

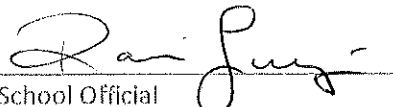
Grandfield Public Schools

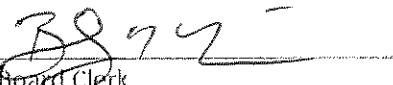
Wellness Policy

Monitoring, Policy Review, and Evaluation

An assessment of the District's Wellness Policy will be completed annually to help review policy compliance, assess progress, and determine areas in need of improvement. The review committee includes teachers, administrators, students, and parents. The review and assessment will be completed by April 30 of each year in order to prepare for the next school year. The 'Wellness Policy Assessment Tool' will be used to assess the level of implementation of the policy and program elements. Results from this tool, as well as input from stakeholders, will be utilized to plan for future improvements. Results and information about the Wellness Policy and its implementation will be posted on the Grandfield Public Schools website to inform the public, as well as school board meetings, and Safe and Healthy Fit Kids School Committee meetings.

This School Wellness Policy adopted by the School Board Grandfield Schools at the regularly scheduled meeting on this, the 13th day of February in the year 2023


School Official


Board Clerk



Eva Spaulding, Superintendent

Grandfield Public Schools

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811 West 3rd

Grandfield, Oklahoma 74460-0649

Office: (580) 479-5237 • Fax (580) 479-3381 • email: espaudling@grandfield.k12.ok.us

Potential stakeholders are made aware of their ability to participate in the development, review, update and implementation of the Local School Wellness Policy through our Grandfield Public School website.

www.grandfield.k12.ok.us

Wellness Policy Assessment Tool

Form 357 Rev 12/15

This template provides information on wellness policy goals and practices within the LEA. Use this tool to track progress and gather ideas on ways to create a healthier school environment. A separate assessment should be completed for each school or at a minimum, each school level. The wellness policy and completed assessment must be available to the public.

LEA/District Name Grandfield Public Schools

Reviewer

School Name

Date 2/10/23

Select all grades: PK ☒ K ☒ 1 ☒ 2 ☒ 3 ☒ 4 ☒ 5 ☒ 6 ☒ 7 ☒ 8 ☒ 9 ☒ 10 ☒ 11 ☒ 12 ☒

I. Public Involvement

- Yes ☒ No ☐ We encourage the following to participate in the development, implementation, and evaluation of our wellness policy:
- | | | | |
|--|---|---|---|
| <input checked="" type="checkbox"/> Administrators | <input checked="" type="checkbox"/> School Food Service Staff | <input checked="" type="checkbox"/> P.E. Teachers | <input checked="" type="checkbox"/> Parents |
| <input checked="" type="checkbox"/> School Board Members | <input type="checkbox"/> School Health Professionals | <input checked="" type="checkbox"/> Students | <input checked="" type="checkbox"/> Public |
- Yes ☒ No ☐ We have a designee in charge of compliance.
- Name/Title:
- Yes ☒ No ☐ We make our policy available to the public.
- Please describe: local newspaper, website, social media, school bulletin board
- Yes ☒ No ☐ We measure the implementation of our policy goals and communicate results to the public.
- Please describe: website
- Yes ☒ No ☐ Our district reviews the wellness policy at least annually.

II. Nutrition Education

- Yes ☒ No ☐ Our district's written wellness policy includes measurable goals for nutrition education.
- Yes ☒ No ☐ We offer standards based nutrition education in a variety of subjects (e.g. science, health, math, etc).
- Yes ☒ No ☐ We offer nutrition education to students in: ☒ Elementary School ☒ Middle School ☒ High School

III. Nutrition Promotion

- Yes ☒ No ☐ Our district's written wellness policy includes measurable goals for nutrition promotion.
- Yes ☒ No ☐ We promote healthy eating and nutrition education with signage, use of creative menus, posters, bulletin boards, etc.
- Yes ☒ No ☐ We have reviewed *Smarter Lunchroom* techniques and evaluated our ability to implement some of them.
- Yes ☒ No ☐ We place fruits and vegetables where they are easy to access (e.g. near the cafeteria cashier or near the front of the line).
- Yes ☒ No ☐ We ensure students have access to hand-washing facilities prior to meals.
- Yes ☒ No ☐ We annually evaluate how to market and promote our school meal program(s).
- Yes ☒ No ☐ We regularly share school meal nutrition, calorie, and sodium content information with students and families.
- Yes ☒ No ☐ We offer taste testing or menu planning opportunities to our students.
- Yes ☐ No ☒ We participate in Farm to School activities and/or have a school garden.
- Yes ☐ No ☒ We only advertise and promote nutritious foods and beverages on school grounds (e.g. buildings, playing fields, etc).
- Yes ☐ No ☒ We price nutritious foods and beverages lower than less nutritious foods and beverages.
- Yes ☒ No ☐ We offer fruits or non-fried vegetables in: ☐ Vending Machines ☐ School Stores ☐ Snack Bars ☒ à La Carte
- Yes ☒ No ☐ We have nutritional standards for foods/beverages served at school parties, celebrations, events, etc.
- Yes ☒ No ☐ We provide teachers with samples of alternative reward options other than food or beverages.
- Yes ☒ No ☐ We prohibit the use of food and beverages as a reward.

Yes No **IV. Nutrition Guidelines** (Cont. from page 1)

- ☒ ☐ Our district's written wellness policy addresses nutrition standards for USDA reimbursable meals.
- ☒ ☐ We operate the School Breakfast program: ☒ Before School ☐ In the Classroom ☐ Grab & Go
- ☒ ☐ We follow all nutrition regulations for the National School Lunch Program (NSLP).
- ☐ ☒ We operate an Afterschool Snack Program.
- ☐ ☒ We operate the Fresh Fruit and Vegetable Program.
- ☒ ☐ We have a Certified Food Handler as our Food Service Manager.
- ☒ ☐ We have adopted and implemented *Smart Snacks* nutrition standards for ALL items sold during school hours, including:
☒ as à La Carte Offerings ☐ in School Stores ☐ in Vending Machines ☐ as Fundraisers

Yes No **V. Physical Activity**

- ☒ ☐ Our district's written wellness policy includes measurable goals for physical activity.
- ☒ ☐ We provide physical education for elementary students on a weekly basis.
- ☒ ☐ We provide physical education for middle school during a term or semester.
- ☒ ☒ We require physical education classes for graduation (high schools only).
- ☒ ☐ We provide recess for elementary students on a daily basis.
- ☒ ☐ We provide opportunities for physical activity integrated throughout the day.
- ☒ ☐ We prohibit staff and teachers from keeping kids in from recess for punitive reasons.
- ☒ ☐ Teachers are allowed to offer physical activity as a reward for students.
- ☒ ☐ We offer before or after school physical activity: ☒ Competitive sports ☐ Non-competitive sports ☒ Other clubs

Yes No **VI. Other School Based Wellness Activities**

- ☒ ☐ Our district's written wellness policy includes measurable goals for other school-based activities that promote wellness.
- ☒ ☐ We provide training to staff on the importance of modeling healthy behaviors.
- ☒ ☐ We provide annual training to all staff on: ☒ Nutrition ☒ Physical Activity
- ☒ ☐ We have a staff wellness program.
- ☒ ☐ We have school district staff who are CPR certified (e.g. teachers, coaches, counselors, food service staff).
- ☐ ☒ We actively promote walk or bike to school for students with Safe Routes to School or other related programs.
- ☐ ☒ We have a recycling /environmental stewardship program.
- ☒ ☐ We have a recognition /reward program for students who exhibit healthy behaviors.
- ☒ ☐ We have community partnerships which support programs, projects, events, or activities.

VII. Progress Report: Indicate any additional wellness practices and/or future goals and describe progress made in attaining the goals of the local wellness policy

1. Our goal is to increase participation percent.

VIII. Contact Information:

For more information about this school's wellness policy/practices, or ways to get involved, contact the Wellness Committee Coordinator.

Name Position/Title

Email Phone

Grandfield School Wellness Policy

Overall Goal:

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

To meet this goal, the Grandfield 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.

Component 1: Setting Nutrition Education Goals

The primary goal of nutrition education is to influence students eating behaviors.

- The Healthy and Fit School Advisory Committee at each school site will study and make recommendations regarding health education, nutrition, and health services.
- Students in grades pre-K through 12 will receive nutrition education that is interactive and teaches the skills they need to adopt healthy eating behaviors.
- Nutrition education will be offered in the school dining room as well as in the classroom, with coordination between the food service staff and teachers.
- Nutrition education will be coordinated into the health education curricula or the core curriculum (eg. Math, science, language arts)
- School staff will promote healthful eating and healthy lifestyles to students and parents.
- School staff will work with community partners to incorporate nutrition education activities in school.
- Parents of students in PK through First Grade will be provided with a Healthy Snack List to promote healthy snacks at school.

Board of Education Approved

- School breakfasts will provide $\frac{1}{4}$ of the RDA for calories, protein, calcium, iron, vitamin A, and vitamin C as required by USDA
- The total calories from fat in school meals will be limited to 30 percent when averaged over one week.
- The total calories from saturated fat in school meals will be less than 10 percent when averaged over one week.
- School meals will meet the Dietary Guidelines for Americans.
- Healthy food preparation techniques will be implemented. Food items will not be fried.
- Fruits and vegetables will be offered daily, and will be fresh whenever possible. Frozen and canned fruits should be packed in natural juice, water, or light syrup.
- Chips will be reduced-fat or baked varieties, rather than the traditional varieties, whenever possible.
- Beverages such as tea, lemonade, and fruit drinks containing less than 50 percent fruit juice will not be offered to students during school hours.
- Students will be offered a variety of skim and low fat milk, meat and/or beans, fruits and vegetables, and whole grains on a daily basis.
- School staff will support and encourage student participation in the USDA school meals programs.
- School sites will be encouraged to participate in Farm-to-School by purchasing fresh fruits and vegetables from local farmers when available.
- 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.
- Beverage contracts will not restrict the sale of fluid milk products at any time during the school day or at any place on the school premises.
- Students in elementary schools will not have access to Foods of Minimal Nutritional Value except on special occasions.
- Healthy food options will be provided at the high school and priced lower than Foods of Minimal Nutritional Value in order to encourage students and staff to make healthier food choices. We encourage nutrient-rich food items to be made available for sale at all places where food and beverages are sold on school campuses and will meet the requirements of Smart Snacks in School Standards.
- Snack food items available for sale will meet the requirements of the Smart Snacks in School Standards.
- High-energy drinks with elevated levels of caffeine will not be available for sale anywhere on the school campus.

Component 2: Setting Physical Activity Goals

The primary goal for our school's physical activity component is to provide opportunities for every student to develop and maintain regular participation in physical activity, and understand the short and long-term benefits of a physically active and healthful lifestyle.

- The Healthy and Fit School Advisory Committee at each school site will study and make recommendations regarding physical education and physical activity.
- Students in Grades K through 5 will participate in 120 minutes of physical activity each week.
- School sites will establish or enhance physical activity opportunities for students, staff and parents.
- Elementary school sites will provide 20 minutes of daily physical activity (Action Based Learning Lab, activity breaks, recess) beyond what is provided through physical education classes.
- Students will be encouraged to participate in voluntary before-and after-school physical activity programs such as intramurals, clubs, and interscholastic athletics. Ex: CYSA, Elementary walking program.
- Staff will be discouraged from withholding PE/physical activity/recess as punishment and discourage using physical activity as punishment.
- Staff will serve as physical activity role models for students.
- All playgrounds will meet the recommended safety standards for design, installation, and maintenance.
- School sites will provide adequate equipment for every student to be active.

Component 3: Setting Nutrition Standards for All Foods Available on School Campus During the School Day.

The primary goal is to ensure that reimbursable school meals meet the child Nutrition Program requirements, and all foods and beverages sold or served to students, including those available outside of the school meal programs focus on increasing nutrient density, decreasing fat and sugars, and moderating portion size.

- School lunches and breakfasts will meet menu-planning system guidelines as required by USDA
- School lunches will provide 1/3 of the recommended dietary allowances for calories, protein, calcium, iron, vitamin A, and vitamin C as required by USDA

Component 4: Setting Goals for School-Based Activities Designed to Promote Student Wellness

The primary goal is to create a school environment that provides consistent wellness messages, which are conducive to healthy eating and being physically active.

- Per Oklahoma Senate Bill 1627, 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.
- Per the school district's Child Nutrition Programs Agreement, school meals may not be used as a reward or punishment.
- Per USDA Regulation 210.12 and 227, students and parents 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.
- 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).
- Recess will be scheduled before lunch at the elementary level in grades 1-5.
- All fundraising efforts and classroom parties will be supportive of healthy eating.
- Classroom teachers and administrators will limit the use of candy or sweets as a reward.

Approved by Grandfield School Board on 2-13-23

Board President: Matt Charnin

Agenda

Healthy and Fit / School Wellness Committee

2/10/23

Date

2:30 pm

Time

Members Present: Sign-In Sheet

1. Healthy and Fit – BDFD
2. Grandfield Wellness Policy – BDFD-1

A. Evaluation

3. Food Allergy Guidelines – CO-R2
4. Grandfield Closed Campus Regulation
5. EPI Pen - Anaphylaxis Sheet
6. Food Procurement Policy - COB
7. USDA Child Nutrition Civil Rights Training
8. Adjourn

Healthy Fit & School Wellness Committee:

Ramiro Longoria

Ramiro Longoria

Lisa Blythe

Lisa Blythe

Zelphia Whittington

Zelphia Whittington

Lisa Knox

Lisa Knox

Sarah Harrison

Sarah Harrison

GPS Committees for 22-23

Healthy and Fit kids

Ramiro Longoria

Lisa Blythe

Zelphia Whittington

Lisa Knox (P)

~~X Carrey Varelman (P)~~
replaced by Sarah Harrison (P)

Federal Programs

Ramiro Longoria

Chuck Brown

Ashley Rouse

Jenifer Curry

Anthony Picinich

Lisa Knox (P)

Bernita Brown (P)

10 Day rule committee

Ramiro Longoria

Jenifer Curry

Joshua Rouse

Carlynn Murguia

Kami Wampler (P)

Reading Leadership Team

Ramiro Longoria

Dina Whittington

Andrea Martinez

Joanna Bogle

Lusia Gomez

Tammy Woods

Safe School

Ramiro Longoria

Zelphia Whittington

Jenifer Curry

Julie Coody (P)

Sarah Harrison (P)

Resident teacher committee

Jenifer Curry

Cindy Jacks

Brandon Vicknair

Christy LaPierre

G/T committee

Ramiro Longoria

Joanna Bogle

Tammy Woods

Andrea Martinez

Julie Coody

Melody Hunt (P)