

Positive Tomorrows Wellness Policy

RATIONALE

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, essential for a healthy weight, are also linked to reduced risk for many chronic diseases, like Type 2 diabetes.

Positive Tomorrows students have a greater need for health education and wellness in school due to the lack of health education happening at home. Positive Tomorrows has 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 GOALS

Positive Tomorrows is committed to providing a school environment that enhances learning and development of lifelong wellness practices.

All students at Positive Tomorrows receive education on healthy living and healthy eating with healthy eating and wellness being exhibited through school meals and activities.

All staff at Positive Tomorrows are encouraged to model healthful eating and physical activity as a valuable part of daily life.

To meet these goals, Positive Tomorrows adopted this school wellness policy with the following commitments to nutrition, physical activity, comprehensive health education, marketing, and implementation. The intent of this policy is to utilize school and community resources effectively, and to serve the needs and interests of all students and staff equitably, taking into consideration differences in culture.

Accomplished Goals

Positive Tomorrows:

- Provides school meal menus (breakfast, lunch and after school snack) that meet the meal patterns and nutrition standards established by the U.S. Department of Agriculture and the Oklahoma Department of Human Services, School Nutrition Programs.
- Provides and promotes sequential and interdisciplinary nutrition education.
- Provides physical education and activity
- Provides health screenings and ensures all children have access to immunizations and medical/dental services
- Ensures all school-based activities are consistent with local wellness policy goals
- Ensures the school environment is safe, comfortable, pleasing, and allows ample time and space for eating meals
- Ensures all foods made available on campus adhere to food safety and security guidelines
- Limits the amount of high sugar foods and drinks to special events as determined by teachers and staff

Nutrition Education

Positive Tomorrows:

- Provides nutrition education for all students through basic classroom education, special activities, and special programs
- Conducts nutrition education in grades K-5
- Conducts nutrition education activities and promotions that involve students, parents, and the community
- Creates an environment that promotes health and nutrition education
- Trains and educate staff, teachers, and other personnel to promote wellness and to educate students in making healthy lifestyle choices in an effort to fight obesity
- Plans nutrition activities to include school foodservice staff, PE teachers, and additional staff, as appropriate
- Provides information to parents that encourage families to teach children about health and nutrition through case management and parent classes provided on-site

Physical Activity

Positive Tomorrows:

- Provides physical education for all students
- Offers planned sequential programs of physical education instruction, incorporating individual, and group activities, which are student centered and taught in a positive environment
- Schedules physical education, physical activities like rock climbing, yoga, and recess before lunch times (where possible) in order to increase food consumed, decrease plate waste, and improve cafeteria behavior
- Incorporates 5- to 10-minute physical activity sessions in classrooms to teach subject areas and to make transitions between different lessons (e.g., Wii brain breaks, assembly warm-ups, etc.)
- Provides staff-monitored recreational activities that promote moderate physical activity during all outdoor and indoor recess times
- Provides information to parents that encourage families to teach children about health and physical activities

Positive Tomorrows:

- Established and enhanced physical activity opportunities (like walking clubs or fitness challenges) for staff, students, and/or parents when possible
- Collaborates with local recreational departments and youth fitness programs when possible to promote participation in lifelong physical activities
- Seeks out scholarship opportunities for extracurricular activities for our students to participate in sports when appropriate

Other School Based Activities

Positive Tomorrows:

- Promotes physical and nutritional guidelines and wellness in all school programs including after school hours
- Provides health professionals in school who screen the children for health issues, make referrals, and ensure all immunizations are current
- Screens the children for issues related to oral health and takes children to a dental clinic for services
- Ensures all children have access to medical services and assists families in applying for Sooner Care
- Promotes health and nutrition with limited sugar based food and drinks in other school-based activities (such as school events, field trips, school parties and camps)

- Promotes health and wellness by hosting theme weeks, and guest speakers promoting a healthy lifestyle
- Participates in a local health committees comprised of families, teachers, administrators, and students to plan, implement, and improve nutrition and physical activity in the school environment

Nutrition Guidelines for All Foods on Campus

Positive Tomorrows:

- Established guidelines for all foods available on the campus during the school day with the objective of promoting student health and reducing childhood obesity
- Requests from food vendors healthy and nutritious alternatives to current food products such as snack and beverage choices
- Requests from food vendors, nutrition information to determine which foods are high in total fat, and saturated fat
- Involves parents and staff in identifying nutritional and healthier food options
- Promotes healthier food items by advertising in school
- Encourages students to make food choices based on the 2015 Dietary Guidelines for Americans, by emphasizing menu options that feature baked (rather than fried foods), whole grains, fresh fruits and vegetables, and reduced-fat dairy products

Eating Environment

Positive Tomorrows:

- Provides adequate time for students to eat and enjoy school meals. Each child will be provided a minimum of 15 minutes to eat for breakfast and 20 minutes to eat for lunch
- Makes school meals accessible to all students when they miss a normal meal with a variety of delivery strategies, such as breakfast in the classroom, and grab-and-go lunches
- Established a cafeteria environment conducive to a positive dining experience, with socializing among students and between students and adults; with supervision of eating areas by adults who model proper conduct and voice level; and with adults who model healthy habits by eating with the students
- Does not use foods as rewards for student accomplishment and does not withhold food as punishment

School Food Service Operations

Positive Tomorrows:

- Established food safety programs of all food operations to ensure that the food service permit is current for the Food Service school site; Hazard Analysis and Critical Control Points plans and guidelines are implemented to prevent food illness in schools
- Operates all School Nutrition Programs with school foodservice staff who are properly trained in the food safety policies
- Provides opportunities for school food service staff to receive professional and nutrition education and training

Marketing a Healthy School Environment

Positive Tomorrows:

- Provides positive, motivating messages, both verbal and non-verbal, about healthy lifestyle practices throughout the school setting. All school personnel help reinforce these positive messages
- Involved students in planning for a healthy school environment; students are asked for input and feedback, and attention is given to their comments
- Promotes healthful eating, physical activity, and healthy lifestyles to students, parents, teachers, administrators, and the community at school events (e.g., parent-teacher conferences, open houses, health fairs, teacher in-services, and other events)
- Provides nutrition information for parents, including nutrition analysis of school meals and resources to help parents to improve food that they serve at home if applicable.
- Eliminated or reduced advertising and other materials on the school campus that promote foods of minimal nutrition value

IMPLEMENTATION AND REVIEW

Positive Tomorrows:

- Amy Brewer, Asst. Principal and James Parson, Operations Manager are jointly responsible for ensuring the implementation of the school wellness policy as written.
- Implemented the school wellness policy as provided by Section 204 of the Healthy Hunger Free Kids Act of 2010 (Updated July 2013)
- Remains current with laws as set out by Oklahoma Dept. of Human Services programs
- Meets with staff and committee members at a minimum of two times per year to ensure compliance and to update members of current laws

- Implementation of the school wellness policy will be reviewed annually at the first wellness committee meeting of each school year to identify areas of improvement, using the Policy Assessment Tool provided by the OKDHS. Reviews will be submitted to the Board of Directors for approval at the next regularly scheduled board meeting following the review. The report will be completed jointly by the Asst. Principal and the Operations Manager and posted with the School Wellness Policy on the school's website.
- The Positive Tomorrows Wellness Policy and annual implementation report will be posted at PositiveTomorrows.org. A copy of the policy and implementation report will be made available to anyone upon request. Anyone interested in participating in the implementation and ongoing development of the wellness policy is encouraged to call Amy Brewer at 556-5082.

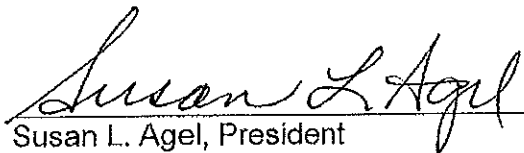
SCHOOL HEALTH COMMITTEE MEMBERSHIP

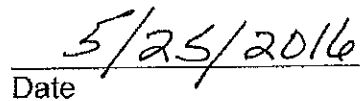
Members:

Positive Tomorrows: Margaret Creighton, Director of Development
 Amy Brewer, Assistant Principal
 Rachel Durham, Development Officer
 Gracy Helm, Executive Assistant
 Pam Parson, Cook
 Tammy Cadamy, Community member

First Med Urgent Care: Todd Lechtenberger, CEO

*Policy approved by Board of Directors on


 Susan L. Agel, President


 Date

*This institution is an equal opportunity provider

On May 25, 2016 the Board of Directors reviewed and approved the updated Wellness Policy for Positive Tomorrows. Updates made to the policy included:

- A section was added to address Implementation and Review of the policy. Those responsible for implementing and regularly reviewing the policy are named in this section.
- The schedule and procedure for review was added to this section.
- The procedure for posting future updates to the policy was added to this section.
- The names of the members of the School Health Committee were updated.

Wellness Policy Assessment Tool- Maintain, Measure and Evaluate

As required by law, each school district must establish a plan for measuring implementation of the local wellness policy, including designation of one or more persons with operational responsibility for ensuring that the school is meeting the policy.

A sustained effort by each district is necessary to assure that new policies are faithfully implemented. Periodically assess how well the policy is being managed and enforced. Reinforce the policy goals with school staff if necessary. Be prepared to update or amend the policy as the process moves on. The school district or individual schools should celebrate policy success milestones (and the district team can do the same!).

Evaluation and feedback are very important in maintaining a local wellness policy. You need to document any financial impact to the school foodservice program, school stores, or vending machine revenues.

It is also important to assess student, parent, teacher, and administration satisfaction with the new policies. A good evaluation plan does not need to be extensive, formal or put additional undue burdens on staff that is involved in the process.

Through the evaluation process, you will be able to answer some basic questions that are very important to policymakers, students, school staff, parents, and the general public:

1. What changes to nutrition education, physical activity, the nutritional quality of foods available to students, and other aspects covered by the policy occurred in each school as a result of the district wellness policy?

For example:

- Did the number of students participating in nutrition education change?
- Did the students have a different number of minutes of physical activity?
- Did any of the campuses change available food options?
- Did participation in the National School Breakfast or Lunch Program change?

Nutrition and gardening classes are taught weekly during After School programs. One hour of basketball weekly for all students at Santa Fe Family Center. On October 21, 2015 Positive Tomorrows began preparing and serving all meals rather than using an outside vendor. This resulted in a larger variety of freshly prepared, healthy meals. Additionally, we make available to our students regular free dental care, free medical check-ups, and free immunizations.

2. Did the policy and implementation address the issues identified in the needs assessment?

For example:

- Is it making a difference?
- What's working?
- What's not working?

As a result of the gardening and nutrition classes our students are exposed to more fresh fruits and vegetables, and are taught how to properly prepare them. Weekly basketball classes has increased their weekly physical activity opportunities and taught them important life skills such as teamwork and following rules. The change in our food service has provided students a healthier variety of meals and has generally reduced the amount of waste in our daily meals. Visitors and school volunteers regularly comment on how much better the quality of the food and the service has become.

3. How can the impact of the policy be increased to enhance its effect on student health and academic learning?

By emphasizing the improvements in the quality of life to our students through our wellness program we hope to achieve long-term positive differences. Encouraging all staff, volunteers, and parents to practice healthy behaviors allows us to lead our students by example. Through continual training of staff members we hope to build on the success of our program and improve the overall health of our students.

If you need further information on the evaluation process, the following resources are among those available to assist you:

Evaluation Primer: An overview of education evaluation. This material is excerpted from ***Understanding Evaluation: The Way to Better Prevention Programs*** [PDF].

Evaluating Community Programs and Initiatives (chapter 36-39 of the Community Toolbox) developed by the University of Kansas Work Group on Health Promotion and Community Development. This document contains information on developing a plan for evaluation, methods for evaluation and using evaluation to understand and improve the initiative.

Reference:

Team Nutrition, United States Department of Agriculture. *Healthy Schools*. [online] April 2009. <http://teamnutrition.usda.gov/Healthy/wellnesspolicy_steps.html>