

# Pioneer School District Wellness Policy

## SECTION I: INTRODUCTION

Pioneer School District 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 and creating environments that facilitate those behaviors.

Therefore, the District establishes the following policy to promote the health and wellness of students and staff and to ensure its schools comply with those standards established by federal and state law. Specifically, this policy requires all schools in the District to:

- a) 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.
- b) 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.
- c) Create goals for nutrition promotion and education, physical activity and physical education, and other activities that promote student as well as staff health.
- d) Adopt a plan to ensure the policy is properly implemented, regularly assessed, and periodically updated.

Federal law requires school districts to include certain elements in their written wellness policies. The Pioneer School District Wellness Policy is organized around those required elements.

## SECTION II: 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 that set limits on the amount of calories, salt, sugar, and fat in competitive foods and beverages.

## SECTION III: NUTRITION

### SCHOOL MEAL REQUIREMENTS

Pioneer School 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).

Specifically, the District will ensure that all meals are the following:

- High in fiber.
- Free of added trans fats.
- Low in added fats.
- Low in sugar.
- Low in sodium.
- Accessible, appealing, and attractive to all children.
- Served in a clean, pleasant, and supervised setting.
- Respectful of cultural diversity (e.g., students will be encouraged to suggest foods that reflect cultural traditions) and religious preferences.
- Reviewed by a registered dietitian or other certified nutrition professional and/or based on a meal plan provided by a professional resource (e.g., the State Department of Education, the USDA, the Alliance for a Healthier Generation, or The Lunch Box).

The District will ensure that schools provide breakfast through the USDA School Breakfast Program.

- The District will also offer breakfast using alternate meal service options such as Breakfast in the Classroom, Second Chance Breakfast, Breakfast After the Bell, and/or Grab & Go Breakfast carts in the hallways.
- The District will also encourage students to start the day with a healthy breakfast.

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

- Schools will also ensure the following:
  - Students will be provided drinking cups, glasses, or reusable water bottles 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)
  - Students will be allowed to bring drinking water from home and take water into the classroom, provided that the water is in a capped container, such as a bottle, to prevent spills.

Information and Promotion: 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.

In addition, the District will do the following:

- Send applications for reimbursable meal programs to families at the beginning of the school year and make applications available on the District website.
- 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.
- Inform families about the availability of breakfasts for students.

Adequate Time to Eat: The District will allow students at least 10 minutes to eat breakfast and 20 minutes to eat lunch from the time they are seated AND/OR provide sufficient lunch periods that are long enough to give all students (PreK-8) adequate time to be served and eat their lunches.

#### COMPETITIVE FOODS and BEVERAGES

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

#### OTHER FOODS PROVIDED AT SCHOOL

Other foods and beverages provided (not sold) on campus must meet Pioneer School standards including:

- The District will provide parents and teachers with a list of ideas for healthy food as well as non-food alternatives for classroom parties and after-school programming activities (including celebrations) which include the USDA Smart Snack standard website.
- No less than 15% of foods and beverages offered at after-school concessions will comply with the USDA's Smart Snack standards.
- Fundraising on Campus during the school day will encourage fundraisers that feature non-food items or foods and beverages that meet the USDA Smart Snack standards.
  - Fundraising activities will not promote any particular food brands (e.g. fundraisers by fast food chains.)
  - The District will encourage fundraisers that do not sell food and/ or that promote physical activity.
  - Importantly, fundraisers that do not meet USDA Smart Snack standards cannot be held during normal meal service times.



## NUTRITION EDUCATION

Schools will provide nutrition education to all grades (PreK-8), to give 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, schools will ensure that nutrition education complies with and supports state learning objectives and standards, including those related to Oklahoma Academic Standards for Health and the state's Health Education Act.

## 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

The District 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.
- 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 Snack standards may be marketed in schools. The marketing of any brand, without reference to a specific product, is prohibited unless every food and beverage product manufactured, sold, or distributed under the corporate brand name meets the Smart Snack standards.

Marketing includes the following:

- Advertising on any property or facility owned or leased by the school district or school and used at any time for school-related activities (including school buildings, athletic fields, parking lots, school buses, vending machines, scoreboards, uniforms, educational materials, and supplies).
- Coupons, discounts, and corporate incentive programs that reward students (e.g., when they reach certain academic goals) with free or discounted items. Such rewards may not include foods or beverages that fail to satisfy the USDA's Smart Snacks standards.
- Corporate-sponsored programs that provide funds to schools in exchange for consumer purchases of certain items. Programs involving purchase of foods and beverages that do not meet the USDA's Smart Snack standards are not permitted.

If a non-compliant advertising is a permanent feature of a permanent fixture (e.g. a scoreboard),

such advertising can remain in place until the permanent fixture is removed or replaced.

#### STAFF QUALIFICATIONS and TRAINING

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

In addition, Child Nutrition Staff will receive training in basic nutrition, nutrition education, safe food preparation, and nutrition stands for healthy meals and snacks.

#### FARM-to-SCHOOL PROGRAMS and SCHOOL GARDENS

The District will allow school gardens on District property.

- The District will dedicate resources (e.g., tools, materials, volunteer hours, etc.) to build a school garden on District property and/or actively participate in community gardens by dedicating the same resources as would be required for gardens on District property; establish designated areas where students can garden with guidance; offer related nutrition and food preparation lessons and opportunities for taste testing and hands-on learning.
- The District 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.

### **SECTION IV- PHYSICAL ACTIVITY**

#### GENERAL REQUIREMENTS

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

#### RECESS and PHYSICAL ACTIVITY BREAKS

- Recess- The District will require all schools to provide elementary school students (PreK-5) at least twenty (20) minutes of recess each day (in addition to the PE requirements)
- Physically Active Classrooms- The District 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.



- The District will provide support for teachers and other staff to incorporate classroom-based physical activities, such as classroom energizers, into academic lessons or as a break.

### PHYSICAL EDUCATION (PE)

The District will require all schools to establish a comprehensive, standards-based PE curriculum for each grade (PreK-8). Schools will ensure that PE classes and equipment afford all students (PreK-8) an equal opportunity to participate in PE.

- This curriculum will be updated to support and prioritize new State and Federal learning standards that become available.
- Elementary school students (PreK-5) will participate in at least 150 minutes of PE per week throughout the entire school year.
- Middle school students (6-8) will participate in at least 225 minutes of PE per week throughout the entire school year.
- In addition, the following requirements apply to all students (PreK-8):
  - Students will engage in moderate to vigorous physical activity for more than 50 percent of PE class times.
  - During PE, students will be given the opportunity to participate in many types of physical activity, including those that can be incorporated into everyday lifelong activity, as well as competitive and cooperative games.
  - PE classes will have a teacher/ student ratio comparable to core subject classroom ratios.

### TEACHER QUALIFICATIONS, TRAINING, and INVOLVEMENT

PE Classes will be taught by licensed teachers who are certified or endorsed to teach PE.

- 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.
- Schools will allow teachers the opportunity to participate in or lead physical activities before, during, and after the school day.

### PUNISHMENT and REWARDS

Physical activity will not be used or withheld as punishment. (This does not apply to participation on sport teams that have specific academic requirements.)

- The District will provide a list of alternative ways for teachers and staff to discipline students.
- The District will strongly encourage teachers to use physical activity (e.g. extra recess) as a reward.

## **GROUND, FACILITIES, and EQUIPMENT**

The District will allow staff, students, their families, and other neighbors and community members to use school recreational facilities during non-school hours to increase opportunities to engage in physical activity.

- Consistent with state law, District policies and procedures, and applicable School Board policies regarding the use of school facilities during non-school hours, the District will work with local government (including city, county, and/ or recreation districts) and/ or community-based organizations to coordinate and enhance physical activity opportunities using school facilities before and after the school day, during weekends, and during school vacations.
- The District will ensure the availability of proper equipment and facilities that meet safety standards and will conduct necessary inspections and repairs.

## **ACTIVE TRANSPORTATION**

The District will work with local officials to designate safe or preferred routes to school including local coordination to create designated drop-off and pick-up locations and procedures that promote physical activity and safety.

## **AFTER-SCHOOL PHYSICAL ACTIVITY and SCREEN TIME**

The District's after-school programs will:

- Dedicate at least 20%, or a minimum of thirty (30) minutes, of program time to physical activity, which includes a mixture of moderate to vigorous physical activity.
- Limit screen time to less than sixty (60) minutes per day to be used only for homework and other educational or physical activity purposes.
- Encourage staff to join children and youth in physical activity whenever possible.
- Utilize outdoor space for physical activity as much as possible each day (weather permitting).
- Provide equal opportunities for children and youth with disabilities to be physically active.

## **SECTION V- OTHER ACTIVITIES THAT PROMOTE SCHOOL WELLNESS**

## HEALTH EDUCATION

- Where applicable, the District's health education curriculums will follow the Oklahoma Academic Standards and new health education and literacy laws and guidance.
- Where applicable, multi-component, school-based health promotion interventions will be delivered, including: educational, behavioral, environmental, and other obesity prevention efforts (e.g., education classes, enhanced physical education, healthy food promotion, family outreach, etc.)
- The District will provide staff with educational resources and annual training in health and health-related topics.

## STAFF WELLNESS

The District will do the following to support staff wellness through:

- Providing employees with access to a refrigerator, microwave, and sink with a water faucet.
- Ensuring access to a private space (other than a restroom) that has an electrical outlet, and provide flexible paid or unpaid break times to allow breastfeeding and/or breast milk to be expressed.
- Providing access to on-campus athletic facilities, such as gyms, running tracks, basketball courts, ect.
- Promoting employee participation in physical activity by creating exercise clubs or groups and/or sponsoring employee sports teams.
- Incorporate ten (10) minute physical activity breaks into every hour of sedentary meetings, trainings, or other workplace gatherings.

## **SECTION VI- IMPLEMENTATION, MONITORING, and EVALUTATION**

### LEADERSHIP

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) fully understand the federal and state laws related to wellness policies.

Below are the name(s), position(s), and contact information of the designated official(s) below (USDA requires districts to only include the position of the designated official(s)).

Name	Position	Contact Information (Email)
Brian Keith	Superintendent	bkeith@pioneerk8.k12.ok.us




### COMMUNITY INVOLVEMENT

The District 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, the District 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, District 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, the District will measure the extent to which schools are 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.
- The District will assess how its policy compares with the latest national recommendations on school health, and will update the policy accordingly.
- The District will inform and update the public about the content and implementation of the local wellness policy via the District's website.

### **SECTION VI: POLICY EFFECTIVE DATE**

The Pioneer School District Wellness Policy is effective as of \_\_\_\_\_ and applies to all covered entities on or after that date.

Approved by:  Date: 12-5-24  
Title: president