

SCHOOL BASED ACTIVITIES

- ✓ 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 will 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 will be encouraged to get involved with school nutrition programs and any community supported activities.
- ✓ Students will be provided a clean, safe enjoyable meal environment.
- ✓ Students will be provided a minimum of 20 minutes after they receive their tray.
- ✓ The sale or use of foods of no nutritional value will be prohibited during the school day.
- ✓ Elementary schools will be encouraged to participate in the **Healthier US School Challenge**.

This School Wellness Policy adopted by the Board of CASHION PUBLIC SCHOOLS at the regularly scheduled meeting on this, the _____ day of _____ in the year of _____.

Signature

SFA Official

Clerk of the Board

NUTRITION GUIDELINES/STANDARDS

MINIMUM POLICY STATEMENT:

Per USDA Regulations #210.10 and #220.8 Cashion School meals will meet the guidelines as required by USDA.

Optional Policy Statements:

- ✓ Healthy food preparations will be implemented. Food will not be fried.
- ✓ Fruits and vegetables will be offered daily at all points of service. Fruits and vegetables should be fresh whenever possible. Frozen and canned fruits should be packed in natural, water or light syrup.
- ✓ Chips must be baked, reduce fat varieties whenever possible
- ✓ Beverages that less than 50 percent fruit juice will not be offered to students.
- ✓ The most nutritional foods offered will be placed on the serving line first to encourage students to make healthy choices.
- ✓ Students will be offered a variety of low fat or fat free milks, meat and beans, fruits and vegetables and whole grains on a daily basis.
- ✓ A nutrient analysis of school meals will be made available upon request.

Cafeteria:

- ✓ Any student may eat in the cafeteria or other designated areas at school.
- ✓ Students who bring a lunch may purchase milk or any other beverages offered in the cafeteria. Vending machines items of No Nutritional Value are prohibited in the cafeteria area.
- ✓ Meal prices will be established at the beginning of each new school year by the superintendent and food service manager, with the approval of the board of education and families are notified of price changes.
- ✓ Meal prices will be posted in the school offices and cafeteria.
- ✓ Guest must be cleared through the school office before being eligible to eat in the cafeteria.
- ✓ Use of the cafeteria by any outside organizations will be approved by the superintendent.
- ✓ In-service training for food service staff will be approved by the superintendent and provided by the food service manager.
- ✓ Under federal law, a school that operates on a commodity program is prohibited from serving free meals to any adult, including employees of the district.
- ✓ Qualifications for free and reduced lunches will vary annually in accordance with the eligibility schedule provided by the state.

- ✓ Age appropriate education for healthy eating habits and how to assess personal eating habits will be provided.
- ✓ Cashion Schools encourages families who are eligible for free/reduced lunches to apply for the program.
- ✓ Families who are eligible for the free/reduced lunch program are notified by mail.
- ✓ Students who are on the free/reduced lunch program are kept confidential.
- ✓ Food service equipment and facilities meet all local and state standards for food service.
- ✓ Tables are appropriate for size of students.
- ✓ Seating is not overcrowded.
- ✓ Noise is not allowed to become excessive.
- ✓ Rules for safe behavior are enforced.
- ✓ Tables and floors are cleaned daily between meals.
- ✓ Appropriate supervision is provided at meal times.

PHYSICAL ACTIVITY

Per Oklahoma Senate Bill 1627 the Healthy and Fit School Advisory Committee at each school will study and make recommendations regarding physical education and activity.

Per Oklahoma Senate Bill 312, students K-5 will participate in 60 minutes of physical activity each week

- ✓ Students will participate in an annual health-related fitness test.
- ✓ School sites will participate in physical activities for students, parents and community.
- ✓ Elementary will provide at least 20 minutes of recess that promotes physical activity.
- ✓ Active transportation to school will be encouraged by assessing safe routes for walkers and bike riders. Bike racks are available are school grounds.
- ✓ Students will not be punished or held in class for make-up work by canceling physical activity time.
- ✓ All playgrounds meet the recommended safety standards.
- ✓ School site will provide adequate equipment (balls, jump ropes, rackets etc.) for all students to be active.

CASHION PUBLIC SCHOOLS

LOCAL WELLNESS POLICY

COMMITTEE MEMBERS:

SAMMY JACKSON—ADMINISTRATOR

KAY HEATON—FOOD SERVICES MANAGER

LYNN SHACKELFORD—HEALTH TEACHER

BLAKE MOUNCE—PHYSICAL EDUCATION

JAMIE WEST—PARENT

TORI ROBISON—PARENT