse backgrounds. They will be served in a clean, safe and pleasant environment.
- ☞ The Child Nutrition Department will partner with local/regional farms to facilitate a Farm-to-School program to our District. Meals served within the federally reimbursable meal program will be designed to feature fresh fruits and vegetables from local farms to the greatest extent possible.
- ☞ Child Nutrition Staff will be engaged in wellness activities and educational opportunities that support healthy eating behavior and food safety.
- ☞ Annual training is provided to Child Nutrition Staff on basic nutrition, nutrition education, and nutrition standards for preparing and serving healthy meals.
- ☞ Cool unflavored drinking water is offered at no charge throughout the District on a daily basis. Only 1% or non-fat varieties of milk are served throughout the District. Juice is 100% juice with no added sweeteners.
- ☞ Students will be allowed adequate time to consume meals, with at least 10 minutes for breakfast each day, and 20 minutes for lunch from the time students are seated.
- ☞ The Beggs School District is a proud sponsor of the Summer Food Program and continues to serve healthy nutritious meals throughout the summer months to students in our community.
- ☞ The Beggs School District will strive to increase participation in the available federal Child Nutrition programs (school breakfast, school lunch, after school snack and Summer Food Programs).
- ☞ The Child Nutrition Local Wellness Policy Reviewing and Updating/Responsible Parties: In our District we have a Health and Safety Committee that meets and goes over any issues or concerns with Health and Safety of our students. If anything needs to be updated we make changes and add to our Local Wellness Policy. Revisions are made then posted on our school website. Health & Safety Committee Members LeeAnn Brantley – Teacher Lauren Long – Counselor Sandra Howell – Child Nutrition Director Karen Freeman – School Nurse Bobby Tollette – Campus Security Courtney Remington – PE Teacher Karen Busby – Parent Nancy McCune – Elementary Principal Ashley Callahan – Parent Kathleen Hilton – Parent Calvin Callahan – Student Jentry Hilton - Student will meet all state, federal and local guidelines of meal patterns. Ensuring whole grains are a part of meals served throughout the District. Also that serving portions and vegetables and fruits meet all guidelines required by the Healthy, Hunger Free Kids Act.

- ☞ Our District will offer healthy snacks in compliance with state, federal, and local guidelines for our After School Snack Program
- ☞ Nutrition Services will provide food for use in at least one classroom nutrition education lesson and/or offer taste tests for items to be considered for reimbursable school meals.

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

Students will have access to only healthy food and beverage options in vending machines, school stores, and food/beverage for snacks and celebrations. The following 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 a la carte entrée items 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 (≤ 0.5 g per serving)

Foods low in added sugar:

- ☞ Snacks, foods, and beverages provide $\leq 35\%$ of calories from total sugars per portion as packaged. Exceptions to standards are 100% fruits and fruit juices in all forms without added sugars or 100% vegetables and vegetable juices without added sugars.
- ☞ 4-oz. portion as packaged for elementary/middle school.
- ☞ 8-oz. (2 portions) for high school
- ☞ Unflavored nonfat and low-fat milk and yogurt.
- ☞ Flavored nonfat and low-fat milk (≤ 22 g of total sugars per 8oz. serving).
- ☞ Foods low in sodium: Snacks have ≤ 480 mg per entrée portion as served for ala 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 at no cost.

Examples of food and beverage that meet the criteria include:

- ☞ Individual fruits such as apples, pears, oranges

- ☞ Fruit cups packed in juice or water
- ☞ Vegetables such as carrots, broccoli, cauliflower
- ☞ Dried or dehydrated fruits such as 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 \leq 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 (≤ 22 g of total sugars per 8oz. portion)
- ☞ 100% fruit juice or low sodium 100% vegetable juice.
- ☞ 8oz. serving of low-fat or nonfat chocolate milk with ≤ 22 g of total sugars.

Meal Charge Policy

It is policy of Beggs Schools to set charge limit to -\$10.00. We communicate with parents in several ways to try to keep them informed of their child/child's account balance. SFA will monitor accounts and contact all households or reoccurring meal charges and offer any help possible. Free and Reduced forms are made available for all households.

- ☞ Beggs Schools has set a charge limit of -\$10.00.
- ☞ Payment reminders are sent home weekly at all three sites once account has a balance of \$5.00 or less. Monday-High School payment reminders go out. Tuesday - Middle School payment reminders go out. Monday and Wednesday payment reminders go out at Elementary site.
- ☞ Students are reminded through meal line when there account is getting low and money is need.
- ☞ Once -\$10.00 limit is exceeded an additional reminder is sent home to parents letting them know if we do not receive a credit to account we would have to give student a peanut butter sandwich and milk or cheese sandwich and milk for any meals served until balance is paid in full.
- ☞ If payment is still not received teacher or SFA will contact parent/guardian to ensure parent has gotten notification of negative account.
- ☞ SFA will ensure there is nothing they can do to help a family in need by giving Free/Reduced form to household in case of any income changes or any unknown circumstances in the home have occurred.
- ☞ Once all standard procedure has been exhausted student/students are given meal required by State guidelines.
- ☞ At end of school year if unpaid balance on an account is left unpaid the SFA will exhaust all means possible to try to collect this account balance.

Counseling, Psychological and Social Services

Beggs Schools is dedicated in providing services for improving students' mental, emotional and social health. School counselors and community partners contribute to these services which help facilitate positive learning, healthy behavior and student development.

- ☞ Beggs Schools will annually conduct mandatory training for faculty and staff on bullying prevention and child abuse and neglect.
- ☞ Beggs Schools will utilize referral resources when identifying students in need of social, emotional, behavioral or mental health services
- ☞ Our District will assess high school students through the Youth Risk Behavior Survey (YRBS).

Health Promotion for Staff

Beggs School District recognizes the importance of health and wellbeing of all staff members and support staff members to maintain a healthy lifestyle and physical activities. The Staff is encouraged to be role models in healthful eating and physical activities and to demonstrate and support healthy lifestyle habits to students at all times.

- ☞ Beggs School District provides physical activity opportunities for Staff before and after school hours.
- ☞ District encourages employees to participate in at least one Health & Wellness activity per semester (e.g. HOPE walk, Relay for Life, Cardio Classes, Professional Development)
- ☞ The District nurse is available for general Staff health checks as needed (e.g. blood pressure, weight, hearing exams, vision exams, etc.)
- ☞ Staff will receive a copy of revised Local Wellness Policies in Faculty Handbooks for reference throughout the academic school year.
- ☞ Beggs District actively encourages physical activity breaks (brain breaks) during staff meetings and district Professional Development time.

Family and Community Involvement

Our District recognizes that parents or guardians of our students play a primary and very fundamental role in promoting and protecting their child's health and well-being. The district encourages and supports parent's efforts to provide a healthy diet and physical activities for their children.

- ☞ Beggs Schools promotes community sponsored physical activity opportunities for families and community members (e.g. exercise classes, use of track for walking, etc.)
- ☞ The District encourages parents to provide healthy lunches and snacks for their child; refraining from sending beverages and foods that do not have good nutritional value.
- ☞ Parents and students (5th grade and up) are encouraged to contribute in guiding policy within the District.
- ☞ Beggs District is committed to educating parents by providing information to increase their knowledge of tobacco prevention, nutrition and other health related topics through newsletters, flyers, and District website)

Monitoring and Evaluation

An evaluation of the District's Wellness policy will be completed annually to help review policy compliance, assess progress and determine if changes are needed for improvement throughout our District. The District will develop and seek recommendations based on: new techniques, proven strategies and new guidelines introduced throughout the school year which will be relevant to our students and staffs well-being and health.

Local Wellness Policy Public Release Information

Our Local Wellness Policy is posted on our District Website. If any changes are made we revise and update on website. A printed copy of the Local Wellness Policy is on our Child Nutrition Office. We give handouts on back to school night explaining our District Local Wellness Policy so parents will know and if interested can join our committee

Local Wellness Policy Reviewing and Updating/Responsible Parties:

In our District we have a Health and Safety Committee that meets and goes over any issues or concerns with Health and Safety of our students. If anything needs to be updated we make changes and add to our Local Wellness Policy. Revisions are made then posted on our school website.

Health & Safety Committee Members

LeeAnn Brantley – Teacher

Lauren Long – Counselor

Sandra Howell – Child Nutrition Director

Karen Freeman – School Nurse

Bobby Tollette – Campus Security

Courtney Remington – PE Teacher

Karen Busby – Parent

Nancy McCune – Elementary Principal

Ashley Callahan – Parent

Kathleen Hilton – Parent

Calvin Callahan – Student

Jentry Hilton - Student

Local Wellness Policy Stake Holders Awareness Policy

Beggs Public Schools

1201 West 9th Street

Beggs, Oklahoma 74421

918-267-3643

www.beggs.k12.ok.us

The Districts Local Wellness Policy is currently posted on our school website at www.beggs.k12.ok.us

Any community member with questions or recommendations about the Wellness Policy may contact

Sandra Howell

showell@beggs.k12.ok.us

918-267-3643

The Wellness Policy is reviewed and updated annually. The meeting date location and time will be sent out in News Letter and emailed to committee members.