

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 life long 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 Newcastle School District shall possess the knowledge and skills necessary to make nutritious food choices and enjoyable physical activity choices for a lifetime. All the staff in the Newcastle School District is encouraged to model healthful eating and physical activity as a valuable part of daily life.

To meet this goal, the Newcastle 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.

Nutrition Guidelines/ Standards:

A. School Meals

- Per United States Department of Agriculture (USDA) Regulations §210.10 and §220.8, school lunches and breakfasts will meet menu-planning system guidelines as required by the 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 the 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 the 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.
- 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

Adopted:

- packed in natural juice, water, or light syrup.
- Schools serving chips must use reduced-fat or baked varieties, rather than the traditional varieties, whenever possible.
- The most nutritious items offered will be placed on the serving line first to encourage students to make healthier selections.
- Students will be offered a variety of skim and low-fat milk, meats and beans, fruits and vegetables, and whole grains on a daily basis.
- School staff will support and encourage student participation in the USDA school meals program.

B. Other Food Items Sold on School Campus

- Newcastle School District will follow the USDA Standards for “All Foods Sold In Schools” as detailed by the OSDE Child Nutrition Program’s Smart Snacks In Schools Publication. This Publication is hereby included as “Attachment A”.

Nutrition Education:

- Per USDA Regulations §210.12 and §227, nutrition education is offered in the school cafeteria as well as the classroom.
- Per 70 O.S. §24-100a, the Healthy and Fit School Advisory Committee at each school site will study and make recommendations regarding health education, nutrition, and health services.

Physical Activity:

- Per 70 O.S. §24-100a, the Healthy and Fit School Advisory Committee at each school site will study and make recommendations regarding physical education and physical activity.
- Per 70 O.S. §11-103.9 (effective school year 2006-2007), students in Grades K through 5 will participate in 60 minutes of physical activity each week.
- Elementary school sites will provide 20 minutes of daily recess that promotes physical activity beyond what is provided through physical education classes.
- All playgrounds will meet the recommended safety standards for design, installation, and maintenance.
- School sites will provide adequate equipment (e.g. balls, rackets, and other manipulatives) for every student to be active.

School Based Activities:

- Per 70 O.S. §24-100a, 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.

Adopted: June 26, 2006

Revised: January 9, 2017

- Per the school district's Child Nutrition Programs Agreement, school meals may not be used as a reward or punishment.
- Per USDA Regulations §210.10 and §227, students and parents will be involved in the National School Lunch Program (NSLP). Parent and student involvement will include menu-planning suggestions, cafeteria enhancement, program promotion, and other related student-community support activities.
- Students will be provided with a clean, safe, enjoyable meal environment.
- Students will be provided with an adequate amount of time to eat breakfast and lunch. A minimum of 15 minutes will be provided at breakfast and 20 minutes at lunch (after students receive their trays).

Child Nutrition Programs (OSDE) Smart Snacks in Schools USDA's "All Foods Sold in Schools" Standards

We are continuing to improve the health of our children's school environment. Students across the United States are being offered more fruits, vegetables and whole grains at breakfast and lunch. The standards required by the Healthier, Hunger-Free Kids Act of 2010 limit junk food and allow for healthier snack foods to children. These standards will help to ensure that our students are offered only healthy, nutritious snacks during the school day and help to develop good eating habits for the future.

Nutrition Standards for Competitive/Snack Foods

- **Any food in school must include one of the following:**
 - Be a "whole grain-rich" product
 - The first ingredient is a fruit, a vegetable, a dairy product, or a protein food
 - Combination food with at least ¼ cup of fruit and/or vegetable
- **Foods must also meet several nutrient requirements:**
 - Calorie limits
 - Snack Items: ≤ 200 Calories
 - Entrée Items: ≤ 350 Calories
 - Sodium Limits
 - Snack Items: ≤ 200 mg
 - Entrée Items: ≤ 480 mg
 - Fat Limits
 - Total Fat: ≤ 35% of Calories
 - Saturated Fat: ≤ 10% of Calories
 - Trans Fat: 0 grams
 - Sugar Limits
 - ≤ 35% of weight from total sugars in food
- **Accompaniments**
 - Items such as cream cheese, salad dressing, and butter must be included in the nutrient profile as part of the food item sold
- **Caffeine**
 - Elementary and Middle School foods and beverages must be caffeine-free with the exception of trace amounts of naturally occurring caffeine substances
 - High School foods and beverages may contain caffeine

Smart School Standards **begin at midnight and end thirty (30) minutes after the school day ends**. These standards apply to **any fundraising events** by organizations on school property.

The standards **do not apply** thirty (30) minutes after school ends, weekends, and at off-campus fundraising events.

School sites are not permitted to conduct or allow any exempt fundraiser unless the school district has approved a written policy that meets the requirements.

Child Nutrition Programs (OSDE)

Smart Snacks in Schools

USDA's "All Foods Sold in Schools" Standards (cont.)

Nutrition Standards for Beverages

- **All schools may sell:**
 - Plain Water (with or without carbonation)
 - Unflavored low fat milk
 - Unflavored or flavored fat free milk
 - 100% fruit or vegetable juice
 - 100% fruit or vegetable juice diluted with water (with or without carbonation), and no added sweeteners

- **Elementary schools may sell up to 8-ounce portions, while middle and high schools may sell up to 12-ounce portions of milk and juice. There is no portion size limit for plain water.**

- **High School Students only:**
 - **No more than 20 ounce portions of:**
 - Calorie-free, flavored water (with or without carbonation)
 - Other flavored and/or carbonated beverages that are labeled to contain ≤ 5 calories per 8 fluid ounces or ≤ 10 calories per 20 fluid ounces
 - **No more than 12 ounce portions of:**
 - Beverages with ≤ 40 calories per 8 fluid ounces, or ≤ 60 calories per 12 fluid ounces

Additional Requirements of ALL School Districts

- Designate a Smart Snack Exception Fundraiser contact person who must keep up to date documentation on items sold
- Limited to 30 exempt fundraisers per semester
 - Exempt fundraisers cannot last more than 14 days
 - Exempt fundraisers cannot be held during meal times and while after-school snacks are being served
- Each individual fundraiser must have on file:
 - The school organization, class, activity or class benefiting
 - The date(s) of the fundraiser

US Healthier Generation Smart Snack Calculator:

- <https://foodplanner.healthiergeneration.org/calculator/>

For questions, please call (405) 521-3327. This institution is an equal opportunity employer.

