

The Mulhall-Orlando Public School District wellness policy aims to improve the health and wellbeing of children by reducing their consumption of unhealthy food, beverages and excess calories, and increasing their intake of healthy food and beverages in appropriate portions.

Therefore, effective November 11, 2013, it is the policy that:

- Parents, students, representatives of the school food authority, teachers of physical education, school health professionals, the school board, school administrators, and the general public are able to participate in the development, implementation, and review/update of the wellness policy. It is the goal of Mulhall-Orlando Public School District to inform and update the public (parents, students, and others in the community) about the content and implementation of the wellness policy.
- Mulhall-Orlando Public School District Healthy and Fit Advisory Committee makes sure that the district is in compliance with all aspects of the local wellness policy and makes sure that students, faculty and other community members are well informed of changes. The committee also looks at the progress made each year and continues to strive in terms of health. Elementary and High School Principals will make sure that the Healthy and Fit Advisory Committee is in compliance.
- At least 10 minutes for breakfast and 20 minutes for lunch will be provided from the time students are seated to allow adequate time to eat school meals
- Students are provided only healthy food and beverage options for food beyond the school food services (e.g., all vending machines, school stores, and food/beverages for celebrations)
 - Whole foods: Foods are fruits, vegetables, whole grains, and related combination products (contain a total of ≥ 1 serving fruits, vegetables, and/or whole grains), or nonfat/low-fat dairy
 - High School, only after-school, snack foods may be offered that do not to meet whole foods standard
 - Calories: Snacks are ≤ 200 calories per portion as packaged and À la carte entrée items do not exceed calorie limits on comparable National School Lunch Program (NSLP) items
 - Fat: Snacks, foods, and beverages meet the following criteria for dietary fat per portion as packaged:
 - No more than 35% of total calories from fat
 - Less than 10% of total calories from saturated fats
 - Zero trans fat (< 0.5 g per serving)
 - Sugar: Snacks, foods, and beverages provide ≤ 35 % of calories from total sugars per portion as packaged
 - Exceptions to the standard are:
 - 100 % fruits and fruit juices in all forms without added sugars
 - 100 % vegetables and vegetable juices without added sugars
 - 4-oz. portion as packaged for elementary/middle school
 - 8-oz. (2 portions) for high school
 - Unflavored nonfat and low-fat milk and yogurt
 - Flavored nonfat and low-fat milk (≤ 22 g of total sugars per 8-oz. serving)

- Flavored nonfat and low-fat yogurt ($\leq 30\text{g}$ of total sugars per 8-oz. serving)
 - Sodium: Snacks have $\leq 200\text{mg}$ sodium per portion as packaged or have $\leq 480\text{mg}$ per entrée portion as served for à la carte items
 - Caffeine: Foods and beverages are caffeine-free, with the exception of naturally occurring trace amounts
 - Water without flavoring, additives, or carbonation
 - Plain, potable water is available at all times for free
- **High School only after school hours
 - At least 50% of available beverage choices must meet the criteria above
 - The remaining available beverage choices must follow the criteria below:
 - Sugar-free, made with nonnutritive sweeteners
 - Caffeine-free
 - Not vitamin- or nutrient-fortified
 - <5 calories per portion as packaged
 - With or without carbonation or flavoring
 - Food, beverages, and candy will not be used to reward or punish academic performance or student behavior
 - Safe, unflavored, cool drinking water will be provided throughout the school day at no cost to students
 - Multiple channels will be used to promote healthy eating behaviors, including classroom, cafeteria and communications with parents
 - Training and support to food service and other relevant staff will be provided to meet nutrition standards for preparing healthy meals, as well as safe food preparation practices
 - When available and affordable, Mulhall-Orlando Public School District purchases locally grown foods for use in the School Nutrition Program.
 - District allows schools gardens and dedicates resources (land, water, containers, raised beds, etc.) for school gardens or if available, will actively participate in community gardens
- A ban on using or withholding physical activity as a punishment
- 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/exemptions 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 and throughout
- Provide training for all teachers for integrating physical activity into the curriculum
- Shared or Joint Use- allows schools grounds and/or buildings to be open to students, their families, and the community for access to physical activity outside the school day.
- Elementary students will participate in 20 minutes of daily recess

Fundraising – Best Practice

School fundraising activities that include the sale of healthy foods, beverages and non-food items is a public demonstration of the school's commitment to promoting healthy behaviors among students, families and the communities at large, while helping clubs, groups or organizations meet their financial needs. Healthy food and beverage criteria are outlined within this policy under *Nutrition Guidelines and Standards for Other Foods and Beverages Outside of School Meal Programs* and will be applied to fundraising items.

- All fundraisers, on campus during the school day, sponsored by the school will be supportive of healthy eating.
- Fundraising activities, including activities run by clubs, groups and organizations, will support children's health and reinforce positive nutrition behaviors.
- Our district only permits health-promoting fundraising efforts, on campus during the school day, such as healthy foods and beverage options, non-food items, physical activity-related options, or community service options.

Oklahoma State Mandates:

SB 1627 creates the *Healthy & Fit School Advisory Committees* in each school comprised of parents, local health care professionals and community leaders to study and make recommendations to their school principal regarding health, physical fitness, nutrition, health education and health services.

SB 265 eliminates access to sugary drinks and snacks in elementary schools, except for special occasions. In Middle Schools, SB 265 requires that only healthy choices, except diet soda, be accessible during the day, and limits access to sugary snacks and beverages to special occasions. For high schools, the bill requires that healthy choices be offered.

SB 1785 requires the parent or guardian of each student enrolled in Kindergarten, 1st, and 3rd grades at a public school must provide proof that their student passed a vision screening exam within the last twelve months.

SB 312 requires school districts provide physical education programs to all students, which may include athletics. In addition, elementary schools are required to provide instruction in physical education or exercise programs for students in full-day Kindergarten through Grade 5 for a minimum of 60 minutes per week. (Effective November, 2005).

SB 1186 increases the PE requirement from 60 minutes to 150 per week in grades K-5, with flexibility in the additional 60 minutes to include health and wellness education and a variety of means to increase student physical activity. (Effective November, 2009).

HB 1051 creates the *Diabetes Management in Schools Act*, requiring schools to develop diabetes medical management plans for students with diabetes.

HB 1476 mandates AIDS Prevention Education for students; provides procedures and requirements for such education. AIDS Prevention education shall be limited to the discussion of the disease AIDS, its

spread and prevention. The education must be provided a minimum of once during the period from grade five through six; once during the period from grade seven through nine; and once during the period from grade ten through grade twelve.

HB 2239 states that the board of education of each school district shall adopt a policy on or before September 1, 2008, that permits the self-administration of inhaled asthma medication by a student for treatment of asthma and the self-administration of anaphylaxis medication by a student for the treatment of anaphylaxis.

SB 1876 requires the physical education curriculum shall be sequential, developmentally appropriate, and designed, implemented, and evaluated to enable students to develop the motor and self-management skills and knowledge necessary to participate in physical activity throughout life. Each school district shall establish specific objectives and goals the district intends to accomplish through the physical education curriculum.

SB 1941 creates the *School Bullying Prevention Act* providing a comprehensive approach for Oklahoma public schools to create an environment free of unnecessary disruption which is conducive to the learning process by implementing policies for the prevention of harassment, intimidation, and bullying.

HB 2529 requires any educational facility in which children grades K-12 are educated shall prohibit smoking, the use of snuff, chewing tobacco or any other form of tobacco product in the buildings and on school grounds of the facility by all persons including, but not limited to, full-time, part-time, and contract employees, during the hours of 7:00 a.m. to 4:00 p.m., during school session, or when class or any program established for students is in session.