

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, 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.

Overall Goal:

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

To meet this goal, The Gore Public 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, staff, and community wellness.

NUTRITION GUIDELINES/STANDARDS

The Gore Public School District nutrition policy aims to improve the health and wellbeing of children in Gore Public School District, Oklahoma by reducing their consumption of unhealthy food, beverages and excess calories, and increasing their intake of healthy food and beverages in appropriate portions.

It is the policy of Gore Public School District that:

- At least 10 minutes for breakfast and 20 minutes for lunch will be provided from the time students are seated to allow adequate time to eat school meals.
- Only healthier food options for food beyond the school food services (e.g., all vending machines, school stores during school hours, and food/beverages for celebrations) are allowed.
- The School District does not use candy or food as a reward or punishment for academic performance or behavior.

Food:

- Only offer 2%, 1%, and non-fat dairy items
- If yogurt is offered, only offer yogurt with no added caloric sweeteners or yogurts labeled as reduced or less sugar according to FDA labeling standards
- Processed cheeses must contain ≤ 230 mg sodium per serving
- When protein entrees are offered and available offer lean meat, poultry, fish, or low-fat vegetarian entrée choices
- Canned or frozen tuna, seafood, and salmon must contain < 290 mg sodium per serving, and canned meat < 480 mg sodium per serving
- All individual food items must contain ≤ 480 mg sodium as served, unless otherwise specified
- All meals must contain ≤ 900 mg sodium as served
- At least 50% of available beverage choices (other than 100% juice and unsweetened milk) must contain ≤ 40 calories/serving
- If juice is offered, only offer 100% juice with no added sweeteners
- Vegetable juices must contain ≤ 230 mg sodium per serving
- When cereal grains are offered (e.g., rice, bread, pasta), then a whole grain option must be offered for that item when available

- All cereal, bread, and pasta offerings must contain ≤ 230 mg sodium per serving
- At least 50% of breakfast cereals must contain at least 3g of fiber and less than 10g total sugars per serving
- Beverages:
 - Drinking water must be offered at no charge at all meal service events
 - At least 50% of available beverage choices (other than 100% juice and unsweetened milk) must contain ≤ 40 calories/serving
 - If milk is offered, only offer 2%, 1% and non-fat
 - If juice is offered, offer at least one 100% juice with no added caloric sweeteners
 - Vegetable juice must contain ≤ 230 mg sodium per serving
 - Food, beverages, and candy will not be used to reward or punish academic performance or student behavior

Vending:

The Gore School Board of education ensures that no vending machines are accessible to students in elementary grades that offer beverages or snacks with no or low nutritional value as defined by the USDA. Incentive pricing for items that meet the minimum standards will be offered at lower prices.

Farm-to-School Policy**Purpose and Goal:**

In an effort to increase access to healthy food and decrease access to unhealthy food Gore Public Schools will implement Farm-to-School programs that connect students and food service staff to local farmers located in the area. Gore Public Schools supports the following strategies for policy and practice for Farm-to-School:

- Purchasing and preparing fresh, seasonal, local and sustainably grown foods as a source of nutrition for growing children.
- Teach Cherokee attributes such as integrity, responsibility, respect, patience, and cooperation through food and farming experiences.
- Teaching to increase knowledge of traditional Cherokee foods and culture, using the Cherokee language, how the food is grown, who grows it, and how it is prepared-to promote healthy and nutritious behaviors in a cultural context.
- Purchasing from local farmers and ranchers when available to create positive community relationships and encourage local economic growth.
- The District promotes school gardens and dedicates available resources (i.e. land, water, containers, raised beds, etc.) for school gardens. The District supports the incorporation of school gardens into the classroom curriculum as a hands-on 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, community donations, and the use of existing resources.

Nutrition Education:

- Nutrition education is offered through the school cafeteria as well as the classroom.
- The Health and Fit School Advisory Committee at each school site will study and make recommendation regarding health education, nutrition, and health services.
- Staff shall integrate experiential education activities-such as gardening, cooking demonstrations, Ag in the classroom, farm and farmers' market tours-into existing curricula (including business, science, health, etc.) at all grade levels.
- Nutrition education messages from the classroom will be modeled in the cafeteria and across campus by offering locally-grown food whenever possible within the reimbursable federal meal program.

Purchase and Use of Local Produce:

School food service, in partnership with other school departments and community

organizations, will work to creatively market and promote locally produced food to students, through activities such as:

- Featuring food grown in the school garden and by local farmers in the cafeteria through sampling and inclusion in school meals based upon availability and acceptability.
- Develop cafeteria themes relating to local farmers and products grown in the region.
- Developing creative campus fundraisers based on healthy food items, integrating farm grown produce where appropriate.
- Meals served within the federally reimbursable meal program will be designed to feature fruits and vegetables and other healthy foods from local sources to the greatest extent possible.

QUALITY PHYSICAL EDUCATION

A quality physical education program addresses three critical issues: curriculum, instruction and assessment, in conjunction with an opportunity to learn and should include the following:

Curriculum:

- Has a curriculum aligned with the Oklahoma Priorities Academic Student Skills (PASS) Objectives.
- Equips students with the knowledge, skills, and attitudes necessary for lifelong physical activity.
- Influences positive personal and social skill development.
- Incorporate The Cherokee Challenge Curriculum.
- Incorporate Early Childhood and Elementary Catch Evidence Based Curriculum
- Incorporate the Spark High School Evidence Based Curriculum

Instruction and Assessment:

- Is taught by a certified physical education teacher trained in best practice physical education methods.
- A pre and post BMI will be conducted on students in K-5th grades.
- Physical activity will not be withheld as a form of punishment.
- Only medical waivers/exemptions from participation in physical education are allowed.
- Access to a broad range of competitive and noncompetitive physical activities.
- Engages students in curriculum choices that prepare them for a wide variety of lifetime fitness activities.
- Keeps all students of all abilities involved in moderate to vigorously physical activity for the majority of the class period.
- The healthy and Fit School Advisory Committee at each school site will study and make recommendations regarding physical education and physical activity.
- Elementary students will participate in 150 minutes of Physical Activity per week. Activity will include daily recess, daily physical activity integrated in the school day, and Physical Education time.