

Positive Tomorrows District Wellness Policy

Purpose

Positive Tomorrows recognizes the important role that schools play in the development of children's lifelong health habits, their ability to learn, and their overall well-being. Schools can improve the health of students not only by educating them about the importance of healthy behaviors, but also by implementing policies that promote those behaviors.

Therefore, Positive Tomorrows establishes the following policy to promote the health and wellness of students and staff and to ensure the school complies with those standards established by federal and state law. Specifically, this policy requires Positive Tomorrows to:

- Allow parents, students, representatives of the school food authority, physical education teachers, school health professionals, the school board, school administrators, and the general public to participate in the development, implementation, review, and update of the school wellness policy.
- Establish nutrition guidelines that meet or exceed the United States Department of Agriculture's (USDA) school meal requirements and the nutrition standards for competitive foods and beverages.
- Director of Education will create goals for nutrition promotion and education, physical activity and physical education, and other activities that promote student as well as staff health.
- Director of Administration will adopt a plan to ensure the policy is properly implemented, regularly assessed, and periodically updated.
- Serve the needs and interests of all students and staff equitably, taking into consideration differences in culture.
- Family Support Staff will provide health screenings and ensure all children have access to immunizations and medical/dental services.

Definitions

- **School campus**

All areas of the property under the jurisdiction of the school that are accessible to students during the school day.

- **School day**

The period of time from the midnight before to 30 minutes after the end of the instructional day.

- **Competitive foods and beverages**

Foods and beverages that are sold on campus outside of the federal reimbursable school meals program during the school day (e.g., in vending machines or school stores).

- **Smart Snacks standards**

Nutrition standards, issued by the USDA, which set limits on the amount of calories, salt, sugar, and fat in competitive foods and beverages.

NUTRITION

School Meal Requirements

Positive Tomorrows will make nutritious foods available on campus during the school day to promote student and staff health. At a minimum, Positive Tomorrows' 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).

Specifically, Positive Tomorrows will ensure that all meals are the following:

- Accessible, appealing, and attractive to all children
- Served in a clean, pleasant, and supervised setting
- High in fiber, free of added trans fats, and low in added fats, sugar, and sodium
- Based on a meal plan provided by a professional resource (such as the State Department of Education, the USDA, the Alliance for a Healthier Generation, or The Lunch Box)

Positive Tomorrows will also ensure to do the following:

- Encourage students to start the day with a healthy breakfast.
- Provide breakfast through the USDA School Breakfast Program.

Water: Positive Tomorrows will make clean drinking water available and accessible without restriction and at no charge at every facility (including cafeterias and eating areas, classrooms, hallways, playgrounds, and faculty lounges) before, during, and after school. Positive Tomorrows will also ensure the following:

- Students will be provided drinking cups, glasses, or reusable water bottles as requested in places where meals and snacks are served.
- All water sources and containers will be maintained on a regular basis to ensure good hygiene standards (including drinking fountains, water jugs, hydration stations, and other methods for delivering drinking water).

Information and Promotion: As required under the National School Lunch Program (7 CFR 210.12), Positive Tomorrows will promote activities to involve students and parents in the School Lunch Program. In addition, Positive Tomorrows and the Family Support Staff will do the following:

- Inform families about the availability of breakfasts for students.

- Distribute materials to inform families of the availability and location of free Summer Food Service Program meals for students when school is not in session.
- Provides nutrition information for parents, including nutritional analysis of school meals and resources to help parents to improve food they serve at home if applicable.

Adequate Time to Eat: Positive Tomorrows will allow students at least 10 minutes to eat breakfast and 20 minutes to eat lunch from the time they are seated.

Competitive Foods and Beverages

All competitive foods and beverages sold to students during the school day must meet or exceed the USDA's Smart Snacks standards.

Other Foods Provided at School

At a minimum, 20% of other foods and beverages provided (not sold) on campus (e.g., for classroom parties, celebrations, and afterschool-programming) must meet the USDA's Smart Snacks standards.

Positive Tomorrows will provide volunteers and teachers with a list of ideas for healthy food as well as non-food alternatives for classroom parties (e.g., the USDA's resources on "[Healthy Celebrations](#)") and after-school programming (including celebrations).

Nutrition Education

Positive Tomorrows and the Director of Education will offer--and integrate into the core curriculum—nutrition education to all grades (PreK-8), providing students the knowledge and skills necessary for lifelong healthy eating behaviors, including what it means to eat healthfully, consume the proper nutrients, and maintain a wholesome and balanced diet.

In addition, Positive Tomorrows will ensure that nutrition education:

- Complies with state learning objectives and standards.
- Provides opportunities for students to practice and apply the skills and knowledge taught in the classroom (e.g., by using the cafeteria as a learning lab, visiting local farms, etc.).
- Is made available for staff.
- Is promoted to families and the community.

Rewards and Punishment

Food, beverages, and candy will not be used to reward or punish academic performance or student behavior.

Nutrition and Healthy Food Promotion

Positive Tomorrows and the Director of Education will promote healthy food and beverage choices and appropriate portion sizes by doing the following:

- Exhibiting posters, signs, or other displays on the school campus that promote healthy nutrition choices.
- Providing age-appropriate activities, such as food demonstrations and taste-testing that promote healthy eating habits.
- The Family Support Staff will assist by offering information to families (via communications with parents, educational workshops, screening services, and health-related exhibitions and fairs) and encouraging them to teach their children about nutrition and healthy eating behaviors.
- Encouraging school staff to display healthy eating habits and physical activity choices to students (e.g., by eating with students during meal times, consuming only healthy snacks, meals, and beverages in front of students, sharing positive experiences with physical activity with students, etc.).

Food and Beverage Marketing

Only foods and beverages that meet the USDA's Smart Snacks standards may be marketed in schools.

Staff Qualifications and Training

Positive Tomorrows will follow the USDA's Professional Standards for State and Local Nutrition Programs in selecting local school nutrition program directors. Also, Positive Tomorrows will require all personnel in the school nutrition programs to complete annual continuing education and training.

In addition, Child Nutrition Staff will do the following:

- Receive training in basic nutrition, nutrition education, safe food preparation, and nutrition standards for healthy meals and snacks.
- Organize and participate in educational activities that support healthy eating behaviors and food safety.

Farm-to-School Programs and School Gardens

Positive Tomorrows will allow school gardens on property.

The following will also occur:

- Positive Tomorrows will incorporate local and/or regional products into the school meal program.

- Schools will take field trips to local farms.
- As part of their education, students will learn about agriculture and nutrition.

PHYSICAL EDUCATION AND PHYSICAL ACTIVITY

General Requirements

Positive Tomorrows will ensure that all students (PreK-8) participate in a minimum of 60 minutes of physical activity each day, whether through physical education, exercise programs, after-school athletics, fitness breaks, recess, classroom activities, or wellness and nutrition education.

Recess and Physical Activity Breaks

Recess: Positive Tomorrows will require schools to provide elementary school students (PreK-8) at least 20 minutes of recess each day (in addition to the PE requirements). Additionally, Positive Tomorrows will do the following:

- Provide staff monitored recreational activities that promote moderate physical activity during all outdoor and indoor recess times.
- Require schools to hold recess before lunch, in order to increase food consumption, reduce waste, and improve classroom attentiveness when students return from lunch.

Physical Activity Breaks: Positive Tomorrows will require schools to provide all students (PreK-8) short breaks (three to five minutes) throughout the day to let them stretch, move around, and break up their time spent sitting. These physical activity breaks may take place during and/or between classroom time.

Physical Education (PE)

Positive Tomorrows will require a comprehensive PE curriculum for each grade (PreK-8). Positive Tomorrows will ensure that PE classes and equipment afford all students (PreK-8) an equal opportunity to participate in PE.

Elementary school students (PreK-5) will participate in at least 30 minutes of PE per week throughout the entire school year.

In addition, the following requirements apply to all students (PreK-8):

- During PE, students will be given the opportunity to participate in many types of physical activity, including both cooperative and competitive games.
- Students will engage in moderate to vigorous physical activity for more than 50 percent of the PE class time.

- PE classes will have a teacher/student ratio comparable to core subject classroom size.

Teacher Qualifications, Training, and Involvement

- Teachers will receive training on how to integrate physical activity into the curriculum. Some portion of this training will be incorporated into annual professional development.
- Positive Tomorrows will allow teachers the opportunity to participate in or lead physical activities before, during, and after school.

Punishment and Rewards

- Physical activity will not be used or withheld as punishment. (This does not apply to participation on sports teams that have specific academic requirements.)
- Positive Tomorrows will provide alternative ways for teachers and staff to encourage appropriate behavior.

Grounds, Facilities, and Equipment

Positive Tomorrows will ensure the availability of proper equipment and facilities that meet safety standards and will conduct necessary inspections and repairs.

After-School Physical Activity and Screen Time

After-school programming will do the following:

- Dedicate at least 20%, or at least 30 minutes (whichever is more), of weekly program time to physical activity, which includes a mixture of moderate to vigorous physical activity.
- Utilize outdoor space for physical activity as much as possible each day (weather permitting and with appropriate protection from the elements).
- Encourage staff to join children and youth in physical activity whenever possible.
- Limit screen time to less than 60 minutes per day to be used only for homework and other educational or physical activity purposes.

OTHER ACTIVITIES THAT PROMOTE SCHOOL WELLNESS

- Provide health professionals in school who screen the children for health issues, make referrals, and ensure immunizations are current.
- Ensure all children have access to medical services and assist families in applying for Sooner Care.

Staff Wellness

Positive Tomorrows recognizes that employee health is essential to student health and to creating healthy school environments. Accordingly, Positive Tomorrows will promote healthy eating, physical activity, and overall health of employees. Positive Tomorrows may partner with community agencies and organizations (e.g., local health departments, hospitals, health insurance companies, and local chapters of national organizations, such as the American Cancer Society, American Heart Association, Red Cross, and YMCA) to assist in providing education, services, and resources for staff.

Positive Tomorrows will do the following to support staff wellness:

Nutrition

- Encourage only those foods and beverages that meet Smart Snacks standards at all staff meetings, trainings, special occasions (e.g., birthdays and retirement parties), and other workplace gatherings.
- Provide employees with access to a refrigerator, microwave, and sink with a water faucet.

Physical Activity

- Promote walking meetings.
- Incorporate 10-minute physical activity breaks into every hour of sedentary meetings, trainings, and other workplace gatherings.
- Promote employee participation in physical activity by creating exercise clubs or groups and/or sponsoring employee sports teams.

General Wellness

- Partner with community organizations or agencies to provide stress management programs annually to staff.
- Promote tobacco prevention and provide referral information on cessation services through the Oklahoma Tobacco Helpline.
- Ensure access to a private space (other than a restroom) that has an electrical outlet, and provide flexible paid or unpaid break times to allow mothers to express breast milk and/or breastfeed.
- Partner with community organizations or agencies to offer immunization clinics (e.g., flu, Tdap, etc.) to staff.
- Provide or partner with community organizations or agencies to offer free or low-cost first aid and CPR training.

Professional Development

Positive Tomorrows will provide staff with educational resources and annual training in health and health-related topics.

Health Education

Where applicable, schools' health education curriculums will follow the *Oklahoma Academic Standards*.

IMPLEMENTATION, MONITORING, AND EVALUATION

Leadership

Positive Tomorrows will designate the Director of Administration to facilitate the development of the school's wellness policy, oversee appropriate updates to the policy, and ensure the schools compliance with the policy. Positive Tomorrows will ensure that the Director of Administration fully understands the federal and state laws related to wellness policies.

Include the name(s), position(s), and contact information of the designated official(s) here:

Name	Position	Contact Information (Email address is sufficient)
Dave Wood	Director of Administration	dwood@positivetomorrow.org
Amy Brewer	Director of Education	abrewer@positivetomorrow.org
James Parson	Operations Manager	jparson@positivetomorrow.org
Jayna Sunmugavail	Executive Assistant	jsunmugavail@positivetomorrow.org

Community Involvement

Positive Tomorrows will permit parents, students, representatives of the school food authority, physical education teachers, school health professionals, the school board, school administrators, and the general public to serve on the local school wellness policy committee and participate in the development, implementation, review, and update of the local school wellness policy. To encourage broad public participation in the process, Positive Tomorrows will do the following:

- Actively notify parents and the broader community about the content and implementation of as well as any changes to the wellness policy, whether through electronic communications (e.g., email, website, etc.), non-electronic means (e.g., mailings, presentations, etc.), or both.
- Ensure that all outreach and communication is culturally appropriate and translated as needed.
- Educate community stakeholders on how they can participate in the development, implementation, review, and update of the wellness policy and let them know why their participation is important to the health and wellness of students and the broader community.

Assessments, Revisions, and Policy Updates

At least once every three years, Positive Tomorrows will measure the extent to which it is in compliance with the local wellness policy, as well as progress made in attaining the policy's goals. Additionally:

- Parents, students, physical education teachers, school health professionals, the school board, school administrators, and the general public will be allowed to participate in the development, implementation, and periodic review and update of the local wellness policy.
- Positive Tomorrows will assess how its policy compares with the latest national recommendations on school health, and will update the policy accordingly.
- Positive Tomorrows will inform and update the public about the content and implementation of the local wellness policy (via Positive Tomorrows' website, handouts, newsletters sent directly to families' homes, etc.).