

The Oklahoma School for the Blind School District

Wellness Policy

3300 Gibson St, Muskogee, OK 74403

Principal (6th-12th Grade)/Wellness Coordinator: Lynn Cragg

Purpose

The Oklahoma School for the Blind recognizes the important role that schools play in the development of children's lifelong health habits, their ability to learn, and their overall well-being. Schools can improve the health of students not only by educating them about the importance of healthy behaviors, but also by implementing policies that promote those behaviors.

Therefore, the District establishes the following policy to promote the health and wellness of students and staff and to ensure its school complies with those standards established by federal and state law.

- Allow parents, students, representatives of the school food authority, physical education teachers, school health professionals, the school board, school administrators, and the general public to participate in the development, implementation, review, and update of the school wellness policy.
- Establish nutrition guidelines that meet or exceed the United States Department of Agriculture's (USDA) school meal requirements and the nutrition standards for competitive foods and beverages.
- Create goals for nutrition promotion and education, physical activity and physical education, and other activities that promote student health.
- Adopt a plan to ensure the policy is properly implemented, regularly assessed, and periodically updated.

Definitions

- **School campus**
 - All areas of the property under the jurisdiction of the school that are accessible to students during the school day.
- **School day**
 - The period of time from the midnight before to 30 minutes after the end of the instructional day.

Competitive foods and beverages

- o Foods and beverages that are sold on campus outside of the federal reimbursable school meals program during the school day (e.g., in vending machines or school stores).
- **Smart Snacks standards**
 - o Nutrition standards, issued by the USDA, that sets limits on the amount of calories, salt, sugar, and fat in competitive foods and beverages.

NUTRITION POLICY

School Meal Requirements

The District will make nutritious foods available on campus during the school day to promote student and staff health. At a minimum, the District Child Nutrition Program will serve reimbursable meals that meet the United States Department of Agriculture's (USDA) requirements and follow the Dietary Guidelines for Americans (DGA).

The District will utilize an online program that will provide serving sizes and the nutritional values of items served, including sodium and carbohydrate counts.

Specifically, the District will ensure that all meals are the following:

- Accessible, appealing, and attractive to all children
- Served in a clean, pleasant, and supervised setting
- High in fiber, free of added trans fats, and low in added fats, sugar, and sodium
- Respectful of cultural diversity (e.g., students will be encouraged to suggest local, cultural, and favorite ethnic foods) and religious preferences
- Reviewed by a registered dietitian or other certified nutrition professional OR based on a meal plan provided by a professional resource (such as the State Department of Education, the USDA, the Alliance for a Healthier Generation, or The Lunch Box)

The District will also ensure that schools do the following:

- Encourage students to start the day with a healthy breakfast.
- Provide breakfast through the USDA School Breakfast Program.

Water: Schools will make clean drinking water available and accessible without restriction and at no charge at every district facility (including cafeteria and eating areas, classrooms, hallways, playgrounds, and faculty lounges) throughout the entire school day. Schools will also ensure the following:

- Students will be provided drinking cups, glasses, or reusable water bottles in places

where meals are served.

- Students will be allowed to bring drinking water from home and take water into the classroom, provided that the water is in a capped container, such as a bottle, to prevent spills.
- All water sources and containers will be maintained on a regular basis to ensure good hygiene standards (including drinking fountains, water jugs, hydration stations, and other methods for delivering drinking water).

Information and Promotion: As required under the National School Lunch Program (7 CFR 210.12), the District will promote activities to involve students and parents in the School lunch Program. In addition, the District will do the following:

- Inform families about the availability of breakfasts for students.
- Distribute materials to inform families of the availability and location of free Summer Food Service Program meals for students when school is not in session.
- Post information on the nutritional content and ingredients of school meals on menus in the cafeteria, on the District website and/or websites of individual schools, and/or in school newsletters.
- Send applications for reimbursable meal programs to families at the beginning of the school year and make applications available on the District website.
- **Adequate Time to Eat:** The District will allow students at least 10 minutes to eat breakfast and 20 minutes to eat lunch from the time they are seated.
- **Competitive Foods and Beverages**
- All competitive foods and beverages sold to students during the school day must meet or exceed the USDA's Smart Snacks standards.
- **Classroom Parties and Celebrations**
- Only foods and beverages that meet the USDA's Smart Snacks standards will be allowed to be served during classroom parties and celebrations.
- The District will provide parents and teachers with a list of ideas for healthy food as well as non-food alternatives for classroom parties and celebrations.

Fundraising

Fundraising on Campus during the School Day: Only fundraisers that feature non-food items or foods and beverages that meet the Smart Snacks standards will be permitted.

The following will also occur:

- Fundraising activities will not promote any particular food brands (e.g., fundraisers by fast food chains).
- The District will encourage fundraisers that do not sell food and/or that promote physical activity.

After-School Concessions and Fundraisers (e.g., during after-school programming, events, clubs, and evening concessions): Food and beverages sold at after-school concessions or as part of fundraisers held outside of school hours may comply with the USDA's Smart Snacks standards. Some food and beverage sold at after-school concessions or as a part of fundraisers may also include items of choice that may not comply with USDA's Smart Snacks standards, due to the nature of the school setting of the Oklahoma School for the Blind.

Nutrition Education

Schools will offer and integrate into the core curriculum, nutrition education to all grades (K-12), providing students the knowledge and skills necessary for lifelong healthy eating behaviors, including the following:

- What it means to eat healthfully, consume the proper nutrients, and maintain a wholesome and balanced diet.
- How to read labels and understand the problems associated with unhealthy food marketing to children.

In addition, schools will ensure that nutrition education accomplishes the following:

- Complies with state and federal learning objectives and standards.
- Provides and supports opportunities for students to practice and apply the skills and knowledge taught in the classroom (e.g., by using the cafeteria as a learning lab, visiting local farms, etc.).
- Is made available for staff.
- Is promoted to families and the community.

Rewards and Punishment

Food, beverages, and candy will not be used to reward or punish academic performance or student behavior.

Nutrition and Healthy Food Promotion

The District will promote healthy food and beverage choices and appropriate portion sizes by doing the following:

- Exhibiting posters, signs, or other displays on the school campus that promote healthy nutrition choices.
- Providing age-appropriate activities, such as contests, food demonstrations, and taste-testing that promote healthy eating habits.
- Offering information to families (via communications with parents, educational workshops, screening services, and health-related exhibitions and fairs) and encouraging them to teach their children about nutrition and healthy eating behaviors.
- Encouraging school staff to display healthy eating habits and physical activity choices to students (e.g., by consuming only healthy snacks, meals, and beverages in front of their students, sharing positive experiences about physical activity with their students, etc.).
- Prohibit energy drinks/supplements/pre-workout shakes and or drinks from being brought on campus by students or for students.
- All caffeine content must stay under 150 mg per serving for any other beverage provided to students and staff or provided from outside of school.

Food and Beverage Marketing

Only foods and beverages that meet the USDA's Smart Snacks standards may be marketed in schools. The marketing of any brand, without reference to a specific product, is prohibited unless every food and beverage product manufactured, sold, or distributed under the corporate brand name meets the Smart Snacks standards.

Marketing includes the following:

- Advertising on any property or facility owned or leased by the school district or school and used at any time for school-related activities (including school buildings, athletic fields, parking lots, school buses, vending machines, scoreboards, uniforms, educational materials, and supplies).
- Coupons, discounts, and corporate incentive programs that reward students (e.g., when they reach certain academic goals) with free or discounted items. Such rewards may not include foods or beverages that fail to satisfy the USDA's Smart Snacks standards.
- Corporate-sponsored programs that provide funds to schools in exchange for consumer purchases of certain items. Programs involving purchase of foods and beverages that do not meet the USDA's Smart Snacks standards are not permitted.

If the non-compliant advertising is a permanent feature of a permanent fixture (e.g., a scoreboard), such advertising can remain until the permanent fixture is removed or replaced.

Staff Qualifications and Training

The District will follow the USDA's Professional Standards for State and Local Nutrition Programs in selecting local school nutrition program directors. Also, the District will require all personnel in the school nutrition programs to complete annual continuing education and training.

In addition, Child Nutrition Staff will do the following:

- Receive training in basic nutrition, nutrition education, safe food preparation, and nutrition standards for healthy meals.
- Organize and participate in educational activities that support healthy eating behaviors and food safety.

Farm-to-School Programs and School Gardens

The District will allow school gardens on District property.

The following will also occur:

- The District will dedicate resources (e.g., tools, materials, volunteer hours, etc.) to build a school garden on District property and/or actively participate in community gardens by dedicating the same resources as would be required for gardens on District property.
- The District will incorporate local and/or regional products into the school meal program.
- The School will take field trips to local farms.
- As part of their education, students will learn about agriculture and nutrition.

PHYSICAL EDUCATION & PHYSICAL ACTIVITY POLICY

General Requirements

The District will ensure that all students (K-12) participate in a minimum of 60 minutes of physical activity each day, whether through physical education, exercise programs, after-school athletics, fitness breaks, recess, classroom activities, or wellness and nutrition education.

Recess and Physical Activity Breaks

Recess: The District will require schools to provide elementary school students (K-5) at least 20 minutes of recess each day (in addition to the physical education requirements). Additionally, the District will do the following:

- Develop indoor recess guidelines to ensure students can have adequate physical activity on days when recess must be held indoors.
- When available, schools will hold recess before lunch in order to increase food consumption, reduce waste, and improve classroom attentiveness when students return from lunch.

Physical Activity Breaks: The District will require schools to provide all students (K-12) short breaks (three to five minutes) throughout the day to let them stretch, move around, and break up their time spent sitting. These physical activity breaks may take place during and/or between classroom time.

Active Classroom: Oklahoma School for the Blind provides support and encourages all teachers to incorporate physical activity into their classrooms. Exercise workstations, brain breaks with movement and a walking classroom are examples being used and encouraged. OSB currently has approximately 50% of our classrooms utilizing the above-mentioned activities and others.

Physical Education (PE)

The District will establish a comprehensive, standards-based PE curriculum for each grade (K-12). Schools will ensure that PE classes and equipment afford all students (K-12) an equal opportunity to participate in PE.

Elementary school students (K-5) will participate in at least 150 minutes of PE per week throughout the entire school year.

In addition, the following requirements apply to all students {K-12):

- During PE, students will be given the opportunity to participate in many types of physical activity, including both cooperative and competitive games.
- Students will engage in moderate to vigorous physical activity for more than 50 percent of the PE class time.
- PE classes will have a teacher/student ratio comparable to core subject classroom size.

Teacher Qualifications, Training, and Involvement

- Teachers will receive training on how to integrate physical activity into the curriculum. Some portion of this training will be incorporated into annual professional development.
- Schools will allow teachers the opportunity to participate in or lead physical activities

throughout the school day.

- PE classes will be taught by licensed teachers who are certified or endorsed to teach PE.

Punishment and Rewards

- Physical activity will not be used or withheld as punishment. (This does not apply to participation on sports teams that have specific academic requirements.)
- The District will provide a list of alternative ways for teachers and staff to discipline students.
- The District will strongly encourage teachers to use physical activity (e.g., extra recess) as a reward.

Grounds, Facilities, and Equipment

The District will ensure the availability of proper equipment and facilities that meet safety standards and will conduct necessary inspections and repairs.

Community Use of Recreational Facilities

The District will encourage school staff, students, and their families to participate in physical activity outside of the school day. Allowing staff, students, and their families to use school recreational facilities during non-school hours is one way to increase opportunities to engage in physical activity. Consistent with state law and District policies and procedures [cross reference any School Board or District policies] regarding use of school facilities during non-school hours, the District will work with the [local government - city/county/recreation district] and community -based organizations to coordinate and enhance opportunities for staff, students, and their families to engage in physical activity using school facilities before and after the school day, during weekends, and during school vacations.

Active Transportation

The District will do the following:

- Work with local officials to:
 - o designate and improve safe or preferred routes to school.
 - o create drop off locations and procedures that promote physical activity and safety.
- Promote National and International Walk and Bike to School Week/Day.
- Provide bike racks.
- Encourage parents to supervise groups of children who walk or bike together to and from school.

24/7 Tobacco-, Smoke-, and Vape-Free Campus Policy

This policy was updated and adopted on August 1, 2023.

Other Activities that Promote School Wellness

Healthy and Fit School Advisory Committee (HFSAC)

All Oklahoma public schools must establish a HFSAC comprising at least six individuals who represent different segments of the community, including teachers, parents, school counselors, health care professionals, and business community representatives.⁸ The HFSAC is responsible for making recommendations and providing advice to the school principal regarding health education, nutrition, and health services, and will meet at least four times a year.

The school principal will give consideration to the HFSAC's recommendations.

Staff Wellness

The District will implement an employee wellness program that promotes the physical, mental, and emotional health of its staff.

The program will include the following:

- Health education
 - Partner with Muskogee County Health Department, OSU-Extension Muskogee (Creek) Nation Department of Health, American Heart Association, and other local organizations to provide information pertaining to health education, such as stress management, mental health, suicide prevention nutrition education, weight management, etc.
- Partner with community organizations or agencies to offer immunization clinics to staff.
- Voluntary annual health screenings
- Stress management programs
- Breastfeeding policy
 - Provide a quiet, private area that may be used by employees to express breast milk. This area will have an electrical outlet and will not be a bathroom.
- Physical activity opportunities, available before and/or after school
- Incorporate 10-minute physical activity breaks into every hour of sedentary meetings.
- Promote stairwell use throughout the workday by making stairs appealing and posting motivational signs.
- Promote walking meetings
- Use posters, pamphlets, newsletters (weekly from state) and other forms of communication to promote physical activity.
- Provide information about local physical activity resources and facilities, such as walking trails, community parks, and recreation facilities.
- Nutrition education and weight management programs
 - 100% of foods contain 0 grams of trans fat per serving
 - 100% of snack foods contain no more than 230mg of sodium per serving (excluding refrigerated meals).
 - 100% of individual meals items contain no more than 480mg of sodium per serving.
 - 75% of packaged foods contain no more than 200 calories per package, no more

than 10% of total calories from saturated fat, and no more than 35% of total calories from sugar {excluding nuts and seeds without added fats, oils, sweeteners, and fruits or vegetables without added caloric sweeteners}.

- o 75% of beverages contain no more than 40 calories per serving {excluding 100% fruit juice and unsweetened milk}.
 - o 100% of milk products will be unsweetened and non-fat or low-fat (1%).
 - o 100% of juice will be unsweetened and 100% juice
 - o 100% of vegetable juice will contain no more than 230mg of sodium per serving.
 - o 100% of foods are cooked without frying (i.e., steaming, grilling, roasting, broiling, baking, poaching, sauteing).
 - o Cool drinking water available throughout the day at no cost.
 - o Provide employees with access to a refrigerator, microwave, and sink with a water faucet.
 - o Encourage employees to bring healthy foods to special occasions like birthdays and retirement parties or celebrate with non-food items.
 - o Provide nutritional information on foods and beverages sold and offered in the workplace.
 - o Identify healthy food and beverage menu items with signs, symbols, and/or colors.
 - o Offer smaller portion sizes
 - o Promote the purchase of healthy foods and beverages through practice such as pricing strategies or posting flyers or using other communication tools.
 - o Provide nutrition education through activities such as seminars, workshops, classes, meetings, and newsletters.
 - o Prohibit the marketing of foods and beverages that do not meet the requirements of the wellness policy.
 - o Host, sponsor, or promote a farmers' market on company property or nearby that is open to community members.
- Promotion of the Oklahoma Tobacco Helpline (1-800-QUIT-NOW)
 - o The School will provide tobacco cessation information, resources, and/or support. The information and resources can be obtained through the Muskogee County Health Department or from <http://iokhelpline.com/>.
 - Oklahoma State Employee Assistance Programs for substance abuse
 - Crisis management and prevention training
 - o Partner with Muscogee (Creek) Nation Department of Health Behavioral Health/Substance Abuse Program 918-758-1930 for QPR Suicide Prevention

Free or low-cost first aid and CPR training

Professional Development

The District will provide staff with educational resources and annual training in health and health-related topics.

After-School Physical Activity and Screen Time

The Oklahoma School for the Blind afterschool program provides several opportunities for physical activity. These activities include swimming, skating, and walking program. Dance classes are planned for the next school year. During these activities, staff members are encouraged and to regularly join in with the students in physical activity whenever possible. After-school programming will utilize outdoor space for physical activity as much as possible each day (weather permitting and with appropriate protection from elements) and will provide equal opportunities to children and youth with disabilities to be physically active.

Health Education

Where applicable, schools' health education curriculums will follow the Oklahoma Academic Standards or the state-approved Priority Academic Student Skills (PASS) requirements.

Implementation, Monitoring, and Evaluation

Leadership

The District will designate one or more official(s) to facilitate the development of the local school wellness policy, oversee appropriate updates to the policy, and ensure each school's compliance with the policy. The District will ensure that the designated official(s) fully understand(s) the federal and state laws related to wellness policies.

Include the name(s), position(s), and contact information of the designated official(s) here:

Name	Position	Contact Information
Lynn Cragg	Principal	lcragg@osb.k12.ok.us
Machel Thornton	Food Service Manager	mthornton@osb.k12.ok.us
Tera Webb	Teacher	twebb@osb.k12.ok.us
Glinda Huitt	Nursing Supervisor	ghuitt@osb.k12.ok.us

Community Involvement

The District will permit parents, students, representatives of the school food authority, physical education teachers, school health professionals, the school board, school administrators, and the general public to participate in the development, implementation, review, and update of the local school wellness policy. To encourage broad public participation in the process, the District will do the following:

- Actively notify parents and the broader community about the content and implementation of as well as any changes to the wellness policy, whether through electronic communications (e.g., email, District website, etc.), non-electronic means (e.g., mailings, presentations, etc.), or both.

- Ensure that all outreach and communication is culturally appropriate and translated as needed.
- Educate community stakeholders on how they can participate in the development, implementation, review, and update of the wellness policy and let them know why their participation is important to the health and wellness of students and the broader community.

Assessments, Revisions, and Policy Updates

Every two years, the District will measure the extent to which schools are in compliance with the local wellness policy as well as progress made in attaining the policy's goals. Additionally:

- Parents, students, physical education teachers, school health professionals, the school board, school administrators, and the general public will be allowed to participate in the development, implementation, and periodic review and update of the local wellness policy.
- The District will assess how its policy compares with the latest national recommendations on school health and will update the policy accordingly.
- The District will inform and update the public about the content and implementation of the local wellness policy (via the District's website, handouts, newsletters sent directly to families' homes, etc.).

Effective Date

This Wellness Policy which includes Nutrition, Physical Activity, & 24/7 Tobacco-Free Campus Policy is effective as of June 25, 2017.

Approved by the Oklahoma School for the Blind School District:

Name: Dynn Cragg Title: Principal

Date: 8-1-2023

Updated May 24, 2023

OKLAHOMA SCHOOL FOR THE BLIND
24/7 Tobacco-, Smoke-, and Vape-Free Campus Policy

Traditional and Sacred Use of Tobacco

This document acknowledges the traditional and sacred use of tobacco among American Indian people living in Oklahoma. Whenever the word tobacco is referenced in these materials it refers to the use of commercial tobacco.

Introduction

- Oklahoma School for the Blind understand the concern of parents, educators, students, and community members regarding the adverse effects of tobacco and secondhand and thirdhand smoke. We want to provide a safe and healthy environment for our students, staff, and community and set the proper example for our students.
- This policy is intended to improve the health and safety of all individuals using

Terminology

Changes in state law in 2019 use the terminology "smoke-free" instead of "tobacco-free" in order to create "smoke-free locations" in certain public areas where Oklahoma prohibits the use of tobacco, nicotine, marijuana, or other lawful products consumed in a smoked or vaporized manner. This Policy uses the term "tobacco-, smoke-, and vape-free" in order to include all lighted and vaped products, as well as other forms of tobacco use that might be inadvertently left out of the new "smoke-free" language. While the focus of this policy is to address the hazards of tobacco products, this terminology is being used to best align with state law. (63 Okl.St. Ann § 1-1523 (2019))

Definitions

For the purposes of this policy, the following apply:

Employee means any person who performs work or services for the school or School District, including, but not limited to, full-time employees, part-time employees, temporary employees, and volunteers.

School Property is defined as any property that is owned, leased, managed, or otherwise controlled by the school district, including vehicles and any outdoor property, such as sporting facilities and parking lots.

Tobacco Product is defined as a product that contains or is derived from tobacco and is intended for human consumption, excluding drugs or devices approved for cessation by the United States Food and Drug Administration. This includes e-cigarettes and vapor products with or without nicotine.

Tobacco-, Smoke-, and Vape-Free Facility means any location where the use of tobacco in any form is prohibited, and the use of tobacco, nicotine, marijuana, or other products consumed in a smoked or vaporized manner is prohibited.

24/7 Tobacco-free Campus is defined as a campus where tobacco use is prohibited anywhere, at any time, and by any person. This extends to school vehicles and school-sponsored or school-sanctioned events, including those held off-campus.

Vaping means using a device to heat, aerosolize, or vaporize tobacco, nicotine, marijuana or other products for consumption.

Tobacco-, Smoke-, and Vape-Free Facility

We are committed to maintaining a tobacco-, smoke-, and vape-free campus and facility by doing the following:

- No one is allowed to smoke, vape, or use tobacco products anywhere on school property, 24 hours a day, seven days a week. This policy extends to personal vehicles while such vehicles are on school property, school vehicles, and other school-sponsored or school-sanctioned events, including those held off-school property.
- This policy applies to employees of the school district, students, visitors, and any other person present on school property. This policy also applies to all public school functions (sporting events, concerts, etc.) and any outside agency using the district's facilities including stadiums. This policy is in effect 24 hours per day, seven days per week.
- Oklahoma School for the Blind will not accept donations or gifts, money, or materials from the tobacco industry. This district will not participate in any type of services, events, or programs that are funded by the tobacco industry.
- No student is allowed to possess tobacco products on school property and at any off-site, school-sponsored meeting or event, including, but not limited to, field trips and athletic events.
- Ash receptacles, such as ash trays or ash cans, are not permitted on school property.

Tobacco Cessation Support

- Oklahoma School for the Blind will refer employees, parents/guardians, family members, and students (13 and older) interested in quitting tobacco use to the Oklahoma Tobacco Hotline and other cessation resources, if available:
- Oklahoma School for the Blind will promote the Oklahoma Tobacco Helpline (1-800-QUIT-NOW or OKHelpline.com) to ensure awareness of the statewide services that are available.
- Oklahoma State Employee Assistance Programs for substance abuse
- Crisis management and prevention training
 - Partner with Muscogee (Creek) Nation Department of Health Behavioral Health/Substance Abuse Program 918-758-1930 for QPR Suicide Prevention
- Free or low cost first aid and CPR training

Implementation and Enforcement

We are committed to facilitating the implementation of the above tobacco-, smoke-, and vape-free policy elements by doing the following:

- Signs should be posted to inform employees, students, visitors, and any other person present of the tobacco-, smoke-, and vape-free facility at entrances on School Property.
- The success of this regulation will depend upon the thoughtfulness, consideration, and cooperation of tobacco users and nonusers. All individuals on school premises share in the responsibility for adhering to and enforcing this regulation. All students

will receive instruction on avoiding tobacco use. Ultimately, each site administrator will take appropriate steps to enforce the regulation.

- Students found in violation of the policy will have their parents contacted for a first violation and a second violation. A third offense could include disciplinary action; however, under no circumstances should enforcement of any section of this policy result in suspension or expulsion. The school administrator will confiscate the prohibited Tobacco Product. Information about the Oklahoma Tobacco Hotline (for students age 13 and up) and My Life My Quit (for students between 13-17 years old) will be provided to students in violation of this policy in order to provide a resource for tobacco cessation.
- Including a copy of this policy and information about the Oklahoma Tobacco Helpline in manuals, handbooks, and other training materials for employees, students, families, and other Employees are responsible for familiarizing themselves with this mandatory policy
- Working with parents/guardians and family members to help them understand, support, and comply with the policy.
- Visitors who violate the policy shall be subject to a verbal request to the individual to stop. If the person refuses to stop, the individual will be requested to leave. If the person refuses to leave, they may be referred to local authorities.

Comment from Administration

We are committed to informing employees, students, parents, and family members of the tobacco-, smoke-, and vape-free policy, and working to obtain their support for its successful implementation and enforcement. To promote full awareness of these new policies, we will provide ample transition time between informing employees, students, parents, and family members of the changes and their full implementation, including early sharing of enforcement procedures.

Effective Date

This 24/7 Tobacco-, Smoke-, and Vape-Free Campus Policy is effective as of:

Effective Date of Policy: 8-1-2023

Approved by School District:

Name of School District: Oklahoma School for the Blind

Name & Title (of person signing): Lynn Cragg / Principal

Date of Signing: 8-1-2023

Signature: Lynn Cragg