

# **Sentinel Public School Wellness Policy**

**EFFECTIVE AUGUST 8, 2016**

**Amended August 10, 2020**

## I. PURPOSE AND GOALS

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.

All students in Sentinel 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 Sentinel School District are encouraged to model healthful eating and physical activity as a valuable part of daily life.

To meet this goal, the Sentinel 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.

The school district will engage students, parents, teachers, food service professionals, health professionals, and other interested community members in developing, implementing, monitoring, and reviewing district-wide nutrition and physical activity policies.

All students in grades K-12 will have opportunities, support, and encouragement to be physically active on a regular basis.

Qualified child nutrition professionals will provide students with access to a variety of affordable, nutritious, and appealing foods that meet the health and nutrition needs of students; and will provide clean, safe and pleasant settings and adequate time for students to eat.

To the maximum extent practicable, Sentinel School District will participate in the School Breakfast Program and National School Lunch Program.

Sentinel School District will make every effort to eliminate any social stigma attached to, and prevent the overt identification of, students who are eligible for free and reduced-price school meals. Toward this end, schools may utilize electronic identification and payment systems.

Qualified nutrition professionals will administer the school meal programs. As part of the school district's responsibility to operate a food service program, we will provide continuing professional development for all nutrition professionals in schools. Staff development programs should include appropriate certification and /or training programs for child nutrition directors, school nutrition managers, and cafeteria workers, according to their levels of responsibility.

## **II. NUTRITION GUIDELINES/STANDARDS**

It is the policy of the Sentinel School District that meals served through the National School Lunch and Breakfast Programs will be appealing and attractive to children, be served in a clean and pleasant setting, and meet, at a minimum, nutrition requirements established by local, state, and federal statutes and regulations.

### **School Meals**

- Per USDA Regulations §210.10 and §220.8, school lunches and breakfast 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 1/4 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 saturated fat in school meals will be less than 10% when averaged over one week.
- Per USDA Regulations §210.10 and §220.8, school meals will meet the Dietary Guidelines for Americans.

The most nutritious food items offered will be placed on the serving line(s) first to encourage students to make healthier selections. The students will be offered a variety of skim and lowfat milk, meat and beans, fruits and vegetables, and whole grains on a daily basis. Water will also be available in the cafeteria for grades PK - 12 during breakfast and lunch meals. Sodas &/or sports drinks are not part of the reimbursable meal. Students are not allowed to have those drinks in the cafeteria unless consumed with a sack lunch from home.

Fruits and/or vegetables will be offered daily at all points of service. Fruits and vegetables should be fresh whenever possible. Frozen and canned fruits should be packed in natural juice, water, or light syrup. Reduced-fat or baked varieties of chips, rather than the traditional varieties, will be used, whenever possible.

To ensure that all children have breakfast, either at home or at school, in order to meet their nutritional needs and enhance their ability to learn:

- Schools shall operate the School Breakfast Program.
- *Schools will implement a Grab and Go Breakfast for athletes who start practice the beginning of the school day and need a quick breakfast.*
- Schools will, to the extent possible, arrange bus schedules to enable students ample time to eat their meals before morning classes start.
- Schools that serve breakfast to students will notify parents and students of the availability of the School Breakfast Program.

School sites will be encouraged to purchase fresh fruits and vegetables from local farmers when available.

#### **Other Food Items Sold on School Campuses**

- Per USDA Regulation §210, Appendix B, foods of minimal nutritional value (FMNV) are prohibited from being sold or served during student meal services 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 (effective school year 2007-2008), students in elementary schools will not have access to FMNV except on special occasions.
- Per Oklahoma Senate Bill 265 (effective school year 2007-2008), students in middle and junior high schools will not have access to FMNV except after school, at events which take place in evening, and on special occasions.
- Per Oklahoma Senate Bill 265 (effective school year 2007-2008), diet soda, an FMNV, will be available for sale at the junior high only in vending areas outside of cafeteria.
- Per Oklahoma Senate Bill 265 (effective school year 2007-2008), 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.

Sentinel School District instructors will encourage parents to substitute healthy snacks for class parties. Instructors will also be encouraged to provide either healthy snacks &/or non-food reward items for students throughout the school year. All school organizations will be encouraged to sell either healthy snacks or non-food items as fundraisers.

A maximum of thirty exempt fundraisers, per site, per semester, lasting no more than fourteen days, will be allowed for schools participating in the National School Lunch Program.

In compliance with Section 12(1)(4)(J) of the Richard B. Russell National School Lunch Act (NSLA), 43 USC 1760(1)(4)(J), Sentinel School District will not sell any concession items, to Sentinel students, from midnight on any given day when school is in session to 30 minutes past when the last bell rings. (After 3:50 p.m. for the regular school year.)

In the case of ballgames held during school hours, healthy snack options will be available for purchase that meet the USDA Standards and Regulations. CN labels for these snacks will be available upon request.

### **III. 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.

Sentinel School District aims to teach, encourage, and support healthy eating by students. Sentinel School District will provide, if necessary, nutrition information, post a monthly menu on the school website, and provide nutrient analyses of school menus.

### **IV. 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 (effective school year 2006-2007), students in grades K-5 will participate in 60 minutes of physical activity each week.

### **V. 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 promotion, and other related student-community support activities.

VI. COVID-19

A "Back to School Plan" has been posted on the Sentinel webpage. It states important information concerning the school policies on handling the COVID-19 virus during the school day. In the occurrence of a shut-down due to an exposure or illness, it will be the policy of the Sentinel Public Schools to provide meals during that time. All meals will follow USDA nutrition standards that are required for a normal school meal.

This School Wellness Policy adopted by the Board of the Sentinel Public School and the regularly scheduled meeting on this, the 10th day of August in the year 2020.

Signature

Glenette Carlson

SFA Official

Paul Leland

Clerk of the Board