

# STROUD BOARD OF EDUCATION CO

## CHILD NUTRITION AND PHYSICAL FITNESS PROGRAM

The Stroud Board of Education wishes to comply with the new rules related to Healthy, Hunger Free Kids Act of 2010 (HHFKA) that went into place on July 29, 2016. The Board further supports the wellbeing and general welfare of our students.

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.

New rules mandate that it is the intent of the Board of Education that parents, students, child nutrition employees, teachers of physical education, school health professionals, and the general public participate in the development, implementation, and periodic review and updating of this policy. It is expected that the school district's Healthy and Fit Kids Advisory Committee will participate in the process and assist the referenced individuals in preparing written recommendations to the administration and the Board to be considered as a part of the school district's local school wellness policy. Specific information regarding these recommendations and the wellness policy are as follows:

Mandates from the federal government require measureable goals for nutrition promotion and education, physical activity, and other school-based activities that are designed to promote student wellness in a manner that the District determines is appropriate. In developing these goals, school must review and consider evidence based strategies and techniques. The District is committed to the voluntary participation of students in the programs and process involved in the execution of this policy.

All students in the Stroud Public School District shall possess the knowledge and skills necessary to make nutritious food choices for a lifetime as a result of their experiences in the Stroud Public Schools and the advice and guidance of their parents/guardians. All staff in the Stroud Public Schools are encouraged to model healthful eating and physical activity as a valuable part of daily life.

To meet this goal the Stroud Public Schools adopts this school wellness policy with the accompanying language to promote nutrition, nutrition education, physical activity, and other school-based activities that support student and staff wellness.

The District will make nutritious foods available on campus during the school day to promote student and staff health. At a minimum, the District 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). Schools will make clean drinking water available and accessible without restriction and at no charge at every District facility (including cafeteria and eating areas, classrooms, hallways, playgrounds, and faculty lounges) throughout the entire school day.

Foods not meeting the standards for federal meal requirements or federal competitive food guidelines will not be available as per State or local standards. Foods meeting local standards will be available to students outside of the federal Child Nutrition Program, but not to compete with meals served within that program as per State or local standards.

# STROUD BOARD OF EDUCATION CO

## CHILD NUTRITION AND PHYSICAL FITNESS PROGRAM (Cont.)

The District will market only those foods and beverages that may be sold on the school campus during the school day that are not in direct competition with the Federal Child Nutrition Program. The District may market food and beverages that meet local standards at times other than during the school day.

The District assures that guidelines for reimbursable school meals are not less restrictive than the regulations and guidance issued by the U.S. Department of Agriculture (USDA) provided the District is participating in the Federal Child Nutrition Program. If the District receives no reimbursable school meal funding then those regulations do not apply to the District.

Building Principals and the Superintendent will evaluate how effectively the school wellness policy is being implemented. That evaluation will be by personal observations on a regular basis, comments by stakeholders, input by the Board of Education, and other information that may be of importance to the effectiveness of the policy.

### Curriculum

Federal guidelines require that The Stroud 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 wellbeing. To help 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 local, state and federal requirements for districts sponsoring the National School Lunch Program and/or the School Breakfast Program. Local guidelines for implementation apply if the District does not sponsor the National School Lunch Program and /or the School Breakfast Program. To implement the program, the Superintendent and Principals shall consider and implement as appropriate a comprehensive curriculum on health, fitness, and nutrition that will provide opportunities for developmentally appropriate instruction for grades K-12. The input of staff, students, parents, and public health professionals in the development of the curriculum will be encouraged.

Nutrition, health, and fitness topics may be integrated as appropriate 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. Students in Grades K-5 will participate in a minimum of sixty (60) 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. Additionally parents play a vital role in all activities outside of the school in the provision of appropriate physical activity. School facilities are available on arrangement per Board policy unless otherwise provided for physical activity after school hours.

The District shall take a proactive effort to encourage students to make nutritious food choices on an individual choice basis. The Superintendent shall ensure that:

1. A variety of healthy food choices are available during the regular school day;
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 local, state and federal law provided the District participates in the Federal Child Nutrition Program. Otherwise local standards will apply.

# STROUD BOARD OF EDUCATION CO

## CHILD NUTRITION AND PHYSICAL FITNESS PROGRAM (Cont.)

### Child Nutrition Program

The Stroud Public Schools will operate a school lunch program that will include lunch, and may include breakfast, through possible participation in the Child Nutrition Programs. 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 provided the District is a participant, the Board prescribes that:

School lunch is to be made available to all students.

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. Discrimination complaints under these programs should be filed with the State Department of Education Child Nutrition Programs, 2500 North Lincoln Blvd., Oklahoma City, Oklahoma 73105-4599.

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 at District schools, developing food-use guidelines for staff, and establishing liaisons with nutrition service providers, as appropriate. Nutrition education topics may 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. As required under the National School Lunch Program (7 CFR 210.12), the District will promote activities to involve students and parents in the School Lunch Program. School meals will not be denied to students as a disciplinary action. The District will promote healthy food and beverage choices and appropriate portion sizes associated with implementation of the Child Nutrition Program. Only foods and beverages that meet the USDA's Smart Snack standards may be marketed in schools.

It is the intent of the Board of Education that District schools take a proactive effort to provide an opportunity for 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 with the exception of extra-curricular events/fundraisers during or after the school day.

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,

# STROUD BOARD OF EDUCATION CO

## CHILD NUTRITION AND PHYSICAL FITNESS PROGRAM (Cont.)

and meetings), including provisions for staff development, family and community involvement, and program evaluation. The Board of Education designates the Superintendent as the school official who shall be responsible for oversight of this policy to ensure compliance for the school district. Variations in compliance are subject to review and correction of the variation for appropriate compliance.

Guidelines contained in this policy as a result of the implementation of the Healthy, Hunger Free Kids Act of 2010 and its corresponding rules may be negated by further modifications of the Act. Those modifications may make elements of this policy obsolete. Those areas that are modified in such a manner will render the accompanying policy components in a corresponding manner pending further policy adaptations by the Board.

The District is required to inform the public about the content of this policy and any updates to the policy on a triennial basis. The District may do this electronically, through the media, or other published documents from the school.

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

***THIS POLICY REQUIRED BY  
PUBLIC LAW 108-265, SECTION 204  
AND PUBLIC LAW 111-296.***