

RINGWOOD SCHOOL'S LOCAL 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 lifelong health and well-being.

Healthy eating and physical activity are essential for a healthy weight and are also linked to reducing the 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.

Overall Goals:

- All students in the Ringwood Schools shall possess the knowledge and skills necessary to make nutritious food choices and enjoyable physical activity choices for a lifetime. All staff in Ringwood Schools are encouraged to model healthy eating habits and physical activity as an important part of their daily life.
- To make this goal possible, the Ringwood Board of Education adopts this wellness policy with commitments to nutrition, education, physical activity and other activities that support student and staff health and wellness.

Nutrition Education:

- Ringwood Schools will follow current health education curriculum standards and guidelines as set forth in the Oklahoma State Department of Education.
- The Healthy and Fit School Advisory Committee at Ringwood Schools will study and make recommendations regarding health education, nutrition, and health services.
- Nutrition education will be coordinated into the health education curricula or the core curriculum.
- School staff will work with community partners to incorporate nutrition education activities in school.

Nutrition Standards:

- School lunches and breakfasts will meet menu-planning system guidelines as required by USDA.
- School breakfasts will provide 1/4 of the RDA for calories, protein, calcium, iron, vitamin A, and vitamin C as required by USDA.
- School lunches will provide 1/3 of the RDA for calories, protein, calcium, iron, vitamin A, and vitamin C as required by the USDA.
- The total calories from saturated fat in school will be less than 10 percent when averaged over one week.
- School meals will meet the Dietary Guidelines for Americans as required by the USDA.
- Healthy food preparation techniques will be implemented. Food items will not be fried.
- Fruits and vegetables will be offered daily, and fresh whenever possible.
- School staff will support and encourage student participation in the USDA school meals programs.
- Foods of minimal nutritional value are prohibited from being sold or served during student meal services in the food service area where USDA reimbursable meals are served or eaten.
- Students in elementary schools will not have access to Foods of Minimal Nutritional Value except on special occasions.
- High-energy drinks with elevated caffeine will not be available for sale anywhere on the school campus.

RINGWOOD SCHOOL'S LOCAL WELLNESS POLICY (Cont.)Physical Activity:

- The Healthy and Fit School Advisory Committee for Ringwood Schools will study and make recommendations regarding education and physical activity.
- Students in Grades K-6 will participate in at least 120 minutes of physical activity each week, 60 of which must be P.E.
- Students will be encouraged to participate in voluntary before- and after-school physical activity.
- Staff will be discouraged from withholding PE/physical activity/recess as punishment and discourage using physical activity as punishment (athletic programs are not included).
- Staff will serve as physical activity role models for students.
- All playgrounds will meet the recommended safety standards for design, installation, and maintenance.

School-Based Activities:

- Ringwood Schools will establish a Health and Fit School Advisory Committee that meets and makes recommendations to the school administration. Administration shall give consideration to recommendations made by the Healthy and Fit School Advisory Committee.
- Ringwood Schools 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.
- Ringwood Schools will not use school meals as a reward or punishment.
- Students will be provided with a clean, safe, enjoyable meal environment.
- Students will be provided an adequate amount of time to eat breakfast and lunch. A minimum of 15 minutes will be provided at breakfast and 20 minutes for lunch (after students receive their trays).
- Classroom teachers and administrators will limit the use of candy and other sweets as a reward.

OSSBA LEGAL NOTE: The existing policy is missing information which includes the measurable goals established by the school district's wellness committee. Language regarding the wellness committee is also missing. These items should be added as soon as possible.