

Deer Creek-Lamont School Wellness Policy

Purpose:

The link between nutrition, physical activity and learning is well documented. Healthy eating and activity patterns are essential for students to achieve their full academic potential, full physical and mental growth, and lifelong health and well-being. Healthy eating and physical activity, essential for a healthy weight, are also linked to reduced risk for many chronic diseases. Schools have a responsibility to help students learn, establish, and maintain lifelong healthy eating and activity patterns. Well-planned and effectively implemented school nutrition and fitness programs have been shown to enhance students' overall health, as well as their behavior and academic achievement in school. Staff wellness also is an integral part of a healthy school environment since school staff can be daily role models for healthy behaviors.

Goal:

All students in the Deer Creek-Lamont School District shall possess the knowledge and skills necessary to make nutritious food choices and enjoyable physical activity choices for a lifetime. All staff in the Deer Creek-Lamont School District are encouraged to model healthful eating and physical activity as a valuable part of daily life.

To meet this goal, the Deer Creek-Lamont School District adopts this school wellness policy with the following commitments to nutrition, nutrition education, physical activity, and other school-based activities that support student and staff wellness.

School Meals

- Per USDA Regulations 210.10 and 220.8, school lunches and breakfasts will meet menu planning system guidelines as required by USDA.
- Per USDA Regulation 210.10, school lunches will provide 1/3 of the recommended dietary allowances (RDA) for calories, protein, calcium, iron, vitamin A, and vitamin C as required by USDA.
- Per USDA Regulation 220.8, school breakfasts will provide ¼ of the RDA for calories, protein, calcium, iron, vitamin A, and vitamin C as required by USDA.
- Per USDA Regulations 210.10 and 220.8, the total calories from fat in school meals will be limited to 30 percent when averaged over one week.
- Per USDA Regulations 210.10 and 220.8, the total calories from saturated fat in school meals will be less than 10 percent when averaged over one week.
- Per USDA Regulations 210.10 and 220.8, school meals will meet the Dietary Guidelines for Americans.
- Per USDA Regulations, all Nutrition Facts labels must indicate 0 percent trans fat.

Other Food Items Sold on School Campuses:

- Per USDA Regulations 210, Appendix B, foods of minimal nutritional value (FMNV) are prohibited from being sold or served during student meal service in the food service area where USDA reimbursable meals are served or eaten.
- Per the Child Nutrition and WIC Reauthorization Act of 2004, beverage contracts will not restrict the sale of fluid milk products at any time during the school day or at any place on the school premises.
- Per Oklahoma Senate Bill 265, students in elementary schools will not have access to FMNV except on special occasions.
- Per Oklahoma Senate Bill 2656, diet soda, an FMNV, will be available for sale at the junior high only in vending areas outside the cafeteria.
- Per Oklahoma Senate Bill 265, healthy food options will be provided at the high school and priced lower than FMNV in order to encourage students and staff to make healthier food choices.
- Per Oklahoma Senate Bill 265, students in middle and junior high school will not have access to FMNV except after school, at events which take place in the evening, or on special occasions.

Nutrition Education:

- Per USDA Regulations 210.12 and 227, nutrition education is offered in the school cafeteria as well as the classroom.
- Per Oklahoma Senate Bill 1627, the Healthy and Fit School Advisory Committee at each school site will study and make recommendations regarding health education, nutrition, and health services.
- Teachers will use <http://healthymeals.nal.usda.gov/school-wellness-resources> as a resource for nutrition education.

Nutrition Promotion:

- Salad bar is available for students to choose fruits and vegetables.
- Promotion of healthy choices displayed in the cafeteria, such as posters.
- Posters and Displays are posted to encourage healthy food choices.

Physical Activity:

- Per Oklahoma Senate Bill 1627, the Healthy and Fit School Advisory Committee at each school site will study and make recommendations regarding physical education and physical activity.
- Per Oklahoma Senate Bill 312, students in Grades K through 5 will participate in at least 120 minutes of physical activity each week along with a daily 20 minute recess.
- Active learning is incorporated when possible in the classroom to get students up and moving.

- “Walk and Talk” is available for students and staff during recess and before or after school to incorporate more physical activity.
- The President’s Fitness Challenge is offered in the Elementary grades.

School-Based Activities:

- Per Oklahoma Senate Bill 1627, each school site will establish a Healthy and Fit School Advisory Committee that meets and makes recommendations to the school principal. The school principal shall give consideration to recommendations made by the Healthy and Fit School Advisory Committee.
- Per the school district’s Child Nutrition Programs Agreement, school meals may not be used as a reward or punishment.
- Per USDA Regulations 210.12 and 227, students and parents will be involved in the NSLP. Parent and student involvement will include menu-planning suggestions, cafeteria enhancement, program education and promotion, and other related student-community support activities.
- The Wellness Policy will be posted on the school web site and will be placed in the Student Handbook for Public review.

Board approved 11/8/2016