

CHILD NUTRITION AND PHYSICAL FITNESS PROGRAM

The Plainview Board of Education recognizes that childhood obesity has reached epidemic levels throughout the country. Overweight children are at a higher risk for developing severe long-term health problems, and overweight children are affected by discrimination, psychological stress, and low self-esteem. However, research indicates that obesity and subsequent disease are largely preventable through diet and regular physical activity. Research also indicates that becoming physically active and maintaining a regular physical activity program significantly reduces the risk of some obesity and some cancers, diabetes and other chronic diseases.

Children who eat well balanced meals are healthier and more likely to learn in the classroom. The board supports increased emphasis on nutrition, as well as physical activity, at all grade levels to enhance the well being of our district’s youth. Therefore, it is the policy of the board to:

1. Provide students access to nutritious food;
2. Provide opportunities for physical activity and developmentally appropriate exercise; and
3. Provide accurate information related to these topics.

Plainview Wellness Committee Recommendations

Campus Food

- There should be no vending machine accessibility to Elementary Students. Middle School students should be limited to healthy choice options in the snack vending machines and non-sugar carbonated beverages in the drink vending machines. High School students should be limited to healthy choice options only in the snack vending machines. The High School drink vending machines should have fruit drinks, water and sports drinks as options along with limited carbonated beverages. The price should be competitive for non-carbonated beverages.
- The total removal of all unhealthier choice options in the snack machines at the Elementary Teacher Lounge.
- The implementation of a list of food choices for parents to use during special occasions. This would be at the discretion of the teacher to help guide parents in making healthier snack and special occasion choices for the students. The Child Nutrition Director would help create a list of healthier choice options.
- Each building will determine the number of events that food will be allowed that is not on the list of healthier choice options as provided by The Child Nutrition Director at the beginning of the school year and prior to September 1 of each year.

Physical Activity

- To offer physical education class (non-athletics) to middle school and high school students as an elective each school year.

Other Activities

- To encourage and restart Walk programs like the 100 mile club
- Implement an intramural program to promote movement at the Middle School with the possibility of expanding said program to the high school.
- Direct the principals to study the possible implementation of recess before lunch at the Elementary level.

- Seek graphics from Vendors to be used on vending machines encouraging healthier choice options.
- Encourage student organizations to adopt wellness through activity and healthier food options.

Nutrition Education Plan

Elementary:

The goal is to encourage children to make wise food choices. At this stage, children should be aware of the basic food groups, how these foods contribute to good health and food choices that are available in each group.

It would be ideal if **very simple** lessons (at least 2 per year) could be taught that include food samples for the children to taste. It would also be helpful to illustrate easy foods to prepare with recipes the children could take home. (Examples: instant pudding, yogurt parfaits, fruit and cheese kabobs, trail mixes, granola, smoothies, veggies and dips, etc.) We hope to encourage children to take their healthier food habits home and make them part of their everyday lives.

Middle School:

Mini lessons could be taught during the school year. These lessons could be rotated through the various subject areas so all students are covered and no single subject area bears total responsibility. Information at this stage should be more in depth and pertinent to this age group. (Possible topics: reading labels and making wise food choices, weight control, junk foods and empty calories, boosting the heart rate through exercise, burning calories, fueling the body for exercise, etc.)

Note: If physical fitness is a requirement, these topics could be taught in that area instead.

High School:

Topics can be covered in the athletic and physical fitness programs. Continue to build on topics covered before, and introduce more in-depth coverage of diseases related to poor nutrition. The goal is to understand how nutrition and fitness contribute to lifetime health.

We would also like to encourage guest speakers to come and address the entire student body when the opportunity is available.

Implementation Measuring Plan

- Check with the vendors to see how the sales of food items have increased or decreased with the implementation of healthier choice options.
- Upon the addition of physical education classes in the middle school and high school we will calculate the participation rate to determine any changes in student participation.
- Building Principal's to monitor and report to board with suggestions and progress made implementing said plan.

Curriculum

The Plainview Board of Education recognizes that healthy eating patterns are essential for students to achieve their academic potential, full physical and mental growth, and lifelong health and well being. To help ensure students possess the knowledge and skills necessary to make nutritious food choices for a lifetime, the superintendent shall prepare and implement a comprehensive district nutrition program consistent with state and federal requirements for districts sponsoring the National School Lunch Program and the School Breakfast Program. To implement the program, the superintendent shall adopt and implement a comprehensive curriculum on health, fitness, and nutrition

that will provide opportunities for developmentally appropriate instruction for grades K-12. The input of staff, students, parents and public health professionals in the development of the curriculum will be encouraged.

Nutrition, health, and fitness topics shall be integrated within the sequential comprehensive health education curriculum taught at every grade level, K-12, and coordinated with the district’s nutrition and food service operation.

The district shall take a proactive effort to encourage students to make nutritious food choices. The superintendent shall ensure that:

1. A variety of healthy food choices are available whenever food is sold or served on district property or at district-sponsored events;
2. Schools shall regulate the sale or serving of foods or snacks high in fat, sodium or added sugars; and
3. Nutritious meals served by the school nutrition and food services operations comply with state and federal law.

Child Nutrition Program

- The Plainview Public Schools will operate a school lunch program that will include lunch and breakfast through participation in the Child Nutrition Program. The superintendent, in conjunction with the food service coordinator 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 lunches are 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 the 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’s child nutrition program shall reflect the board’s commitment to providing adequate time for instruction to promote healthy eating through nutrition education, serving healthy and appealing foods at district schools, developing food-use guidelines for staff, and establishing liaisons with nutrition service providers, as appropriate. Nutrition education topics shall be integrated within the sequential, comprehensive health education program taught at every grade level, pre-kindergarten through grade 12, and coordinated with the district’s nutrition and food service operation.

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. Food and beverages sold or served on district grounds or at district-sponsored events shall meet requirements for nutritional standards and/or other guidelines as may be recommended by the district and school health and nutrition committees. The superintendent shall ensure that nutritious foods are available as an affordable option whenever food is sold or served on district property or at district-sponsored events.

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 fund raising activities and refreshments that are made available at school parties, celebrations, and meeting), including provisions for staff development, family and community involvement, and program evaluation.

**THIS POLICY REQUIRED BY
PUBLIC LAW 108-265, SECTION 204**

**REFERENCE: 70 O.S. §1-107
7CFR, Part 210 and 220
7CFR, Part 245.5**

CROSS-REFERENCE: Policy EHAK, Physical Education