

PAOLI PUBLIC SCHOOLS SCHOOL WELLNESS POLICY

I. Nutrition guidelines/Standards

- A. Per USDA Regulations 210.10 and 220.8, school lunches and breakfasts will meet menu-planning system guidelines as required by USDA.
- B. Per USDA regulation 210.10, school lunches will provide 1/3 of the recommended dietary allowances (RDA) for calories, protein, calcium, iron, vitamin A and Vitamin C as required by the USDA.
- C. Per USDA Regulation 220.8, school breakfasts will provide 1/4 of the RDA for calories, protein, calcium, iron, Vitamin A and Vitamin C as required by the USDA.
- D. Per USDA Regulations 210.10 and 220.8, the total calories from fat in school meals will be limited to 30% when averaged over one week.
- E. Per USDA Regulations 210.10 and 220.8, the total calories from saturated fat in school meals will be less than 10% when averaged over one week.
- F. Per USDA Regulations 210.10 and 220.8, school meals will meet the Dietary Guidelines for Americans.

II. Other Food Items Sold on School Campuses

- A. Per USDA Regulation 210, Appendix B, foods of minimal nutritional value (FMNV) are prohibited from being sold or served during student meal services in the food service area where USDA reimbursable meals are served or eaten.
- B. Per the Child Nutrition and WIC Reauthorization Act of 2004, beverage contracts will not restrict the sale of fluid milk products at any time during the school day or
at any place on the school premises.
- C. Per Oklahoma Senate Bill 265 (effective school year 2007-2008), students in elementary schools will not have access to FMNV except on special occasions.
- D. Per Oklahoma Senate Bill 265 (effective school year 2007-2008), students in Middle School will not have access to FMNV except after school, events that take place during the evening, and on special occasions.
- E. Per Oklahoma Senate Bill 265 (effective school year 2007-2008), healthy food options will be provided at the high school and priced lower than FMNV in order to encourage students and staff to make healthier food choices.

III. Nutrition Education

- A. Per USDA Regulations 210.12 and 227, nutrition education is offered in the school cafeteria as well as in the classroom.
- B. Per Oklahoma Senate Bill 1627, the Healthy and Fit School Advisory Committee at each school site will study and make recommendations regarding health education, nutrition, and health services.

IV. Physical Activity

- A. Per Oklahoma Senate Bill 1627, the Healthy and Fit School Advisory Committee at each school site will study and make recommendations regarding physical education and physical activity.
- B. Per Oklahoma Senate Bill 312 (effective school year 2006-2007), students in Grades K-5 will participate in 60 minutes of physical activity each week.

V. School Based Activities

- A. Per Oklahoma Senate Bill 1627, each school site will establish a Healthy and Fit School Advisory Committee that meets and makes recommendations to the school principal. The school principal shall give consideration to recommendations made by the Healthy and Fit School Advisory Committee.
- B. Per the school district's Child Nutrition Programs Agreement, school meals may not be used as reward or punishment.
- C. Per USDA Regulations 210.12 and 227, students and parents will be involved in the NSLP. Parent and student involvement will include menu-planning suggestions, cafeteria enhancement, program promotion, and other related student-community support activities.

This policy was approved at the Regular Meeting of the Paoli Board of Education held on June 5, 2006.