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Wellness Policy

Ardmore City Schools recognizes the relationship between academic achievement and student health and wellness. This policy reflects the Ardmore City 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’s role as part of the larger community, to model and actively practice the promotion of family health, physical activity, and good nutrition.

To formalize and encourage this role, legislation was passed which requires each local educational agency (LEA) participating in the National School Lunch Program (NSLP) and/or the School Breakfast Program (SBP) to establish a local school wellness policy. It also placed the responsibility for developing a local school wellness policy at the local level, so the unique needs of each school under the jurisdiction of the LEA could be addressed.

Specifically, section 9A of the NSLA, 42 U.S.C. 1758b, as added by the Healthy, Hunger-Free Kids Act of 2010 (HHFKA), requires LEAs to establish local school wellness policies for all schools under the jurisdiction of the LEA, which, at a minimum, include:

- Goals for nutrition promotion and education, physical activity, and other school-based activities that promote student wellness (section 9A(b)(1) of the NSLA (Richard B. Russell National School Lunch Act (42 U.S.C. 1758b));
- Nutrition guidelines for all foods available on each school campus during the school day consistent with USDA’s meal pattern requirements and the nutrition standards for competitive foods, and designed to promote student health and reduce childhood obesity (section 9A(b)(2) of the NSLA);
- Designate one or more LEA or school official(s), as appropriate, to ensure that each school complies with the local school wellness policy (section 9A(b)(5)(B) of the NSLA);
- Permit parents, students, representatives of the school food authority, teachers of physical education, school health professionals, the school board, school administrators, and the general public to participate in the development, implementation, and periodic review and update of the local school wellness policy (section 9A(b)(3) of the NSLA); and
- Periodically measure and make available to the public an assessment on the implementation of the local school wellness policy, with specific information to be included (section 9A(b)(5)(A) of the NSLA).

This school district participates in the National School Lunch and Breakfast Programs and is compliant with current federal and state requirements regarding school wellness policy.

Establishing a School Wellness Policy

Leadership

Ardmore City Schools designates the current superintendent in collaboration with the current principal of each school in the district) to ensure schools comply with the local school wellness policy. This school official is responsible for oversight of the local school wellness policy and will ensure each school’s compliance with the policy.

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Public Involvement in Local School Wellness Policy Development

Ardmore City Schools will allow parents, students, representatives of the school food authority, teachers of physical education, school health professionals, the school board, school administrators, and the general public to participate in the development, implementation, and periodic review and update of the local school wellness policy.

In convening a local school wellness policy team, Ardmore City Schools will actively seek members for the local school wellness policy team that represent each of the categories described previously and allow the above-named individuals to participate in the development, implementation, and periodic review and update of the local school wellness policy. Once members of the local school wellness policy team are identified, Ardmore City Schools will make available to the public and school community, a list of names and position titles (or relationship to the school) of individuals who are a part of the school wellness policy team; as well as the name, position title, and contact information of the lead individual(s) or coordinator(s) for the LEA, and for each school as applicable.

Nutrition Promotion and Education, Physical Activity, and Other School-Based Activities

Nutrition promotion and education

The primary goal of nutrition promotion and education is to influence lifelong eating behaviors in a positive manner. Evidence based techniques and scientifically based nutrition messages are used at Ardmore City Schools to create environments and food service venues (classroom, cafeteria, a la carte, vending machines, school store, snack bars, fundraisers, home, etc.) that encourage healthy nutrition choices, as well as enhance and encourage participation in school meal programs.

The goal of nutrition education 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 integrated 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.
- Nutrition education will teach students the knowledge and skills necessary to adopt healthy eating and regular physical activity as part of their lifestyle.
- Nutrition education is coordinated with child nutrition services to reinforce messages on healthy eating. The school cafeteria environment allows students to apply critical thinking skills taught in the classroom.
- Nutrition resources that include learning opportunities which enhance health will be made available for staff.
- Nutrition education is provided to families and the community through communications with parents, educational workshops, homework materials, screening services, and health-related exhibitions and fairs.
- Healthy eating behaviors are promoted through the use of multiple channels including: classroom, cafeteria, and communications with parents.

Physical activity

The primary goals and characteristics of quality physical education and physical activity are to provide opportunities for every student to develop the knowledge and skills for specific physical activities; maintain physical fitness; reduce sedentary time; learn about cooperation, fair play, and responsible participation that meets the needs of all students (at all levels of physical ability); and gain an appreciation for lifelong physical activity through a healthy lifestyle.

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Ardmore City Schools recognizes the importance of physical activity and physical education in promoting health and academic achievement, and is an important part of a 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 integrating physical activity into the academic curriculum.
- Teachers and other school personnel will not use physical activity as a punishment or withhold opportunities for physical activity (withholding recess or PE) as a punishment.
- Teachers and other school personnel are encouraged to use physical activity opportunities as rewards such as extra recess.
- Students participating in Physical Education will be moderately to vigorously active for at least 50% of PE class time.
- Proper equipment and facilities that meet safety standards are required.
- Elementary students will participate in 20 minutes of daily recess and 150 minutes of Physical Activity per week. Physical Activity will be through daily recess, daily physical activity integrated in the school day and Physical Education time.
- Only medical waivers/exemptions from participation in physical education will be accepted.
- The District will provide opportunities for participation in a broad range of competitive and noncompetitive physical activities that help to develop the skills needed to participate in lifetime physical activities.
- District schools will have a walk or bike to school initiative. Schools should engage parents in organizing adult supervised groups to facilitate safe walking and biking.
- Training for teachers on integrating physical activity into the curriculum will be provided.

Other school-based activities

Other school-based activities supporting nutrition and health are equally important in providing a healthy school nutrition environment. Ardmore City Schools takes a coordinated approach to developing and implementing a wellness policy by addressing nutrition and physical activity through health education (including tobacco, alcohol and, other substance abuse prevention), physical education, school nutrition services, the physical environment, employee wellness, family engagement, community involvement, health services, and counseling, psychological, and social services. The wellness policy supports academic outcomes through activities that have a demonstrated link to academic performance.

School Gardens

The District allows school gardens and dedicates resources (i.e. land, water, containers, raised beds, etc.) for school gardens and/or has schools actively participate in community gardens. The District supports the incorporation of school or community gardens into the standards based curriculum as a hands-on, interdisciplinary teaching tool to increase knowledge and influence student food choices and lifelong eating habits. The district will support the sustainability of school gardens through activities that could include: fundraising, solicitation of community donations, and the use of existing resources.

Staff Wellness

The District highly values the health and well-being of every staff member and support staff members to maintain a healthy lifestyle. District staff will be encouraged to model healthful eating and physical activity habits to demonstrate support of healthy lifestyle habits to the students.

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Access to Facilities for Physical Activity after School Hours

Students, parents, and other community members will have access to, and be encouraged to use, the schools outdoor physical activity facilities outside the normal school day. (Senate Bill 1882 ensures greater liability protection for schools who choose to open their facilities for recreational use)

Community/Family Involvement

The district recognizes that parents and guardians have a primary and fundamental role in promoting and protecting their children’s health and well-being. The district support parents’ efforts to provide a healthy diet and daily physical activity for their children. The district encourages parents to provide healthy lunches and snacks and to refrain from including beverages and foods that do not meet good nutrition standards for foods and beverages.

Coordinated School Health

Ardmore City Schools will adopt the Coordinated School Health Program model that is recommended by the Centers for Disease Control and Prevention (CDC) for planning and coordinating school health activities. This model will help create a school environment that conveys consistent messages and is conducive to healthy eating, physical activity, and wellness for all staff, students and their families. The School Health Index is used to assess the school environment, specify goals and objectives for nutrition promotion and education, physical activity, and other school based activities that promote student wellness, and evaluate implementation. It is the working part of this wellness policy and will be updated as needed (attached).

Nutrition Guidelines for All Foods School meals

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

- The Child Nutrition Program will serve the following: food high in fiber, free of added trans-fat, low in added fats, sugar, and sodium, respectful of cultural diversity and served in appropriate portion sizes consistent with the regulations governing the meal pattern requirements for reimbursable meals under the National School Lunch and School Breakfast Programs.
- Child Nutrition Programs are accessible to all children. Students will be encouraged to start each day with a healthy breakfast.
- Meals served through the Child Nutrition Programs will: be appealing and attractive to children of various ages and diverse backgrounds, be served in a clean, safe, and pleasant setting.
- The Child Nutrition Program will pursue partnerships with local/regional farms to facilitate a Farm-to-School program. Meals served within the federally reimbursable meal program will be designed to feature fresh fruits and vegetables from local sources 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 healthy meals.
- Training and support are provided to enable Child Nutrition Staff to become full partners in providing excellent food to our students.

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- Safe, unflavored, cool drinking water will be offered at no charge throughout the school day. Only low or non-fat varieties of milk will be allowed. Juice will be 100 percent juice with no added caloric sweeteners.
- Students will be allowed adequate time to consume meals, at least 10 minutes for breakfast and 20 minutes for lunch from the time they are seated. Recess before lunch will be encouraged to the greatest extent possible for the purpose of reducing food waste.
- Food, beverages, and candy will not be used to reward or punish academic performance or student behavior.

Nutrition standards for other foods available to students

Students will be provided only healthy food and beverage options in vending machines, school stores, and food/beverages for snacks and celebrations. These foods and beverages will meet the USDA’s competitive foods standards, otherwise known as the “Smart Snacks in School” rule. These standards apply to: a la carte, vending, classroom events, celebrations, class snacks, parties, after-school programs, and fundraisers.

Fundraising

School fundraising activities that include the sale of healthy foods, beverages and non-food items is a public demonstration of the school’s commitment to promoting healthy behaviors among students, families and the communities at large, while helping clubs, groups or organizations meet their financial needs.

- Fundraisers sponsored by the school or that occur on campus during the school day will be supportive of healthy eating.
- For fundraising activities outside the school day, Clubs, Groups and Organizations should support children’s health and reinforce nutrition lessons. Our district encourages that fundraising activities should only include healthy foods and/or physical activity and/or non-food items. School fundraising activities that include the sale of healthy foods and non-food is a public demonstration of the school’s commitment to promoting healthy behaviors among students, families and the communities at large, while helping clubs, groups or organizations meet their financial needs.
- Our District will not allow food of minimal nutritional value to be sold.
 *(This policy does not meet the criteria for the Healthy Schools Incentive Grant.)

Policies for Food and Beverage Marketing

Ardmore City Schools only allows marketing of those foods and beverages that may be sold on the school campus during the school day, i.e., those foods and beverages that meet the requirements set forth in the previous section of this policy entitled Nutrition Guidelines for All Foods.

Informing the Public

Ardmore City Schools will inform the public about the content of the local school wellness policy and make the local school wellness policy and any updates to the policy available to the public on an annual basis. In addition to the local school wellness policy, Ardmore City Schools will make readily available to the public the annual school progress reports and triennial assessments of the local school wellness policy. Ardmore City Schools will actively notify households of the availability of the local school wellness policy information, and how to obtain the information.

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Implementation, Assessment, and Updates

Annual Progress Reports

Ardmore City Schools will inform parents and the public each school year of basic information about the local school wellness policy, the progress of each school toward meeting the goals of the policy, and any activities related to the policy that the school conducts. The local school wellness policy annual progress report must include, at a minimum:

- The Web site address (i.e., URL or uniform resource locator) for the local school wellness policy and/or how the public can receive/access a copy of the local school wellness policy;
- A description of each school’s progress in meeting the local school wellness goals;
- A summary of each school’s events or activities related to local school wellness policy implementation;
- The name, position title, and contact information of the designated local agency official(s) or school official(s) leading/coordinating the school wellness policy team/health advisory council; and
- Information on how individuals and the public can get involved with the school wellness policy team.

Triennial Assessments

Ardmore City Schools will periodically measure and make available to the public, every 3 years, an assessment on the implementation of the local school wellness policy, including:

- An indication of the extent to which schools under the jurisdiction of the LEA are in compliance with the local school wellness policy;
- An indication of the extent to which the local school wellness policy compares to model local school wellness policies; and
- A description of the progress made in attaining the goals of the local school wellness policy.

Updates

Ardmore City Schools will update or modify the local school wellness policy as appropriate, particularly as information is gathered through the annual progress reports or triennial assessments.

Recordkeeping

Ardmore City Schools will retain basic records demonstrating compliance with the local school wellness policy requirements and will include:

- The written local school wellness policy;
- Documentation demonstrating compliance with community involvement requirements;
- Documentation of the triennial assessment of the local school wellness policy;
- Annual local school wellness policy progress reports for each school under its jurisdiction; and
- Documentation to demonstrate compliance with the public notification requirements (consistent with the section on Informing the Public).

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24/7 TOBACCO FREE ENVIRONMENT POLICY

The district understands the concern of parents, educators, students, and community members regarding the adverse effects of tobacco and second hand smoke. We want to provide a safe and healthy environment for our students, staff, and community and set the proper example for our students. Therefore, tobacco in any form will not be used by anyone, anywhere, anytime (including non-school hours and days) on school grounds, property, vehicles and during any school sponsored functions held off campus.

This policy is intended to improve the health and safety of all individuals using the schools.

“Tobacco” is defined as cigarettes, cigars, pipe tobacco, snuff, chewing tobacco and all other kinds and forms of tobacco prepared in such a manner to be suitable for chewing, smoking or both, and includes e-cigarettes/vaping devices or any other product packaged for smoking or the simulation of smoking.

This regulation applies to employees of the school district, students, and visitors. This regulation also applies to all public school functions (ballgames, concerts, etc.) and any outside agency using the district’s facilities, including stadiums. This regulation is in effect 24 hours per day, seven days per week.

Enforcement

The success of this regulation will depend upon the thoughtfulness, consideration and cooperation of tobacco users and non-tobacco users. All individuals on school premises share in the responsibility for adhering to and enforcing this regulation. All students will receive instruction on avoiding tobacco use. Ultimately, each site administrator will take appropriate steps to enforce the regulation.

Students found in violation of the policy will have their parents contacted for a first violation. Second offense will include disciplinary action, to include, but not limited to community service and tobacco education programs. Information about the Oklahoma Tobacco Helpline will be provided to students in violation of this policy in order to provide a resource for tobacco cessation.

Staff members who violate the regulation shall be subject to disciplinary action in accordance with the employee bargaining agreements. Information about the Oklahoma Tobacco Helpline will be provided to staff members in violation of this policy in order to provide a resource for tobacco cessation.

Visitors who violate the policy shall be subject to a verbal request to the individual to stop. If the person refuses to stop, the individual will be requested to leave. If the person refuses to leave, they will be referred to local authorities.

In addition, the district will not accept donations of gifts, money, or materials from the tobacco industry. This district will not participate in any type of services that are funded by the tobacco industry.