

CHILD NUTRITION AND PHYSICAL FITNESS PROGRAM

The Sequoyah Board of Education recognizes that childhood obesity has reached epidemic levels throughout the country. Overweight children are at a higher risk for developing severe long-term health problems, and overweight children are affected by discrimination, psychological stress, and low self-esteem. However, research indicates that obesity and subsequent diseases are largely preventable through diet and regular physical activity. Research also indicates that becoming physically active and maintaining a regular physical activity program significantly reduces the risk of some obesity and some cancers, diabetes, and other chronic diseases.

Children who eat well-balanced meals and are healthy are more likely to learn in the classroom. The Board supports increased emphasis on nutrition as well as physical activity at all grade levels to enhance the well-being of our district's youth. Therefore, it is the policy of the board to:

1. Provide students access to nutritious food;
2. Provide opportunities for physical activity and developmentally appropriate exercise; and
3. Provide accurate information related to these topics.

It is the intent of the board of education that parents, students, child nutrition employees, teachers of physical education, school health professionals, and community participate in the development and updating of the policy. It is expected that the school district's Healthy and Fit Kids Advisory Committee will participate in the process and in preparing written recommendations to the administration and the board to adopt as a part of the school district's local school wellness policy. The 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) full understand(s) the federal and state laws related to wellness policies. Specific information regarding these recommendations and the wellness policy is as follows:

The superintendent or designee will ensure compliance with established district-wide nutrition and physical activity wellness policy.

To help with the initial development of the District's wellness policy they will conduct a baseline assessment of the school's existing nutrition and physical activity environments and policies to identify and prioritize needs. Assessments will be repeated to help assess progress and determine areas in need of improvement. As part of that review, the school district will review our nutrition and physical activity policies: provision of an environment that supports healthy eating and physical activity: nutrition and physical education policies and program elements. The district will, as necessary, revise the wellness policy and develop work plans to facilitate their implementation.

The District will inform and update the public about the content and implementation of the local school wellness policy. This information will be made available through appropriate district communication channels, which may include the district website, newsletters, and board reports.

Curriculum

The Sequoyah Board of Education recognizes that healthy eating patterns are essential for students to achieve their academic potential, full physical and mental growth, and lifelong health and well-being. To ensure students possess the knowledge and skills necessary to make nutritious food choices for a lifetime, the superintendent shall prepare and implement a comprehensive district nutrition program consistent with state and federal requirements for districts sponsoring the National School Lunch Program and/or the School Breakfast Program. To implement the program, the Superintendent shall adopt and implement a comprehensive curriculum on health, fitness, and nutrition that will provide opportunities for developmentally appropriate instruction for grades K-12. Schools will provide nutrition

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education to all students in grades K-12 in order to equip them with the knowdge and skills necessary to support liflong healthy eating behaviors. The input of staff, students, parents, and public health professionals in the development of the curriculum will be encouraged.

Nutrition, health, and fitness topics shall be integrated within the sequential comprehensive health education curriculum taught at every grade level, K-12, and coordinated with the district’s nutrition and food services operation. Nutrition education will include instruction on what it means to eat healthfully, consume proper nutrients, and maintain a wholesome and balanced diet. As mandated, the District’s health education curriculum will align with the Oklahoma Academic Standards and comply with all required of the Health Education Act. The District will provide opportunities for students to practice and apply the nutrition, health, and wellness skills and knowledge taught in the classroom through school-based activities and real-world learning experiences.

The District shall take a proactive effort to encourage students to make nutritious food choices. The superintendent shall ensure that:

1. A variety of healthy food choices are available whenever food is sold or served on district property or at district-sponsored events;
2. Schools shall regulate the sale or serving of foods or snacks high in fat, sodium, or added sugars; and
3. Nutritious meals served by the school nutrition and food services operation complies with state and federal law.

Child Nutrition Program

The Sequoyah Public Schools will operate a school lunch program that will include lunch, and may include breakfast, Through participation in the Child Nutrition Programs. The District will ensure that schools provide breakfast through the USDA School Breakfast Program, in accordance with federal requirements. The District will also encourage students to begin each day with a healthy breakfast to support academic performance and overall well-being. The superintendent, in conjunction with the food service supervisor and with the approval of the board of education, will establish and post meal prices.

As required for participation in the Child Nutrition Programs, the board prescribes that:

School lunch is to be made available to all students.

As required under the National School Lunch Program (7 CFR 210.12), the District will promote activities that involve students and parents in the School Lunch Program. The District will encourage participation through nutrition education, school-based activities, and communication efforts designated to increase awareness of the benefits of the program.

Free and reduced-price lunches are to be made available for students who meet the federal income guidelines.

In the operation of the Child Nutrition Programs, no child will be discriminated against because of race, sex, color, national origin, age or disability.

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The district shall inform parents of the eligibility standards for free or reduced-price meals. Reasonable efforts shall be made to protect the identity of students receiving such meals. A parent has the right to appeal to the superintendent any decision with respect to his/her application for free or reduced-price food services.

The district’s child nutrition program shall reflect the board’s commitment to providing adequate time for instruction to promote healthy eating through nutrition education, serving healthy and appealing foods a district schools, developing food-use guidelines for staff, and establishing liaisons with nutrition service providers, as appropriate. Nutrition education topics shall be integrated within the sequential, comprehensive health education program taught at every grade level, pre-kindergarten through grade 12, and coordinated with the district’s nutrition and food services operation.

It is the intent of the board of education that district schools take a proactive effort to encourage students to make Nutritious food choices. Meals served in school before the end of the last lunch period shall conform to the U. S. Dietary Guidelines for Americans. Food and beverages sold or served on district grounds or at district-sponsored events shall meet requirements for nutritional standards and/or other guidelines as may be recommended by the district and school health and nutrition committees. The superintendent shall ensure that nutritious foods are available as an affordable option whenever food is sold or served on district property or at district-sponsored events.

The superintendent is directed to prepare rules and regulations to implement and support this policy, including such provisions as may be necessary to address all food and beverages sold and/or served to students at school (i.e., competitive foods, snacks, and beverages sold from vending machines, school stores, and fund raising activities and refreshments that are made available at school parties, celebrations and meetings), including provisions for staff development, family and community involvement, and program evaluation.

This policy can also be found on our district’s website.

NUTRITION GUIDELINES/STANDARDS

SCHOOL MEALS

- School lunches and breakfasts will meet menu-planning system guidelines as required by USDA as per the Healthy and Hunger Free Kids Act of 2010.
- Qualified nutrition professionals will administer the school meal programs. They will receive continuing education development and certification according to their level of responsibility.
- School meals will offer an array of different colored vegetables and fruits.
- School meals will offer whole-grain rich Bread/Grain options.
- Students shall be provided at least 10 minutes to eat breakfast, and 15 minutes to eat lunch, and offer meal periods at appropriate times.
- Healthy food preparations techniques shall be implemented. Menu items will not be deep-fried.
- Displaying whole fresh fruit in attractive bowls or baskets in students’ line of reach/site.
- Provide safe, unflavored, cool drinking water throughout the school day at no cost to students.
- The District will ensure that students are provided access to drinking cups, glasses, or reusable water bottles in all areas where meals and snacks are served.
- The District will ensure all drinking water sources and containers, including drinking fountains, water jugs, hydration stations, and other water delivery methods, are maintained on a regular schedule to support proper hygiene and safe drinking water access.
- The Farm-To-School Program shall be encouraged and used so that local produce is purchased.

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- School staff shall support and encourage student participation in the school meal program. The Child Nutrition staff shall encourage students to select healthier choices.

NUTRITION EDUCATION

- Schools should provide nutrition education and engage in nutrition promotion. The programs shall be designed to provide the students with the knowledge and skills necessary to promote and protect their health.
- School staff shall incorporate nutrition education activities in classroom and school cafeteria.
- The Healthy and Fit School Advisory Committee will study and make recommendations regarding health education, nutrition, physical education and physical activity.
- Promote choosing foods and beverages with little added sugar.

PHYSICAL ACTIVITY

- Students in Grades K-5 will participate in 60 minutes of physical activity each week.
- Elementary school sites will provide 20 minutes of daily recess that promotes physical activity beyond what is provided through physical education classes.
- The District will develop indoor recess guidelines to ensure that students have adequate opportunities for physical activity on days when recess must be held indoors.
- The District will require schools to schedule recess before lunch whenever feasible, in order to increase student food consumption, reduce food waste, and improve attentiveness when students return to the classroom.
- School sites will provide adequate equipment for students to be active.
- All Physical Education teachers shall be encouraged to integrate new, up-to-date instructional strategies that align with Oklahoma state standards and objectives.
- The District will provide support for teachers and staff to incorporate classroom-based physical activities, such as brief movement breaks or classroom energizers, into academic lessons or as transitions throughout the school day.
- The District will require all schools to establish a comprehensive, standards-based physical education curriculum for each grade level, K-12. Schools will ensure that PE classes and equipment provide all students with an equal opportunity to participate in physical education. The PE curriculum will be reviewed and updated as needed to support and prioritize new state and federal learning standards as they become available.
- Students will engage in moderate to vigorous physical activity for more than fifty percent (50%) of the time allotted for physical education classes.
- Physical education classes will be taught by licensed teachers who are certified or endorsed to teach physical education.

OTHER SCHOOL-BASED ACTIVITIES

- Fundraising: The sale of candy and other food items as fundraisers will be limited. Organizations may refer to the State Department of Education’s website for alternative things to do and sell. SDE Website— (ok.gov/sde/sites/ok.gov.sde/files/CN-FundraisingIdeas.pdf)
- Each school site may allow up to thirty (30) exempt fundraisers per semester during which the foods and beverages sold are not required to meet Smart Snack standards. These exempted fundraisers may not take place during normal meal service times, as defined by the school schedule.

FOOD MARKETING IN SCHOOLS

- Prohibit school-based marketing of brands promoting predominantly low nutrition foods.
- Only food and beverages that meet the USDA Smart Snacks in School standards may be marketed on school campuses.

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- Market activities that promote healthful behaviors.
- Competitive items may be sold during the school day as a fundraiser as long as those items meet USDA Smart Snacks in School standards.

The 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 and overall well-being. The District may partner with community agencies and organizations, such as local health departments, hospitals, health insurance providers, and local chapters of national organizations, to assist in providing education, services, and resources for staff.

REFERENCE: 70 O.S. §1-107
7CFR, Parts 210 and 220
7CFR, Part 245.5

CROSS-REFERENCE: Policy EHAK, Physical Education
Policy FFA, Health, Students

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 Sequoyah Public School

Reviewer Corinne Bridgeman

School Name Sequoyah Public School

Date 10-22-2025

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

Yes No I. Public Involvement

We encourage the following to participate in the development, implementation, and evaluation of our wellness policy:

Administrators School Food Service Staff P.E. Teachers Parents
 School Board Members School Health Professionals Students Public

We have a designee in charge of compliance.

Name/Title:

We make our policy available to the public.

Please describe:

We measure the implementation of our policy goals and communicate results to the public.

Please describe:

Our district reviews the wellness policy at least annually.

Yes No II. Nutrition Education

Our district's written wellness policy includes measurable goals for nutrition education.

We offer standards based nutrition education in a variety of subjects (e.g. science, health, math, etc).

We offer nutrition education to students in: Elementary School Middle School High School

Yes No III. Nutrition Promotion

Our district's written wellness policy includes measurable goals for nutrition promotion.

We promote healthy eating and nutrition education with signage, use of creative menus, posters, bulletin boards, etc.

We have reviewed *Smarter Lunchroom* techniques and evaluated our ability to implement some of them.

We place fruits and vegetables where they are easy to access (e.g. near the cafeteria cashier or near the front of the line).

We ensure students have access to hand-washing facilities prior to meals.

We annually evaluate how to market and promote our school meal program(s).

We regularly share school meal nutrition, calorie, and sodium content information with students and families.

We offer taste testing or menu planning opportunities to our students.

We participate in Farm to School activities and/or have a school garden.

We only advertise and promote nutritious foods and beverages on school grounds (e.g. buildings, playing fields, etc).

We price nutritious foods and beverages lower than less nutritious foods and beverages.

We offer fruits or non-fried vegetables in: Vending Machines School Stores Snack Bars à La Carte

We have nutritional standards for foods/beverages served at school parties, celebrations, events, etc.

We provide teachers with samples of alternative reward options other than food or beverages.

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

SPS has began to increase our employee fitness opportunities and make these available at no charge to employees. The HS student council is currently promoting a no tobacco/no vaping for HS age students. The FFA has learned about growing lettuce and the nutritional value while supplying our HS cafeteria with lettuce grown from the FFA garden. The Middle School has a red week ribbon week to promote saying no to drugs. SPS has partnered with Key Choices a local nonprofit that teaches classes at the Middle School about healthy life style choices and brings awareness to students about drugs and alcohol. SPS is currently writing a TSET grant to construct a fitness focused playground for ages prek and K with the hope of extending this through grades 5.

VIII. Contact Information:

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

Name	Corinne Bridgeman	Position/Title	CN Director
Email	corinne.bridgeman@sequoyaheagles.net	Phone	918-341-0782