

Madill School Wellness Policy

At Madill Public School we understand that health, nutrition and both mental and physical wellness are vital to a successful learning atmosphere. The school is dedicated to keeping a strong focus on health and fitness through the adoption of a district-wide wellness program. In a holistic approach to overall mental and physical health, the district will address wellness issues such as education for the prevention of contracting and spreading illness, vaccinations, visual and dental screenings, sun safety, hygiene, nutrition, physical activity, alcohol, drug and tobacco prevention, bullying prevention, emergency response and asthma, diabetes and other chronic or severe illness management and make available psychological and social services with outside agencies including Child Welfare and Providence of Oklahoma Counseling Services.

Partnerships with the County Health Department and local medical professionals assist in the provision of services. Through the Child Nutrition Program, we provide nutritious meals and snacks with more fresh fruit and vegetable options to our students both during the school day and during after school hour programs. Our teachers and counselors promote web-based activities with health tips and nutrition education links. We will utilize the CATCH KIDS and SPARKS curriculum programs.

The district will utilize the School Health Index to provide direction to improve existing health policies and programs. Nutrition, wellness and physical activity programs are provided through the 21st Century Gateway to Success Learning Centers. Elementary students will participate in the CATCH KIDS Club. Secondary students will utilize the SPARKS program. Students will be evaluated through pre and post testing.

Community involvement is strongly encouraged in the District's Wellness Plan. Community Members and Parents serve on the Health, Fitness, Wellness Committee and assist in the establishment of goals. The Madill School District's joint use agreement allows community access to school property including use of gymnasiums and ball fields.

Goals for Nutrition Education and Physical Activity

- Through our health and science classes grades K-12, our students, K-12, will be taught the importance of eating a healthy, balanced and nutritional diet, and will be taught the skills they need to adopt healthy eating behaviors.
- Our students in K-12 will take physical education classes to participate in exercise and learn the importance of staying physically fit.
- In addition to the 150 minutes physical education requirement, our students in PK-6 also have physical activity through daily recess.
- MS Students are required to take 3 semesters of physical education classes, and then may elect between physical education and athletics or band for three additional semesters.
- HS Students are required to take 2 semesters of physical education classes.
- Our students in 3-12, have the opportunity to participate in competitive athletics where daily workout regiments are required.
- Our students in 1-6 have the opportunity to participate in outside school athletic programs coordinated through Lions Club and Little Leagues.
- Our school involves parents, students and the community in promoting nutrition and physical activity.
- Our students in grades K-12 will be taught the correlation between healthy eating habits, exercise and long term health benefits.
- Our students in grades K-12 will be taught how lack of exercise, poor eating habits, and obesity increase health risks for many serious illnesses and conditions.
- Our students K-12 will be provided healthy, well-balanced meals through our breakfast and lunch program including a daily salad bar.
- We will provide healthy snack alternatives in our vending machines.
- Students will not have access to vending machines during meal times.

Nutrition Guidelines

- Meals served at school meet the Federal Nutrition standards. Foods from all food groups are served daily. Students are served milk, juice, fruits and salads daily.
- At least ten minutes for breakfast and twenty minutes for lunch will be provided from the time students are seated to allow adequate time to eat school meals.
- Students are provided healthy food and beverage options for food beyond the food services (e.g., all vending machines, school stores, and food/beverages for celebrations)
- Our school will provide healthy snack alternatives in our vending machines. Students will not have access to the vending machines during meal times.
- The elementary school (along with elementary and middle school 21st Century After School Program) plant, harvest and eat foods from a school vegetable garden. Nutrition activities and class projects are utilized in conjunction with the vegetable garden project. (Fruit trees are also harvested)

Nutrition Standards

- Meals served meet the federal nutrition standards of increasing nutrient density, decreasing fat and added sugars, and moderating portion size.
- Healthy snack alternatives will be provided in our vending machines, snack sales, and concession stands.
- Healthy snack alternatives will be provided as part of school-sponsored food fundraising activities.
- Healthy snack alternatives will be provided at parties, celebrations, and meetings during the school day.

Food

- Only offer 1%, and non-fat dairy items
- If yogurt is offered, only offer yogurt with no added caloric sweeteners or yogurts labeled as reduced or less sugar according to FDA labeling standards
- Processed cheeses must contain ≤ 230 mg sodium per serving; shred 400 mg sodium
- When protein entrees are offered, offer lean meat, poultry, fish or low-fat vegetarian entrée choices
- Commercial food items must have zero trans fat per serving on the label
- All individual food items must contain ≤ 480 mg sodium as served, unless otherwise specified
- All meals must contain ≤ 900 mg sodium as served
- When cereal grains are offered (e.g. rice, bread, pasta), then a whole grain option must be offered for that item
- All cereal, bread, and pasta offerings must contain ≤ 230 mg sodium per serving
- At least 50% of breakfast cereals must contain at least 3g of fiber and less than 10g total sugars per serving

Beverages

- Drinking water must be offered at no charge at all meal service events
- At least 50% of available beverage choices (other than 100% juices and unsweetened milk) must contain ≤ 40 calories/serving.
- If milk is offered, only offer 1% and non-fat
- If juice is offered, offer at least one 100% juice with no added caloric sweeteners
- Vegetable juice must contain ≤ 230 mg sodium per serving
- Food, beverages, and candy will not be used to reward or punish academic performance of student behavior

Madill Public School District recognizes the importance of physical activity and physical education in promoting health and academic achievement, and is an important part of a student's comprehensive, well-rounded education program that will positively impact life-long health and well-being. Regular physical activity is associated with a healthier, longer life and with a lower risk of heart disease, high blood pressure, diabetes, obesity, and some cancers. Therefore, it is the district's policy that we support quality physical activity throughout the day by adopting the following wellness elements:

- A ban on using or withholding physical activity as a punishment
- A requirement that students are physically active during the majority of time in physical education class
- Availability of proper equipment and facilities (including playground equipment, physical activity equipment, and athletic or fitness facilities) that meet safety standards is ensured
- Daily recess for physical activity is included for elementary schools
- Only medical waivers from participation in physical education are allowed
- Provision of access to a broad range of competitive and noncompetitive physical activities that help to develop the skills needed to participate in lifetime physical activities
- Implementation of a walk or bike to school initiative
- Integration of physical activity throughout the curriculum
- Provide training for all teachers for integrating physical activity into the classroom

Physical Activity Goals

- Students will be provided opportunities for physical activity during the school day through daily recess periods, physical education classes, and the integration of physical activity into the academic curriculum.
- Students will be provided opportunities for physical activity through a range of after-school programs, including intramurals, and interscholastic athletics.
- Our school will work with our community to create an environment that is safe and supportive of students' physical active commute to and from school

School-Based Activities Designed to Promote Student Wellness

- We will provide a clean, safe, and enjoyable meal environment for students.
- We will provide adequate time for students to enjoy eating healthy foods with friends, scheduled as near the middle of the school day as possible.
- We will prohibit the use of food as reward or punishment.
- We will provide enough space and serving areas to ensure student access to school meals with a minimum of wait time.
- We will prohibit denial of student participation in recess or other physical activity as a form of discipline, or cancellation of recess or other physical activity time for instructional make-up time.
- We will ensure fundraising efforts are supportive of healthy eating.

- We will provide ongoing professional training and development for food service staff and teachers in the areas of nutrition and physical education.
- We will provide student access to physical activity facilities outside school hours.
- We will schedule recess for elementary grades before lunch so that children will come to lunch less distracted and ready to eat.
- We will develop strategies for parents, teachers, school administrators, students, food service professionals, and community members to serve as role models in practicing healthy eating and being physically active, both in school and at home.