

## CHILD NUTRITION AND PHYSICAL FITNESS PROGRAM

The Sterling Board of Education recognizes that childhood obesity has reached epidemic levels throughout the country. Overweight children are at a higher risk for developing severe long-term health problems, and overweight children are affected by discrimination, psychological stress, and low self-esteem. However, research indicates that obesity and subsequent diseases are largely preventable through diet and regular physical activity. Research also indicates that becoming physically active and maintaining a regular physical activity program significantly reduces the risk of some obesity and some cancers, diabetes, and other chronic diseases.

Children who eat well-balanced meals and are healthy are more likely to learn in the classroom. The board supports increased emphasis on nutrition as well as physical activity at all grade levels to enhance the well-being of our district's youth. Therefore, it is the policy of the board to:

1. Provide students access to nutritious food;
2. Provide opportunities for physical activity and developmentally appropriate exercise; and
3. Provide accurate information related to these topics.

### Wellness Policy

The Sterling Board of Education and school staff desire to promote wellness and the importance of a sound mind and body for the students of Sterling Public Schools. It is the goal of Sterling schools to assist students in understanding the concepts of wellness and to establish goals, awareness, and support for the students. The following addresses nutrition education, physical education, other school-based activities that promote student wellness, nutrition guidelines for all available foods on campus, and plans for measuring implementation.

1. Physical activity goals will include the following:
  - A. Students in grades K-6 are provided opportunities for physical activity on a daily basis for a minimum of 30 minutes. They are also provided recess breaks daily. Students in grades 5 and 6 are encouraged to participate in competitive athletics comprising of the sport of basketball.
  - B. Students in grades 7 and 8 will be allowed a minimum of 60 minutes per week of physical activity.
  - C. Students in grades 9-12 are provided opportunities for physical activity only if they enroll in competitive athletics. It is the desire of Sterling schools to implement health, physical education, and recreation as an elective course to provide more access to physical activity and personal hygiene.
  - D. Design or implement a curriculum that provides a wellness education to include a regular curriculum in conjunction with the physical education curriculum.
  - E. Encourage students to walk or ride bicycles to school as an alternative to riding in a passenger vehicle. The district would like to purchase pedometers to allow students to track the distance traveled by alternative means.
  - F. Provide education materials to parents to encourage them to support their children's participation in physical activities, be active role models, and provide ideas for physical activities in family events.

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2. Nutrition education goals will include the following:
  - A. Provide nutrition education to influence students' eating behaviors.
  - B. Build nutrition knowledge and skills to help children make healthy eating and physical activity choices.
  - C. Collaboration between the teachers and food service staff to provide nutrition education in the school dining room as well as in the classroom.
  - D. Students will receive nutrition messages throughout the school classrooms and cafeterias, and access to healthy links on the school website.
  - E. Integrate nutrition into the core curricula.
  - F. Provide professional development to staff for training in nutrition education.
3. Goals for other school-based activities designed to promote students' wellness will include the following:
  - A. Create a school environment that is conducive to healthy eating and being physically active.
  - B. Provide a clean, safe, and enjoyable meal environment for students.
  - C. Minimize wait time for students to receive a meal and provide enough space for students to have time to consume a meal.
  - D. Provide drinking fountains for student access in the cafeteria and schools so students can have access to water during meals and the school day.
  - E. Encourage students to participate in the child nutrition program and protect the identity of students who are eligible for free or reduced meals.
  - F. Schedule lunch time as near the middle of the school day as possible.
  - G. Limit the use of food as a reward or punishment in schools.
  - H. Limit the denial of student participation in recess or other physical activities as a form of discipline or for classroom make up time.
  - I. Encourage all schools' fund raising efforts that are supportive of healthy eating.
  - J. District-owned physical activity facilities would be available for public use by contacting school personnel to arrange access. (See policy GK.)

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- K. The district will work in conjunction with the County Health Department to provide information about outreach programs such as food stamps and Women, Infants, and Children (WIC).
- L. Provide access to vending machines that provide healthy alternatives to junk food and allow students to purchase products with high nutritional value.
4. Nutrition Guidelines
- A. The board of education will comply with Oklahoma laws and FMNV as required by July 1, 2007.
- B. Snack food items to be provided will be evaluated by the site principals and will be based on the guidelines recommended by the State Department of Education. The nutritional requirements per single serving, as stated on the nutrition facts label, shall state as follows:
- Less than 30% or 7 grams of fat (exception for nut and seed mixes)
  - Less than 10% or 2 grams of saturated fat
  - No more than 35% sugar by weight or 20 grams (exceptions are fresh and dried fruits)
  - Less than 480 mg of sodium
- C. The school food authority (SFA) will comply with the requirements of Foods of Minimal Nutritional Value (FMNV) in the food service area and meal period.
- D. The food service site will not serve FMNV during a meal service period in the area where reimbursable meals are served and/or eaten.
- E. The SFA agrees to price the reimbursable meal as a unit. FMNV will not be provided with a reimbursable meal.
- F. The board of education shall ensure that students in elementary schools do not have access to FMNV, except on special occasions.
- G. The board of education shall ensure that students in junior high school do not have access to FMNV except after school, at events that take place in the evening, and on special occasions. The only exception to the minimal nutritional value standard will be diet soda with less than ten calories per bottle.
- H. The board of education shall ensure that students in high schools are provided healthy food options in addition to any FMNV to which they have access at school. The district shall provide incentives to encourage healthy food choices for high school students.

Curriculum

The Sterling Board of Education recognizes that healthy eating patterns are essential for students to achieve their academic potential, full physical and mental growth, and lifelong health and well being. To help ensure students possess the knowledge and skills necessary to make nutritious food choices for a lifetime, the superintendent shall prepare

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and implement a comprehensive district nutrition program consistent with state and federal requirements for districts sponsoring the National School Lunch Program and/or the School Breakfast Program. To implement the program, the superintendent shall adopt and implement a comprehensive curriculum on health, fitness, and nutrition that will provide opportunities for developmentally appropriate instruction for grades K-12. The input of staff, students, parents, and public health professionals in the development of the curriculum will be encouraged.

Nutrition, health, and fitness topics shall be integrated within the sequential comprehensive health education curriculum taught at every grade level, K-12, and coordinated with the district's nutrition and food services operation.

The district shall take a proactive effort to encourage students to make nutritious food choices. The superintendent shall ensure that:

1. A variety of healthy food choices are available whenever food is sold or served on district property or at district-sponsored events;
2. Schools shall regulate the sale or serving of foods or snacks high in fat, sodium, or added sugars; and
3. Nutritious meals served by the school nutrition and food services operation complies with state and federal law.

**Child Nutrition Program**

The Sterling Public Schools will operate a school lunch program that will include lunch, and may include breakfast, through participation in the Child Nutrition Programs. The superintendent, in conjunction with the food service supervisor and with the approval of the board of education, will establish and post meal prices.

As required for participation in the Child Nutrition Programs, the board prescribes that:

School lunch is to be made available to all students.

Free and reduced price lunches are to be made available for students who meet the federal income guidelines.

In the operation of the Child Nutrition Programs, no child will be discriminated against because of race, sex, color, national origin, age, or disability. Discrimination complaints under these programs should be filed with the State Department of Education Child Nutrition Programs, 2500 North Lincoln Blvd., Oklahoma City, Oklahoma 73105-4599.

The district shall inform parents of the eligibility standards for free or reduced price meals. Reasonable efforts shall be made to protect the identity of students receiving such meals. A parent has the right to appeal to the superintendent any decision with respect to his/her application for free or reduced price food services.

The district's child nutrition program shall reflect the board's commitment to providing adequate time for instruction to promote healthy eating through nutrition education, serving healthy and appealing foods at district schools, developing food-use guidelines for staff, and establishing liaisons with nutrition service providers, as appropriate. Nutrition

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education topics shall be integrated within the sequential, comprehensive health education program taught at every grade level, pre-kindergarten through grade 12, and coordinated with the district's nutrition and food services operation.

It is the intent of the board of education that district schools take a proactive effort to encourage students to make nutritious food choices. Meals served in school before the end of the last lunch period shall conform to the U. S. Dietary Guidelines for Americans. Food and beverages sold or served on district grounds or at district-sponsored events shall meet requirements for nutritional standards and/or other guidelines as may be recommended by the district and school health and nutrition committees. The superintendent shall ensure that nutritious foods are available as an affordable option whenever food is sold or served on district property or at district-sponsored events.

The superintendent is directed to prepare rules and regulations to implement and support this policy, including such provisions as may be necessary to address all food and beverages sold and/or served to students at school (i.e., competitive foods, snacks, and beverages sold from vending machines, school stores, and fund raising activities and refreshments that are made available at school parties, celebrations, and meetings), including provisions for staff development, family and community involvement, and program evaluation.

**REFERENCE:** Oklahoma Department of Education Directive, dated June 6, 1988  
70 O.S. §1-107  
74 O.S. §3401, et seq.  
7 CFR, Parts 210 and 220  
7 CFR, Part 245.5  
7 CFR 3016

**CROSS-REFERENCE:** Policy COF, Vending Machines  
Policy COFA, Competitive Food Sales  
Policy EH AJ, Health Education  
Policy EHAK, Physical Education

***THIS POLICY REQUIRED BY  
PUBLIC LAW 108-265, SECTION 204.***