

Twin Hills Public School Wellness Policy

The Twin Hills Public School District is committed to providing a school environment that enhances learning and development of lifelong wellness practices. We recognize the relationship between academic achievement and student health and wellness.

This policy reflects the Twin Hills Public School 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. The Twin Hills Public School District shall serve as a framework for the students, staff and patrons of the district illustrative of a sound commitment to local health and fitness. Our school district enforces a Tobacco Free Policy campus wide 24 hours per day 7 days a week.

Nutrition

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

- The Child Nutrition Program will serve the following: food high in fiber, free of added trans-fat, low added fats, sugars and sodium, served in appropriate portion sizes consistent with the USDA Guidelines.
- Child Nutrition Programs are accessible to all children.
- Children will be encouraged to start each day with a healthy nutritious breakfast.
- Meals served throughout the Child Nutrition Program will be appealing and attractive to children of various ages and diverse backgrounds. They will be served in a clean, safe and pleasant environment.
- 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 and serving healthy meals.
- Safe, unflavored, cool drinking water is offered at no charge throughout the District on a daily basis. Only 1% or non-fat varieties of milk are served throughout the District. Juice is 100% juice with no added sweeteners.
- Students will be allowed adequate time to consume meals; with at least 10 minutes for breakfast each day, and 20 minutes for lunch from the time students are seated.
- Food, beverages, and candy will not be used to reward or punish academic performance or student behavior.
- The Twin Hills School District will strive to increase participation in the available federal Child Nutrition programs (school breakfast, school lunch, after school snack and the Summer Food Programs).
- The Child Nutrition will meet all state, federal and local guidelines of meal patterns. Ensuring whole grains are a part of meals served throughout the District. In addition, serving portions and vegetables and fruits meet all guidelines required by the Healthy Hunger Kids Act.
- Our District will offer healthy snacks in compliance with state, federal and local guidelines for our After-School Snack Program.

Foods

- Only offer 2%, 1%, and fat-free 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, 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
- Commercial food items must have zero trans-fat per serving on the label
- 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 per serving
- If juice is offered, only offer 100% juice with no added sweeteners
- When cereal grains are offered (e.g., rice, bread, pasta), then a whole grain option must be offered for that item
- All cereal, bread, and pasta offerings must contain ≤ 230 mg sodium preserving
- At least 50% of breakfast cereals must contain a minimum of 3g of fiber and less than 10g total sugars per serving

Beverages

- Drinking water must be offered, 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

Nutrition Education

The goal of the Twin Hills School District 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.

- The school cafeteria environment allows students to apply critical thinking skills taught in the classroom on healthy eating.
- Nutrition resources that include learning opportunities which enhance health will be made available for all staff.
- Nutrition education is provided to families and community through communications with parents, homework materials, weekly newsletters and our District Website.

Nutrition Guidelines and Standards for Foods and Beverages Outside School Meal Programs (Competitive Foods) from the Institution of Medicine (IOM)

Students will have access to only healthy food and beverage options in vending machines, school stores, and food/beverages for snacks and celebrations.

Physical Education

The Twin Hills School District recognizes the importance of physical activity and physical education in promoting health and academic achievement. These components are an important part of 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 integration of physical activity into the classrooms.
- Teachers and other school personnel will not use physical activity as punishment or withhold opportunities for physical activity such as withholding recess or PE as a punishment.
- Teachers and other school staff are encouraged to use physical activity as rewards such as extra recess during a school day.
- Students participating in PE will be moderately to vigorously active the majority of Physical Education class time.
- Availability of proper equipment and facilities meet all standard and safety requirements are ensured.
- Elementary students participate in 150 minutes of Physical activity per week. These activities will be throughout daily recess, daily physical activity integrated in the school day and Physical Education class.
- Only medical waivers/exemptions from participation in physical education will be accepted.
- The District provides 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.
- Twin Hills School District will provide training to all teachers for integrating physical activity into the curriculum

Fundraising

School fundraising activities that include sale of healthy foods, beverages and non-food items is a public demonstration of the school's commitment to promoting a healthy environment and healthy behaviors among students and classrooms, families and the community, while helping groups and organizations meet their financial needs. The Healthy food and beverage criteria are outlined within this policy under the *Nutrition Guidelines and Standards for other Foods Beverages Outside of School Meal Programs* and will be followed in all fund-raising events.

- All fundraisers sponsored by the Twin Hills School District will be supportive of healthy eating.
- Fund raising activities, including activities run by organizations throughout the District will support student's health and reinforce positive nutritious behaviors.

- Our District promotes healthy fundraising efforts such as healthy foods and beverage options, non-food items, physical activity-related options, or community service options.

School Gardens

The District allows school gardens and dedicates resources (i.e. land, water, containers, raised beds, etc.) for school gardens. The District supports the incorporation of school 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.

Coordinated School Health

The district adopts the Coordinated School Health Program model that is recommended by the Centers for Disease Control and Prevention (CDC) for planning and coordinated 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 Coordinated School Health Program includes the following eight components: Health Education; Physical Education; Health Services; Family and Community Involvement; Counseling, Psychological, and Social Services; Nutrition Services; Healthy School Environment, and Health Promotion for Staff.

Health Education

The District will implement Health Education Curriculum for all grade levels that follow The Oklahoma Academic Standards for Health/Safety Education (PASS Standards for Health/Safety) or National Health Education Standards

Staff Wellness

The Twin Hills School District recognizes the importance of health and wellbeing of all staff members and support staff members to maintain a healthy lifestyle and physical activities. The staff members are encouraged to be role models in healthful eating and physical activities and to demonstrate and support healthy lifestyle habits to students at all times.

Access to Facilities for Physical Activity after School Hours

Students, parents and all other community members may have access to, and are encouraged to use the outdoor physical activity facilities outside the normal school day.

Community/Family Involvement

Our District recognizes that parents or guardians of our students play a primary and very fundamental role in promoting and protecting their child's health and well-being. The district encourages and supports parent's efforts to provide a healthy diet and physical activities for

their children. The district encourages parents to provide healthy lunches and snacks and to refrain from sending beverages and foods that do not have good nutritional value.

Monitoring and Evaluation

An evaluation of the District’s Wellness policy will be completed annually to help review policy compliance, access progress and determine if changes are need to make improvement throughout our District. As a part of that review Nutrition and physical activity policies ; provision of the environment that supports healthy eating and physical activity, and nutrition and physical education policies and program elements. The District will develop and seek recommendations based on: new techniques, proven strategies and new guidelines introduced throughout the school year which will be relevant to the well-being and health of Twin Hills staff and students.

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Brian Costanza, School Board President

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Gary McElroy, Superintendent