

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 relationship between academic achievement and student health and wellness.

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. Our school district enforces a Tobacco Free Policy campus wide 24 hours per day 7 days a week.

Nutrition

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.

- Food, beverages, and candy will not be used to reward or punish academic performance or student behavior.
- 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 the Summer Food Programs).
- The Child Nutrition 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 Kids Act.
- Our District will offer healthy snacks in compliance with state, federal and local guidelines for our After School Snack Program.

Nutrition Education

The goal of the Beggs School District is to facilitate the adoption of healthy eating and other health promoting nutrition-related behaviors. Nutrition education occurs in the classroom as well as in the larger school community.

- 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.
- Nutrition resources that include learning opportunities which enhance health will be made available for all staff.
- Nutrition education is provided to families and community through communications with parents, homework materials, weekly newsletters and our District Website.

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/beverages 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 ($\leq 0.5\text{g}$ 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 ($\leq 22\text{g}$ of total sugars per 8-oz serving)
- Foods low in sodium: Snacks have $\leq 480\text{mg}$ per entrée portion as served for a 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 at no cost.

Examples of food and beverages that meet the criteria include:

- Individual fruits-apples, pears, oranges
- Fruit cups packed in juice or water
- Vegetables – carrots, broccoli, cauliflower
- Dried or dehydrated fruits – raisin, 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 sunflowers seeds, almonds, peanuts or walnuts.
- Unflavored nonfat and low-fat milk
- Flavored nonfat and low-fat milk ($\leq 22\text{g}$ of total sugars per 8 oz. portion)
- 100% fruit juice or low sodium 100% vegetable juice

- 8 – oz. serving of low-fat or nonfat chocolate milk with ≤ 22 g of total sugars

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 will be given opportunities for physical activity during the school day by introducing physical activity into the classrooms.
- 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.
- Teachers and other school staff are encouraged to use physical activity as rewards such as extra recess during a school day.
- Students participating in PE will be moderately to vigorously active for at least 50% of Physical Education class time.
- Proper equipment and facilities meet all standard and safety requirements.
- 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 or Ride Your Bike to School Day.

Fundraising

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 and 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.

Staff Wellness

The 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.

Access to Facilities for Physical Activity after School Hours

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.

- Physical activities such as Physical Education classes are offered to the community at our District such as weekly Zumba classes and our outdoor track is open at all times for access to the community and students.

Community/Family 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. The district encourages parents to provide healthy lunches and snacks and to refrain from sending beverages and foods that do not have good nutritional value.

Monitoring and Evaluation

An evaluation of the District's Wellness policy will be completed annually to help review policy compliance, access progress and determine if changes are need to make improvement throughout our District. As a part of that review Nutrition and physical activity policies ; provision of the environment that supports healthy eating and physical activity, and nutrition and physical education policies and program elements. 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.

