

Wellness Policy

Introduction

All students in Commerce Public Schools shall possess the knowledge and skills necessary to make nutritious food choices and enjoyable physical activity choices for a lifetime. All employees at Commerce Public Schools are encouraged to model healthful eating and physical activity as a valuable part of daily life. To meet this goal, Commerce Public Schools adopts this school wellness policy with the following commitments to nutrition, health education, physical activity, and other school-based activities that support student and staff wellness.

Healthy children are the foundation of a healthy society. Healthy, well-nourished children are better able to learn. Eating habits developed in childhood will affect health throughout their life. Furthermore, the board supports increased emphasis on nutrition, physical activity and overall wellness at all grade levels to enhance the well-being of our district's youth. The board recognizes that it is the district's role as part of the larger community, to model and actively practice, through policies and procedures, the promotion of family health, physical activity and good nutrition. Therefore, it is policy of the board to:

1. Provide all students access to nutritious food and safe drinking water.
2. Provide all students in grades Pre K-12 with opportunities, support, and encouragement to be physically active with developmentally appropriate exercise on a regular basis.
3. Promote and support employee wellness.
4. Provide accurate information related to these topics.

Commerce Public Schools District Wellness Committee

The school district will create, strengthen, and work with existing schools' Healthy and Fit School Advisory Committee (HFSAC) to develop, implement, monitor, review, and as necessary, revise policies and practices regarding health and wellness. The District Wellness Committee should consist of a group of individuals representing schools in the district and the community and should include:

- Parents
- Students
- Representatives from the Child Nutrition Program
- Members of the School Board
- School administrators
- Teachers
- Health professionals
- Members of the public
- Community-based organization representative(s)

Healthy and Fit School Advisory Committees

Oklahoma Senate Bill 1627, the Healthy and Fit Kids Act of 2004, requires each public school site in Oklahoma to establish a Healthy and Fit School Advisory Committee (HFSAC). HFSAC is an advisory group of at least six individuals who represent segments of the school (i.e. teacher, coach, student, administrator, parent, school nurse, health care professional, community member, food service personnel, custodian, school bus driver, school secretary, school counselor). The group acts collectively to study, make recommendations, and provide advice to the principals and school regarding school health issues. The HFSAC is committed to creating healthy school environments enabling student to reach their learning potential.

Health and Wellness Education

The Commerce Public Schools Board of Education recognizes that health and success in school are interrelated. Schools cannot achieve their primary mission of education if students (and staff) are not healthy and fit physically, mentally and socially. The Board of Education will present students with a wide spectrum of health information, delivered in different aspects through the instructional program. In order to play a proactive role in preventing disabling chronic health conditions such as unnecessary injury and disease; helping students learn to take responsibility for their own health and adopting health-enhancing attitudes and behaviors, the district shall adopt a comprehensive health education program consistent with the requirement of state and federal law. The district will provide resources and materials to classroom teachers that will complement physical education and the subjects taught integrating health and wellness in the classroom.

The district's program will be monitored in cooperation with the district's Wellness Committee and Healthy and Fit School Advisory Committees. The input of students, staff, parents and members of the community is encouraged.

Physical Education and Physical Activity Opportunities

All students in grades kindergarten through five are required to complete an average of sixty (60) instructional minutes per week of physical education per Oklahoma Senate Bill 312. All middle school and high school students must complete one unit of instructional physical and health education as part of the core curriculum. All middle and high school students are strongly encouraged to complete two units or sets of competencies of physical and health education as part of the core curriculum.

Suitable adapted physical education shall be included as part of individual education plans for students with chronic health problems, other disabling conditions, or other special needs that preclude such students' participation in regular physical education instruction or activities.

Other Physical Activity Opportunities - In addition to required physical education, the board will ensure that all students will have the opportunity to participate in daily physical activity. The district is encouraged to provide:

- Physical activity clubs that promote the development of skills needed to participate in lifetime physical activities.
- Participation in walk or bike to school.
- Participation in annual health-related fitness tests (e.g. Fitness Gram, President's Challenge to Physical Fitness, etc.).
- Promotion of community participation in healthy living by allowing the community access to the school exercise room and track.

Daily Recess – All elementary students will have at least 20 minutes a day of supervised recess, preferably outdoors, during which schools should encourage moderate to vigorous physical activity verbally and through the provision of space and equipment.

Physical Activity and Punishment – Teachers and other school and community personnel will not use physical activity or withhold opportunities for physical activity as punishment.

Child Nutrition Program

On December 13, 2010, President Obama signed the healthy Hunger Free Kids Act of 2010, also known as the Child Nutrition Reauthorization 2010, into law. Subsequently, the USDA released their proposed guidelines, in accordance with this Act, on January 13, 2011. The committee has proactively included these changes into our updated policy to be at the forefront of making these positive changes.

Nutrition Standards - Commerce Public Schools will operate a school nutrition program that will include breakfast and lunch through participation in the Child Nutrition Programs. The Superintendent in conjunction with the Child Nutrition Director and with the approval of the Board of Education will establish and post meal prices.

As required for participation in the Child Nutrition Programs, the Board prescribes that:

- School lunch is to be made available to all students.
- Free and reduced price lunches are to be made available for students who meet the federal income guidelines.
- In the operation of Child Nutrition Programs, no child will be discriminated against because of race, sex, color, national origin, age or disability. Discrimination complaints under these programs should be filed with the State Department of Education Child Nutrition Programs, 2500 North Lincoln Blvd., Oklahoma City, Oklahoma 73105-4599

The district shall inform parents of the eligibility standards for free or reduced price meals. Reasonable efforts shall be made to protect the identity of students receiving such meals. A parent has the right to appeal to the Superintendent any decision with respect to his/her application for free or reduced priced food services.

It is the intent of the Board of Education that district schools take a proactive effort to encourage students to make nutritious food choices. Meals served in school before the end of the last lunch period shall conform to the U.S. Dietary Guidelines for Americans. Training and support to food service and other relevant staff will be provided to meet nutrition standards for preparing healthy meals. Food and beverages sold or served on district grounds or at district-sponsored events shall meet the federal requirements for nutritional standard and/or other guidelines as may be recommended by the district, wellness committee, or state of Oklahoma, unless it falls outside the typical school day. A typical school day is from 12:00 AM until 30 minutes after the last school bell, in accordance with the Smart Snacks in Schools Guidelines from the USDA. Food, beverages, and candy will not be used to reward or punish academic performance or student behavior.

The Superintendent is directed to prepare rules and regulations to implement and support this policy, including such provisions as may be necessary to address all food and beverages sold and/or served to students at school (i.e. competitive foods, snacks and beverages sold from vending machines, school stores and fundraising activities) including provisions for staff development, family and community involvement and program evaluation.

Nutrition Education - The district's child nutrition program shall reflect the Board's commitment to providing adequate time for instruction to promote healthy eating through nutrition education and serving healthy and appealing food at district schools. The district will use multiple channels to promote healthy eating behaviors, including the classroom, cafeteria, and communications with parents.

Employee Wellness

The Commerce Public School District seeks to promote and support a healthy work environment, health awareness, and individual responsibility for a healthy lifestyle and enhanced quality of life for District personnel.

Monitoring and Policy Review

1. The Superintendent or designee will ensure compliance with established district-wide health and wellness policies.
2. The principal of each school or designee will insure compliance with those polices in that school.
3. School food service staff will insure compliance with nutrition policies within food service areas.
4. The District Wellness Committee will develop an annual summary report on district-wide compliance and review the policy for necessary changes at that time.