

Ponca City Public Schools
Wellness Plan
Board Approved: June 19, 2006

I. Nutritional Quality of Foods and Beverages Sold on Campus:

Meals served through the National School Lunch and Breakfast Programs will:

- be appealing and attractive to children;
- be served in clean and pleasant settings;
- meet, at a minimum, nutrition requirements established by local, state, and federal statutes and regulations;
- offer a variety of fruits and vegetables;²
- serve only low-fat (1%) and fat-free milk³

Schools should engage students and parents, through taste-tests of new entrees and surveys, in selecting foods sold through the school meal programs in order to identify new, healthful, and appealing food choices. In addition, schools should share information about the nutritional content of meals with parents and students. Such information could be made available on menus, a website, on cafeteria menu boards, placards, or other point-of-purchase materials.

Measurement of "Nutritional Quality of Foods and Beverages Sold on Campus" will be provided to the Superintendent or designee in written form by May 1st of each school year. The report should and include, but not be limited to a submission of one cycle of menus, county health department reports and any state or federal review.

II. Nutrition and Physical Activity:

Ponca City Public School District aims to teach, encourage, and support healthy activities by students. Schools should provide nutrition education and engage in physical activities and physical education programs encouraging student awareness and understanding of the importance of physical activities.

- Schools will offer physical education programs to all students, which may include athletics. Elementary schools will provide physical education instruction for students in full-day kindergarten through Grade 5 for a minimum of 60 minutes each week during the student contact day. Physical Education classes will be aligned with the Priority Academic Student Skills (PASS) and taught by certified Physical Education teachers.
- When possible physical education classes will have a student/teacher ratio similar to other classes and adequate equipment for all students for maximum participation.

- Professional development opportunities on 'physical activity' will be offered to all teachers each year.
- Daily recess/fitness breaks are encouraged and may be structured to provide maximum physical activity and participation. School sites may determine if recess/fitness breaks should be before lunch, across curricula and throughout the school day.
- Schools will provide information to families to help them incorporate physical activity into their student's life. Schools will encourage families and the community to use outside school facilities and to initiate programs that support physical activity such as walk-to-school programs, track meets, and field days.

Nutrition Education and Promotion. The Ponca City Public School District aims to teach, encourage, and support healthy eating by students.

Nutrition and wellness education will be provided when possible through the Physical Education Department of each school per state and age appropriate curriculum requirements, and the following guidelines:

- Sequential and interdisciplinary Nutrition education is promoted and provided
- School based activities are consistent with local wellness policy goals
- Students in grades Pre-K-12th grade receive nutritional education that is interactive and assists in the development of skills they need to adopt healthy eating behaviors.
- Nutrition education shall be offered through the Physical Education Program or classroom instructor and may be offered in other classroom settings as needed or requested by the teacher or supervising educator.
- Staff who provide nutrition education shall have appropriate training and will utilize appropriate resources for materials and training.

Measurement of implementation of this section of the policy will be by site administrator and Physical Education teacher using a check list. The report will be submitted to the Superintendent or designee by May 1st of each school year. The checklist will be provided to each site.

III. Other Areas:

Fundraising Activities. To support children's health and school nutrition-education efforts, school fundraising activities should attempt to use only foods that meet the U.S.D.A. nutrition and portion size standards for foods and beverages sold individually. Schools will encourage fundraising activities that promote health and nutrition. The school district will make available a list of ideas for acceptable fundraising activities.

Rewards. It is recommended that schools not use foods or beverages, especially those that do not meet the U.S.D.A. nutrition standards for foods and beverages sold individually, as rewards for academic performance or good behavior,¹⁰ and will not withhold food or beverages (including food served through school meals) as a punishment.

Celebrations. Schools should limit celebrations **that involve food** during the school day to no more than one party per class per month. Each party should include no more than one food or beverage that does not meet the U.S.D.A. nutrition standards for foods and beverages sold individually. The district will disseminate a list of healthy party ideas to parents and teachers.

The measurement of the "Other Areas" section of this policy will be completed by the site administrator and will include, but be not limited to, the completion of a report outlining various site activities. The report will be to recognize the positive activities of sites providing nutritionally sound foods used for fundraising activities, rewards and celebrations.

Foods of Minimal Nutritional Value

The following is taken from Appendix B of 7 CFR Part 210.

Appendix B to Part 210--Categories of Foods of Minimal Nutritional Value

(a) Foods of minimal nutritional value--Foods of minimal nutritional value are:

(1) Soda Water--A class of beverages made by absorbing carbon dioxide in potable water. The amount of carbon dioxide used is not less than that which will be absorbed by the beverage at a pressure of one atmosphere and at a temperature of 60 deg. F. It either contains no alcohol or only such alcohol, not in excess of 0.5 percent by weight of the finished beverage, as is contributed by the flavoring ingredient used. No product shall be excluded from this definition because it contains artificial sweeteners or discrete nutrients added to the food such as vitamins, minerals and protein.

(2) Water Ices--As defined by 21 CFR 135.160 Food and Drug Administration Regulations except that water ices which contain fruit or fruit juices are not included in this definition.

(3) Chewing Gum--Flavored products from natural or synthetic gums and other ingredients which form an insoluble mass for chewing.

(4) Certain Candies--Processed foods made predominantly from sweeteners or artificial sweeteners with a variety of minor ingredients which characterize the following types:

(i) Hard Candy--A product made predominantly from sugar (sucrose) and corn syrup which may be flavored and colored, is characterized by a hard, brittle texture, and includes such items as sour balls, fruit balls, candy sticks, lollipops, starlight mints, after dinner mints, sugar wafers, rock candy, cinnamon candies, breath mints, jaw breakers and cough drops.

(ii) Jellies and Gums--A mixture of carbohydrates which are combined to form a stable gelatinous system of jelly-like character, and are generally flavored and colored, and include gum drops, jelly beans, jellied and fruit-flavored slices.

(iii) Marshmallow Candies--An aerated confection composed as sugar, corn syrup, invert sugar, 20 percent water and gelatin or egg white to which flavors and colors may be added.

(iv) Fondant--A product consisting of microscopic-sized sugar crystals which are separated by thin film of sugar and/or invert sugar in solution such as candy corn, soft mints.

(v) Licorice--A product made predominantly from sugar and corn syrup which is flavored with an extract made from the licorice root.

(vi) Spun Candy--A product that is made from sugar that has been boiled at high temperature and spun at a high speed in a special machine.

(vii) Candy Coated Popcorn--Popcorn which is coated with a mixture made predominantly from sugar and corn syrup.