

Adopted: January 7, 2020

Ringwood Public School District Wellness Policy

Purpose

The Ringwood School District recognizes the important role that schools play in the development of children's lifelong health habits, their ability to learn, and their overall **well-** being. Schools can improve the health of students not only by educating them about **the** importance of healthy behaviors, but also by implementing policies that promote those behaviors.

Therefore, the Ringwood School District establishes the following policy to promote the health and wellness of students and staff and to ensure its schools comply with those standards established by federal and state law. Specifically, this policy requires all schools in the District

to:

- Allow parents, students, representatives of the school food authority, physical education teachers, school health professionals, the school board, school administrators, and the general public to participate in the development, implementation, review, and update of the school wellness policy.

Establish nutrition guidelines that meet or exceed the United States Department of Agriculture's (USDA) school meal requirements and the nutrition standards for competitive foods and beverages.

Create goals for nutrition promotion and education, physical activity and physical education, and other activities that promote student as well as staff health.

- Adopt a plan to ensure the policy is properly implemented, regularly assessed, and periodically updated.

Definitions

School campus: All areas of the property under the jurisdiction of the school that are accessible to students during the school day.

School day: The period of time from the midnight before to 30 minutes after the end of the instructional day.

- **Competitive foods and beverages:** Foods and beverages that are sold on campus outside of the federal reimbursable school meals program during the school day (e.g., in

vending machines or school stores).

Smart Snacks standards: Nutrition standards, issued by the USDA, that set limits on the amount of calories, salt, sugar, and fat in competitive foods and beverages.

NUTRITION

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

Specifically, the Ringwood School District will ensure that all meals are the following:

- Accessible, appealing, and attractive to all children

Served in a clean, **pleasant**, and supervised setting

High in fiber, free of added **trans** fats, and **low** in added **fats**, sugar, and sodium

- Respectful of cultural diversity (e.g., students will be encouraged to suggest local, **cultural**, **and** favorite **ethnic foods**) and religious preferences

Reviewed by a registered dietitian or other certified nutrition professional / Based on a meal plan provided by a professional resource (such as the State Department of Education, the USDA, the Alliance for a Healthier Generation, or The Lunch Box).

The Ringwood School District will also ensure that schools do the following:

- Encourage students to **start** the day with a healthy breakfast.

Provide breakfast through the USDA School Breakfast Program.

Water: Schools will make clean drinking water available and accessible without restriction and at no charge at every district facility (including cafeterias and eating areas, classrooms, hallways and faculty lounges) before, during, and **after** school. Schools will also ensure the following:

- Students will be allowed to take drinking water into **the** classroom, provided that the

water is

in a capped container to prevent spills.

All water sources will be maintained on a **regular basis** to ensure good hygiene **standards** (including drinking fountains, water jugs, hydration stations, and other **methods** for delivering drinking water).

Information and Promotion: As required under the National School Lunch Program (7 CFR 210.12), the Ringwood School District will promote activities to involve students and parents in the School Lunch Program. In addition, the District will **do the** following:

Inform families about **the** availability of breakfasts for students.

Have Free/Reduced Meal applications available at enrollment

Adequate Time to Eat: The District will allow students at least 10 minutes to eat breakfast and 20 minutes to eat lunch from **the** time they are seated.

Competitive Foods and Beverages

All competitive foods and beverages sold to students during the school day must **meet or exceed the** USDA's Smart Snacks standards.

The District will **provide** parents and teachers with a list of ideas for healthy food **as** well as non- food alternatives for classroom parties (**e.g.**, the USDA's resources on "Healthy Celebrations") and after-school programming (including celebrations).

Fundraising

Fundraising on Campus During the School Day: Only fundraisers that feature non-food items **or** foods and beverages that meet the Smart Snacks standards will be permitted. Ringwood School District, however, may allow exemptions **for up to 30** fundraisers during the school **year**, during which the foods and beverages sold are **not** required to **meet the Smart Snack** standards. Importantly, these **exempted** fundraisers cannot **be held** during normal meal **service** times.

The following will also occur:

The District **will** encourage fundraisers **that** do not sell food and/or that promote physical activity.

After-School Concessions and Fundraisers: Foods and beverages offered **at** after-school

concessions **or as part of** fundraisers held outside of school hours will be encouraged to **comply** with USDA's Smart Snack standards.

Nutrition Education

Schools will offer-and integrate into the core curriculum as required by federal regulation- nutrition education to all grades (K-12), providing students the knowledge and skills necessary for lifelong healthy eating behaviors, including the following:

- What it means to eat healthfully, consume the proper nutrients, and maintain a wholesome and balanced diet.
- How to read labels and understand the problems associated with unhealthy food marketing to children.

In addition, schools will ensure that nutrition education:

- Complies with state learning objectives and standards.

Welcomes opportunities for students to practice and apply the skills and knowledge taught in the classroom (e.g., by using the cafeteria as a learning lab, visiting local farms, etc.).

- Is made **available** for staff.

Is promoted to families and the community.

Nutrition **and** Healthy Food Promotion

The Ringwood School District will promote healthy food and beverage choices and appropriate portion sizes by doing the following:

- Exhibiting posters, signs, or other displays on the school campus that promote healthy nutrition choices.
- Encouraging school staff to **display** healthy eating habits and physical activity choices to students (e.g., eating with students during meal times, consuming only healthy snacks, meals, and beverages in front of students, sharing positive experiences with physical activity).

Food and Beverage Marketing

Only foods and beverages that meet the USDA's Smart Snacks standards may be marketed in schools. The marketing of any brand, without reference to a specific product, is prohibited unless every food and beverage product manufactured, sold, or distributed under the

corporate brand name meets the Smart Snacks standards.

Marketing includes the following:

- Advertising on any property or facility owned or leased by the school district or school and used at any time for school-related activities (including school buildings, **athletic** fields, parking lots, school buses, vending machines, scoreboards, uniforms, educational materials, and supplies).

Staff Qualifications and Training

The Ringwood School District will follow the USDA's Professional Standards for State and Local Nutrition Programs in selecting local school nutrition program directors. Also, **the** District will require **all** personnel in the school nutrition programs to complete annual **continuing** education and training.

In addition, Child Nutrition **Staff** will do the following:

Receive training in basic nutrition, nutrition education, safe food preparation, and nutrition standards for healthy meals and snacks.

- **Organize** and participate in educational activities that support healthy eating behaviors and food safety.

PHYSICAL EDUCATION AND PHYSICAL ACTIVITY

General Requirements

The District will ensure that all *elementary school students (K-6)* participate in a minimum of 120 minutes of physical activity each week, whether through physical education, exercise programs, after-school athletics, fitness breaks, recess, classroom activities, or wellness and nutrition education.

Recess and Physical Activity Breaks

Recess: The District will **require** schools to provide **elementary** school students (K-6) at least 20 minutes of recess each day (in addition to the PE requirements). Additionally, the District will do the following:

- Develop indoor recess guidelines to ensure students can have adequate physical activity on days when recess must be held indoors.

Physical Activity Breaks: The Ringwood School District will require schools to provide all students **(K-12)** short breaks throughout the day to let them stretch, move around, and break up daily routine.

Physical Education (PE)

The District will require Oklahoma Academic Standards for PE curriculum for each grade (K-6). Schools will ensure that PE classes and equipment afford all students (K-6) an equal opportunity to participate in PE.

Elementary school students (K-6) will participate in **at least 60 minutes of PE per week** throughout the entire school year.

Middle and high school students (7-12) will be encouraged in at least *200* minutes of physical education **per week** throughout the entire school year (through PE, **after school athletics**, fitness breaks or wellness and nutrition education).

In addition, **the** following requirements **apply** to all students enrolled in PE **(K-12)**:

- During PE, students will be given the opportunity to participate in many types of physical activity, including both cooperative and competitive games.
- Students will engage in moderate to vigorous physical activity for more than 50 percent of **the PE class** time.

Teacher Qualifications, Training, and Involvement

Teachers will receive training on how to integrate physical activity into **the** curriculum. Some portion of **this** training will be incorporated into annual professional development.

Schools will allow teachers **the opportunity** to participate in or lead **physical** activities before, during, and after school.

PE classes will be taught by licensed teachers who are certified or endorsed to teach PE.

Punishment and Rewards

- Physical activity will not be used or withheld as punishment. (This does not apply to participation on sports teams that have specific academic requirements.)

The District will provide a list of alternative ways for teachers **and staff** to discipline students.

The District will **strongly** encourage teachers to use physical activity (e.g., extra recess) **as a** reward.

Grounds, Facilities, and Equipment

The Ringwood School District will ensure the availability of proper equipment **and** facilities that meet safety standards and will conduct necessary inspections **and** repairs.

Community Use of Recreational Facilities

The District will encourage **school** staff, students, **and** their families to participate in physical activity **outside** of the school day. Consistent with state law and District policies **and** procedures *regarding* use of school facilities during non-school hours, the District will work with **the** city and county **government** entities **along** with community-based organizations to coordinate and **enhance** opportunities for **staff**, students, **and** their families to engage in physical activity using school facilities before **and after the school day**, during weekends, and during school vacations.

Active Transportation

The Ringwood School District will do **the** following:

- Encourage children **and** their families to walk and bike to and from school.

OTHER ACTIVITIES THAT PROMOTE SCHOOL WELLNESS

Staff Wellness

The Ringwood School District recognizes that employee **health** is essential to student **health** and to creating healthy school environments. Accordingly, the District will implement an employee wellness program that promotes healthy eating, physical activity, and overall health. **The** District **may** partner with community agencies **and** organizations (e.g., local health departments, hospitals, health insurance companies, **and** local chapters of national organizations, such as **the** American Cancer Society, American Heart Association, Red Cross, and YMCA) to assist in providing education, services, and resources for staff.

The Ringwood School District will do the following to support staff wellness:

Nutrition

Provide employees with access to a refrigerator, microwave, and sink **with** a water faucet.

Physical Activity

Encourage 10-minute physical activity breaks into every hour **of** sedentary meetings, trainings, and other workplace gatherings.

Promote employee participation in physical activity by creating **exercise** clubs or **groups** and/or sponsoring employee sports teams.

Use **posters**, pamphlets, and **other** forms of communication to promote physical activity (including stairwell use, if applicable).

Provide information **about** local physical activity resources and facilities, **such as** walking trails, community parks, and recreation facilities.

General Wellness

Partner with community organizations or agencies to offer voluntary health screenings annually to staff, including free or low-cost health assessments.

Promote tobacco prevention and provide referral information on cessation services through the Oklahoma Tobacco Helpline.

Ensure access to a private space (other than a restroom) that has an electrical outlet, and provide flexible paid or unpaid break times to allow mothers to express breast milk and/or breastfeed.

Partner with community organizations or agencies to offer immunization clinics (e.g., flu, Tdap, etc.) to staff.

- Provide or partner with community organizations or agencies to offer free or low-cost first aid and CPR training.

Professional Development

The District will provide staff with educational resources and annual training in health and health-related topics.

Health Education

Where applicable, schools' health education curriculums will follow the *Oklahoma*

Academic Standards.

IMPLEMENTATION, MONITORING, AND EVALUATION

Leadership

The Ringwood School District will designate **one or more** official(s) to facilitate the development of the **local** school wellness policy, **oversee** appropriate **updates to the** policy, and ensure each school's compliance **with the** policy. The District will **ensure that** the designated **official(s)** fully understand(s) the federal and state laws related to wellness policies.

Ringwood School District's designated officials for 2019-2020 are:

- Wade Detrick, Superintendent of Schools
Denise Bowers, Elementary
Principal

The District will encourage parents, students, representatives of the school food authority, physical education teachers, school health professionals, the school board, school administrators, and the general public to serve on the **local school** wellness policy committee and participate in the development, implementation, review, and update of the local school wellness policy. **To** encourage broad public participation in the process, the District will do the following:

- Actively notify parents and the broader community about the content and implementation of as **well** as any changes to the wellness policy, whether through electronic communications (**e.g.**, email, District website, etc.), non-electronic means (**e.g.**, mailings, presentations, etc.), or both.

Ensure that all outreach and communication is culturally appropriate and translated **as needed**.

Educate community stakeholders on how they can participate in **the** development, implementation, review, and update of the wellness policy and let them know why their

participation is important to **the** health and wellness of students and the broader community.

- Assessments, Revisions, and Policy Updates

At least **once every** three years, the Ringwood School District will measure the extent to which schools are in compliance with the local wellness policy, **as** well as progress **made** in

attaining the policy's goals.

Additionally

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- Parents, students, physical education teachers, school health professionals, **the** school board, school administrators, and **the** general public will be allowed to participate in the development, implementation, and periodic review and update of the **local** wellness policy.

- The District will assess how **its** policy compares with the **latest** national recommendations on school **health**, and will update the policy accordingly.

- The District will inform and update the public about the content and implementation of the local wellness policy (via **the** District's website, handouts, newsletters sent directly to families' homes, etc.)

This Wellness Policy was adopted by the Ringwood Board of Education and Administration **on this**

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Day of January 2020.

Ringwood School Superintendent

Date /-7-2020