

# DEBORAH BROWN COMMUNITY SCHOOL

## WELLNESS POLICY

Deborah Brown Community School recognizes the relationship between academic achievement and student health and wellness. This policy reflects our commitment to removing health-related barriers to learning by establishing health policy, health promotion and health education. We value school-based activities designed to provide students with a school environment that supports and promotes wellness, healthy eating, and an active lifestyle. Deborah Brown Community School recognizes our role as part of the larger community, to model and actively practice the promotion of family health, physical activity, and good nutrition.

### NUTRITION

The School's Child Nutrition program will serve reimbursable meals that meet USDA's requirements

1. Guidelines for reimbursable school meals shall not be less restrictive than the most current regulations and guidance issued by the Secretary of Agriculture, as those regulations and guidance apply to schools.
2. The Child Nutrition Program will serve the following: Food high in fiber, free of added trans-fat, low in added fats, sugar, and sodium, and served in appropriate portion sizes consistent with USDA standards.
3. Child Nutrition Programs are accessible to all children. The school will ensure that we provide breakfast and lunch through the USDA Breakfast and Lunch Programs. The school will inform families about the availability of breakfast and lunch for students, and students will be encouraged to start each day with a healthy breakfast.
4. The school will send applications for reimbursable meal programs to families at the beginning of the school year and through out the year for new students.
5. Meals served through the Child Nutrition Programs will be: appealing and attractive to children of various ages, respectful of cultural diversity and religious preferences; and served in a clean, supervised, and pleasant setting.
6. Child Nutrition Staff will be required to complete annual continuing education training. Training will include basic nutrition education, safe food preparation, and nutrition standards for healthy meals.
7. Drinking water will be offered at meals and through out the school day with no restriction. Only low or non-fat varieties of milk will be served. Juice will be 100% juice.
8. All drinking fountains will be maintained and cleaned on a regular basis to ensure good hygiene standards.
9. A monthly menu will be posted on the school's website each month. ([dbcstulsa.org](http://dbcstulsa.org))
10. Students will be allowed adequate time to consume meals, at least 10 minutes for breakfast and 20 minutes for lunch from the time they are seated.

### NUTRITION EDUCATION

The goal of nutrition education is to facilitate the adoption of healthy eating and other health-promoting nutrition related behaviors.

1. The school will ensure that nutrition education complies with state learning objectives and standards.

2. Nutrition education will teach students the knowledge and skills necessary to adopt healthy eating and regular physical activity as part of their lifestyle.

#### NUTRITION AND HEALTHY FOOD PROMOTION

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

1. Exhibiting poster, signs, or other displays on the school campus that promote healthy nutrition choices.
2. Provide age-appropriate activities, such as food demonstrations and taste-testing that promote healthy eating habits.
3. Encouraging school staff to display healthy eating habits and physical activity to students (e.g., by eating with students during meal times, consuming only healthy snacks, meals, and beverages in front of students, sharing positive experiences with physical activity with students, etc.).
4. Providing students learning opportunities about agriculture and nutrition.

#### PHYSICAL EDUCATION

The school recognizes the importance of physical activity and physical education in promoting health and academic achievement, and that it is an important part of a student's comprehensive, well-rounded education program that will positively impact life-long health and well-being. The school supports quality physical activity throughout the school day.

1. There will be limited use of recess to make up instructional time.
2. Teachers and other school personnel will not use physical activity as a punishment or withhold opportunities for physical activity (withholding recess) as a punishment.
3. Teachers and other school personnel are strongly encouraged to use physical activity opportunities as rewards such as extra recess.
4. The school will ensure the availability of proper equipment that meet safety standards and will conduct necessary inspections and repairs.
5. The school will provide students at least 20 minutes of recess each day.
6. The school will provide all students short breaks (3-5 minutes) throughout the day to let them stretch, move around, and break up their time sitting. These physical activity breaks may take place during and/or between classroom time.
7. Students will participate in a minimum 60 minutes of physical activity per week whether through fitness breaks, recess, classroom activities or wellness and nutrition education.
8. The school will allow teachers the opportunity to participate in or lead physical activity throughout the school day.

#### STAFF WELLNESS

The school highly values the health and well-being of every staff member and supports staff members to maintain a healthy lifestyle. Staff will be encouraged to model healthful eating and physical activity habits to demonstrate support of healthy lifestyle habits to the students. The school will:

1. Provide employees with access to a refrigerator, microwave, and a sink with a water faucet.
2. Provide or partner with community organizations or agencies to offer low-cost or free first aid and CPR training.
3. Partner with community organizations or agencies to offer immunizations clinics to staff.

#### COMMUNITY/FAMILY INVOLMENT

The school recognizes that parents and guardians have a primary and fundamental role in promoting and protecting their children's health and well-being. We support parent's efforts to provide a healthy diet and daily physical activity for their children. We encourage parents to provide healthy lunches and snacks and to refrain from including beverages and food that do not meet good nutrition standards for food and beverages.

The school will permit parents, students, representatives of the SFA, teachers, the school board, school administrators and the public to serve on the Healthy and Fit and Safe School Committee and participate in the development, implementation, review, and update of the local school wellness policy. To encourage broad public participation in the process, the school will do the following:

1. Actively notify parents and the broader community about the content and implementation of, as well as any changes to, the wellness policy, through the school website ([dbcstulsa.org](http://dbcstulsa.org)).
2. Ensure that all outreach and communication is culturally appropriate and translated as needed.

#### LEADERSHIP

The school 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 compliance with the policy. The school will ensure that the designated official(s) fully understands the federal and state laws related to the wellness policy. Designated official will be Judith Ledford, Child Nutrition Director ([dbcstulsa.org](http://dbcstulsa.org)).

#### ASSESSMENT

The Healthy and Fit School Advisory Committee will conduct an annual assessment with the school and school food service. The committee will use the Wellness Policy Assessment Tool to assess compliance, progress and determine areas in need of improvement. A report will be given to the superintendent. The school will, as necessary, revise the wellness policy. At least once every three years, the school will measure the extent to which the school is in compliance with the wellness policy, as well as progress made in attaining policy goals. Additionally:

1. Parents, students, teachers, 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 wellness policy.
2. The school will assess how its policy compares with the latest national recommendations on school health, and will update the policy accordingly.
3. The school will inform and update the public about the content and implementation of the wellness policy through the district website([dbcstulsa.org](http://dbcstulsa.org)).