



SCHOOL WELLNESS POLICY TOOLKIT

ELEVATESTUDENTHEALTH.COM

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Elevate Student Health is an initiative to help all school districts in Oklahoma understand and adopt improved wellness policies. In addition, the campaign aims to support all school sites in implementing and communicating these policies. Our policy emphasizes the importance of improving nutritious options in schools, incorporating daily physical activity and increasing access to safe drinking water. A school wellness policy sets the health standard within schools, and Elevate Student Health is invested in helping every Oklahoma school district improve youth wellness.

This toolkit contains resources for school districts to understand and adopt updated school wellness policies while providing assets for schools to successfully implement the necessary wellness changes.

Elevate Student Health is funded by the Oklahoma Tobacco Settlement Endowment Trust (TSET).

For questions, please contact
info@ElevateStudentHealth.com

or visit our website at
ElevateStudentHealth.com.

WHY IT MATTERS

IN 2019-20,

18.7%

OF 10–17 YEAR
OLDS IN OKLAHOMA
WERE CONSIDERED
OBESE

THAT'S ABOUT

72,000

OR

1 OUT OF **6** CHILDREN



OBESE CHILDREN ARE MORE
LIKELY TO DEVELOP HEALTH
CONDITIONS SUCH AS:

- cardiovascular disease
- type 2 diabetes
- anxiety
- depression
- lower self-esteem
- self-reported lower quality of life

IN OKLAHOMA, OBESITY AND RELATED
CONDITIONS CONTRIBUTE TO MEDICAL
EXPENDITURES EXCEEDING

\$1 BILLION/YEAR

3 BEHAVIORS:



TOBACCO USE



POOR DIET



SEDENTARY LIFESTYLE

LEAD TO 4 CHRONIC CONDITIONS:



CARDIOVASCULAR
DISEASE



CANCER



DIABETES



LOWER RESPIRATORY
DISEASES

THESE 4 CHRONIC DISEASES ACCOUNT FOR ABOUT **64%** OF ALL DEATHS IN OKLAHOMA.

YOUTH CONSUME UP TO

50%

OF THEIR CALORIES ON
SCHOOL CAMPUS.

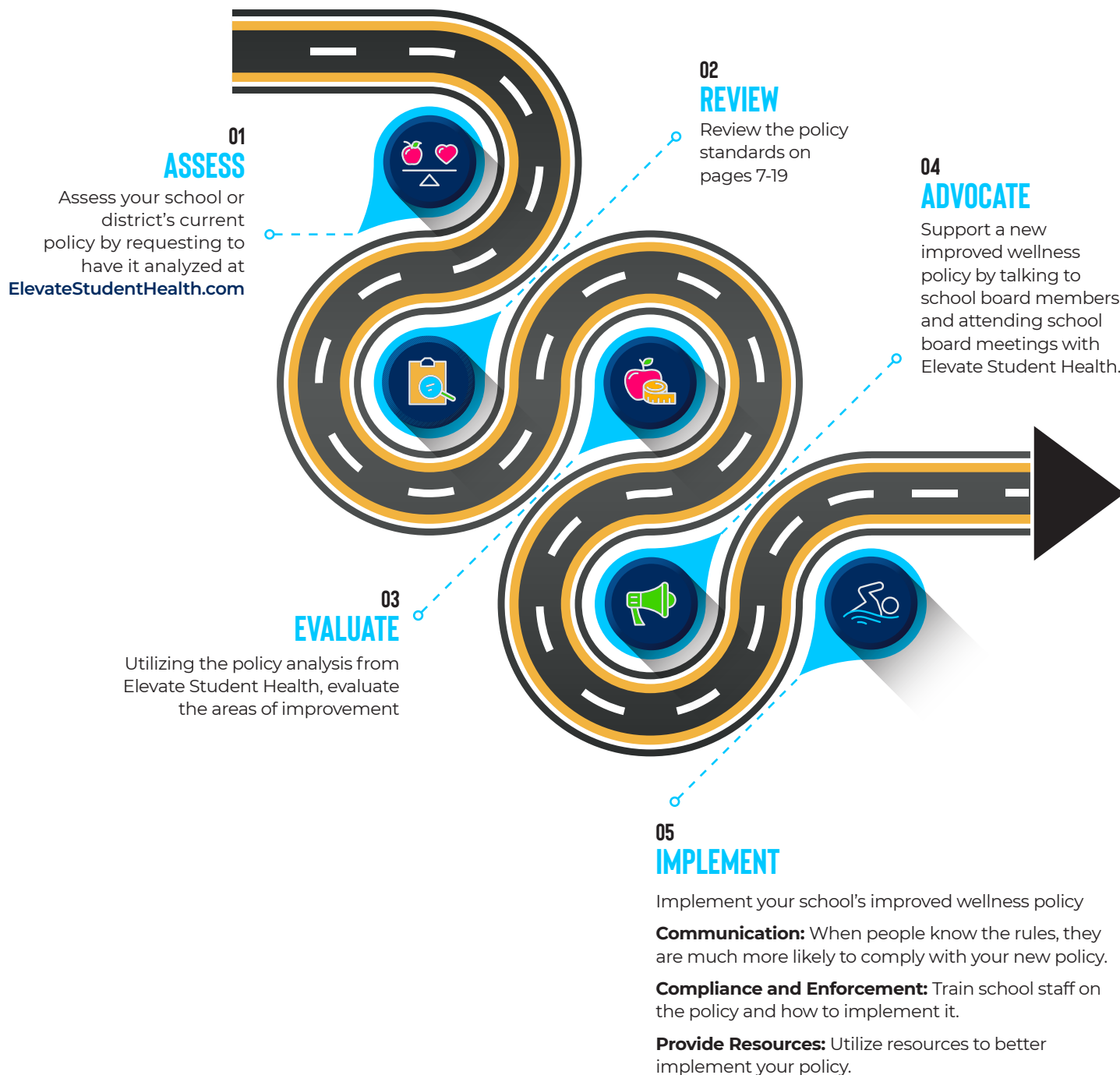
73.9%

OF HIGH SCHOOL STUDENTS ARE
PHYSICALLY ACTIVE LESS THAN
60 MINUTES PER DAY.

22.3%

OF STUDENTS DRINK ONE OR
MORE CANS, BOTTLES, OR
GLASSES OF SODA A DAY.

A ROAD MAP TO ACHIEVING A HEALTHIER SCHOOL




EVALUATING YOUR SCHOOL DISTRICT'S WELLNESS POLICY

WANT TO GET YOUR DISTRICT'S WELLNESS POLICY ANALYZED? FOLLOW THE 5 EASY STEPS BELOW:

1. Go to ElevateStudentHealth.com
2. Scroll to the bottom where it says "Request to have your district's policy analyzed"
3. Fill in your name, school district, and e-mail, and click "send request"
4. The Elevate Student Health team will submit your schools district's most current wellness policy to be analyzed
5. Once the analysis is complete, the results will be emailed to you in approximately two weeks and Elevate Student Health will work with you to communicate with your School Board

Request to have your district's policy analyzed

Name 

School District

Email

SEND REQUEST

Elevate Student Health promotes a comprehensive policy standard while supporting school districts where they are at to adopt policy elements that are best for their specific community. The following pages provide a detailed checklist that outlines all of the criteria for a school district nutrition policy, separated into three categories:

- elements required by federal or state law
- high-impact policy elements that are evidence-based for improving the health of youth
- other policy elements that have less evidence but are still considered positive for youth health.

For a nutrition policy to meet Elevate Student Health standards, it must meet all federal or state required elements, at least 60% of high-impact elements, and at least 15% of the other elements.

ELEVATE STUDENT HEALTH POLICY STANDARDS NUTRITION CHECKLIST

ELEMENTS REQUIRED BY FEDERAL OR STATE LAW:

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SCHOOL MEAL REQUIREMENTS

- ☐ Req1: **The District will make nutritious foods available on campus during the school day to promote student and staff health. At 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).**
- ☐ Req2: **Water Schools will make clean drinking water available and accessible without restriction and at no charge** at every district facility (including cafeterias and eating areas, classrooms, hallways, playgrounds, and faculty lounges) before, during, and after school.
- ☐ Req3: **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.**

COMPETITIVE FOODS AND BEVERAGES

- ☐ Req4: **All competitive foods and beverages sold to students during the school day must meet the USDA's Smart Snacks standards.**

OTHER FOODS PROVIDED AT SCHOOL

- ☐ Req5: **Other foods and beverages provided (not sold) on campus** (e.g., for classroom parties, celebrations, and afterschool-programming) **must meet** the USDA's Smart Snacks **standards.**

NUTRITION EDUCATION

- ☐ Req6: **Schools will provide nutrition education to all grades (K-12), to give students the knowledge and skills necessary for lifelong healthy eating behaviors.**

REWARDS AND PUNISHMENT

- ☐ Req7: **Food, beverages, and candy will not be used to reward or punish academic performance or student behavior.**

ELEMENTS REQUIRED BY FEDERAL OR STATE LAW:

100% of green text required. Black text not required but provided for context.

NUTRITION AND HEALTHY FOOD PROMOTION

- ☐ Req8: The District will promote healthy food and beverage choices and appropriate portion sizes.

FOOD AND BEVERAGE MARKETING

- ☐ Req9: Only foods and beverages that meet the USDA's Smart Snacks standards may be marketed in schools.

STAFF QUALIFICATIONS AND TRAINING

- ☐ Req10: The District will follow the USDA's Professional Standards for State and Local Nutrition Programs in selecting local school nutrition program directors. The District will also require all personnel in the school nutrition programs to complete annual continuing education and training.

LEADERSHIP

- ☐ Req11: 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.
- ☐ Req12: Below are name(s), position(s), and contact information of the designated official(s) below (USDA requires districts to only include the position of the designated official(s); the District also strongly encourages that the individuals' contact e-mail address be provided.

COMMUNITY INVOLVEMENT

- ☐ Req13: 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 serve on the local school wellness policy 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 District will do the following:

ASSESSMENTS, REVISIONS, AND POLICY UPDATES

- ☐ Req14: At least once every three 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.
- ☐ Req15: 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.
- ☐ Req16: The District will inform and update the public about the content and implementation of the local wellness policy.

HIGH-IMPACT POLICY ELEMENTS

60% of listed policies are required to meet Elevate Student Health Standards.

SCHOOL MEAL REQUIREMENTS

The District will ensure that all meals are the following:

- ☐ HI1: High in fiber.
- ☐ HI2: Free of added trans fats.
- ☐ HI3: Low in added fats.
- ☐ HI4: Low in sugar.
- ☐ HI5: Low in sodium.
- ☐ HI6: Accessible, appealing, and attractive to all children.
- ☐ HI7: Served in a clean, pleasant, and supervised setting.
- ☐ HI8: Respectful of cultural diversity (e.g., students will be encouraged to suggest foods that reflect cultural traditions) and religious preferences.
- ☐ HI9: Reviewed by a registered dietitian or other certified nutrition professional and/or based on a meal plan provided by a professional resource (e.g., the State Department of Education, the USDA, the Alliance for a Healthier Generation, or The Lunch Box).
- ☐ HI10: The District will ensure that schools provide breakfast through the USDA School Breakfast Program.
- ☐ HI11: The District will also offer breakfast using alternate meal service options such as Breakfast in the Classroom, Second Chance Breakfast, Breakfast After the Bell, and/or Grab & Go Breakfast carts in the hallways.
- ☐ HI12: Students will be provided drinking cups, glasses, or reusable water bottles in places where meals and snacks are served.
- ☐ HI13: 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).
- ☐ HI14: 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.
- ☐ HI15: The District will send applications for reimbursable meal programs to families at the beginning of the school year and make applications available on the District website.
- ☐ HI16: The District will 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.
- ☐ HI17: Adequate Table Time: The District will allow students at least 10 minutes to eat breakfast and 20 minutes to eat lunch from the time they are seated AND/OR provide sufficient lunch periods that are long enough to give all students (K-12) adequate time to be served and eat their lunches.

FUNDRAISING

- ☐ HI18: 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.
- ☐ HI19: Foods and beverages offered at after-school concessions or as part of fundraisers held outside of school hours must also comply with the USDA's Smart Snacks standards.

HIGH-IMPACT POLICY ELEMENTS

60% of listed policies are required to meet Elevate Student Health Standards.

NUTRITION EDUCATION

Schools will provide nutrition education to all grades (K-12) which includes:

- ☐ HI20: How to read labels and understand the problems associated with unhealthy food marketing to children.
- ☐ HI21: What it means to eat healthfully, consume the proper nutrients, and maintain a wholesome and balanced diet.

SCHOOLS WILL ENSURE THAT NUTRITION EDUCATION:

- ☐ HI22: Complies with and supports state learning objectives and standards, including those related to Oklahoma Academic Standards for Health and the state's Health Education Act.
- ☐ HI23: Provides 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.).
- ☐ HI24: Is made available for staff.
- ☐ HI25: Is promoted to families and the community.

REWARDS AND PUNISHMENT

- ☐ HI26: Food, beverages, and candy will not be used to reward academic performance or student behavior.

NUTRITION AND HEALTHY FOOD PROMOTION

The District will do the following:

- ☐ HI27: Providing age-appropriate activities, such as food demonstrations and taste-testing that promote selection and consumption of healthy foods.
- ☐ HI28: 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.
- ☐ HI29: Exhibiting posters, signs, or other displays on the school campus that promote healthy nutrition choices.

FOOD AND BEVERAGE MARKETING

- ☐ HI30: 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.

FARM-TO-SCHOOL PROGRAMS AND SCHOOL GARDENS

- ☐ HI31: The District will allow school gardens on District property.
- ☐ HI32: 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; establish designated areas where students can garden with guidance; offer related nutrition and food preparation lessons and opportunities for taste testing and hands-on learning.
- ☐ HI33: The District will incorporate local and/or regional products into the school meal program.

HIGH-IMPACT POLICY ELEMENTS

60% of listed policies are required to meet Elevate Student Health Standards.

STAFF WELLNESS

- ☐ HI34: The District recognizes that employee health is essential to student health and to creating healthy school environments. Accordingly, the District will implement an employee wellness program that promotes healthy eating. The District may partner with community agencies and organizations (e.g., local health departments, hospitals, health insurance companies, and local chapters of national organizations, such as the American Cancer Society, American Heart Association, Red Cross, and YMCA) to assist in providing education, services, and resources for staff.

The District will do the following to support staff wellness:

- ☐ HI35: Provide employees with access to a refrigerator, microwave, and sink with a water faucet.
- ☐ HI36: Provide (or partner with community organizations or agencies in order to offer) nutrition education through activities such as seminars, workshops, classes, meetings, and/or newsletters.
- ☐ HI37: Partner with community organizations or agencies to offer staff accessible and free or low-cost healthy eating/weight management programs.
- ☐ HI38: Ensure access to a private space (other than a restroom) that has an electrical outlet, and provide flexible paid or unpaid break times to allow breastfeeding and/or breast milk to be expressed.

COMMUNITY INVOLVEMENT

The District will do the following:

- ☐ HI39: Actively notify parents and the broader community about the content and implementation of as well as any changes to the wellness or nutrition policy, whether through electronic communications (e.g., email, District website, etc.), non-electronic means (e.g., mailings, presentations, etc.), or both.
- ☐ HI40: Ensure that all outreach and communication is culturally appropriate and translated as needed.
- ☐ HI41: Educate community stakeholders on how they can participate in the development, implementation, review, and update of the wellness or nutrition policy and let them know why their participation is important to the health and wellness of students and the broader community.

OTHER POLICY ELEMENTS

15% of listed policies are required to meet Elevate Student Health Standards

OTHER POLICY ELEMENTS (15% REQUIRED FOR NUMERATOR INCLUSION)**School Meal Requirements**

- ☐ O1: The District will also encourage students to start the day with a healthy breakfast.
- ☐ O2: The District will inform families about the availability of breakfasts for students.
- ☐ O3: The District will 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.

OTHER FOODS PROVIDED AT SCHOOL

- ☐ O4: The District may allow exemptions for no more than two (2) celebrations during the school year, during which the foods and beverages served are not required to meet the Smart Snack standards.
- ☐ O5: The District will provide parents and teachers with a list of ideas for healthy food as well as non-food alternatives for classroom parties (e.g., the USDA's resources on "[Popular Events](#)") and after-school programming (including **Fundraising and celebrations**).
- ☐ O6: Fundraising activities will not promote any particular food brands (e.g., fundraisers by fast food chains).
- ☐ O7: The District will encourage fundraisers that do not sell food and/or that promote physical activity.

NUTRITION AND HEALTHY FOOD PROMOTION

- ☐ O8: The District will encourage school staff to display healthy eating habits and physical activity choices 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.).

FOOD AND BEVERAGE MARKETING

Marketing is defined in the policy as the following:

- ☐ O9: 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).
- ☐ O10: 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.
- ☐ O11: 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.

OTHER POLICY ELEMENTS

15% of listed policies are required to meet Elevate Student Health Standards

STAFF QUALIFICATIONS AND TRAINING

- ☐ O12: Child nutrition staff will receive training in basic nutrition, nutrition education, safe food preparation, and nutrition standards for healthy meals and snacks.
- ☐ O13: Child nutrition staff will organize and participate in educational activities that support healthy eating behaviors and food safety.

FARM-TO-SCHOOL PROGRAMS AND SCHOOL GARDENS

- ☐ O14: Schools will take field trips to local farms.
- ☐ O15: As part of their education, students will learn about agriculture and nutrition.

HEALTH EDUCATION

- ☐ O16: Where applicable, schools' health education curriculums will follow the [Oklahoma Academic Standards](#) and new health education and literacy laws and guidance.
- ☐ O17: Where applicable, multi-component, school-based health promotion interventions will be delivered, including: educational, behavioral, environmental, and other obesity prevention efforts (e.g., education classes, enhanced physical education, healthy food promotion, family outreach, etc.)

STAFF WELLNESS

- ☐ O18: The District will serve only those foods and beverages that meet Smart Snacks standards at all staff meetings, trainings, special occasions (e.g., birthdays and retirement parties), and other workplace gatherings.

ASSESSMENTS, REVISIONS, AND POLICY UPDATES

- ☐ O19: The District will assess how its policy compares with the latest national recommendations on school health, and will update the policy accordingly.

Elevate Student Health promotes a comprehensive policy standard while supporting school districts where they are at to adopt policy elements that are best for their specific community. The following pages provide a detailed checklist that outlines all of the criteria for a school district physical activity policy, separated into three categories:

- elements required by federal or state law
- high-impact policy elements that are evidence-based for improving the health of youth
- other policy elements that have less evidence but are still considered positive for youth health

For a physical activity policy to meet Elevate Student Health Standard, it must meet all federal or state required elements, at least 50% of high impact elements, and at least 25% of other elements.

ELEVATE STUDENT HEALTH POLICY STANDARDS PHYSICAL ACTIVITY CHECKLIST

ELEMENTS REQUIRED BY FEDERAL OR STATE LAW:

100% of green text required. Black text not required but provided for context.

GENERAL REQUIREMENTS

- ☐ R1: The District will ensure that all students participate in a minimum of sixty (60) minutes of physical activity each day, whether through physical education, exercise programs, after-school athletics, fitness breaks, recess, classroom activities, physical activity throughout the school day, or wellness and nutrition education.

PHYSICAL EDUCATION (PE)

- ☐ R2: Elementary school students (K-5) will participate in at least 150 minutes of PE per week throughout the entire school year.

LEADERSHIP

- ☐ R3: 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.
- ☐ R4: Below are name(s), position(s), and contact information of the designated official(s) below (USDA requires districts to only include the position of the designated official(s); the District also strongly encourages that the individuals' contact e-mail address be provided.

COMMUNITY INVOLVEMENT

- ☐ R5: 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 serve on the local school wellness policy 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 District will do the following:

ASSESSMENTS, REVISIONS, AND POLICY UPDATES

- ☐ R6: At least once every three 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.
- ☐ R7: 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.
- ☐ R8: The District will inform and update the public about the content and implementation of the local wellness policy.

HIGH-IMPACT POLICY ELEMENTS

50% of listed policies are required to meet Elevate Student Health Standards.

RECESS AND PHYSICAL ACTIVITY BREAKS

- ☐ HI1: 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 PE requirements). Additionally, the District will do the following:
 - ☐ HI2: Develop indoor recess guidelines to ensure students can have adequate physical activity on days when recess must be held indoors.
 - ☐ HI3: Require schools to hold recess before lunch, in order to increase food consumption, reduce waste, and improve classroom attentiveness when students return from lunch.
- ☐ HI4: Physically Active Classrooms: Provide support for teachers and other staff to incorporate classroom-based physical activities, such as classroom energizers, into academic lessons or as a break.

PHYSICAL EDUCATION (PE)

- ☐ HI5: The District will require all schools to 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.
- ☐ HI6: Middle school students (6-8) will participate in at least 225 minutes of PE per week throughout the entire school year.
- ☐ HI7: High school students (9-12) will participate in at least 225 minutes of PE per week throughout the entire school year.

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

- ☐ HI8: Students will engage in moderate to vigorous physical activity for more than 50 percent of the PE class time.
- ☐ HI9: During PE, students will be given the opportunity to participate in many types of physical activity, including those that can be incorporated into everyday lifelong activity, as well as competitive and cooperative games.
- ☐ HI10: PE classes will have a teacher/student ratio comparable to core subject classroom ratios.

TEACHER QUALIFICATIONS, TRAINING, AND INVOLVEMENT

- ☐ HI11: PE classes will be taught by licensed teachers who are certified or endorsed to teach PE.
- ☐ HI12: 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.

PUNISHMENT AND REWARDS

- ☐ HI13: Physical activity will not be used or withheld as punishment. (This does not apply to participation on sports teams that have specific academic requirements.)

COMMUNITY USE OF RECREATIONAL FACILITIES

- ☐ HI14: The District will allow staff, students, their families, and other neighbors and community members to use school recreational facilities during non-school hours to increase opportunities to engage in physical activity.
- ☐ HI15: Consistent with state law, District policies and procedures, and applicable School Board policies regarding the use of school facilities during non-school hours, the District will work with local government (including city, county, and/or recreation districts) and/or community-based organizations to coordinate and enhance physical activity opportunities using school facilities before and after the school day, during weekends, and during school vacations.

ACTIVE TRANSPORTATION

The District will do the following:

- ☐ HI16: Work with local officials to designate safe or preferred routes to school.
- ☐ HI17: This includes local coordination to create designated drop off locations and procedures that promote physical activity and safety.

AFTER-SCHOOL PHYSICAL ACTIVITY AND SCREEN TIME

After-school programming will do the following:

- ☐ AS1: Dedicate at least 20%, or at least 30 minutes (whichever is more), of program time to physical activity, which includes a mixture of moderate to vigorous physical activity.
- ☐ AS2: Limit screen time to less than 60 minutes per day to be used only for homework and other educational or physical activity purposes.
- ☐ AS3: Encourage staff to join children and youth in physical activity whenever possible.

HIGH-IMPACT POLICY ELEMENTS

50% of listed policies are required to meet Elevate Student Health Standards.

STAFF WELLNESS

- ☐ HI18: The District recognizes that employee health is essential to student health and to creating healthy school environments. Accordingly, the District will implement an employee wellness program that promotes physical activity. The District may partner with community agencies and organizations (e.g., local health departments, hospitals, health insurance companies, and local chapters of national organizations, such as the American Cancer Society, American Heart Association, Red Cross, and YMCA) to assist in providing education, services, and resources for staff.

The District will do the following to support staff wellness through:

- ☐ HI19: Provide access to on-campus athletic facilities, such as gyms, running tracks, basketball courts, tennis courts, and swimming pools.
- ☐ HI20: Promote walking meetings.
- ☐ HI21: Promote employee participation in physical activity by creating exercise clubs or groups and/or sponsoring employee sports teams.
- ☐ HI22: Provide information about local physical activity resources and facilities, such as walking trails, community parks, and recreation facilities.
- ☐ HI23: Use posters, pamphlets, and other forms of communication to promote physical activity.
- ☐ HI24: Promoting stairwell use, if applicable, throughout the workday by making stairs appealing and posting motivational signs.

COMMUNITY INVOLVEMENT

The District will do the following:

- ☐ HI25: Actively notify parents and the broader community about the content and implementation of, as well as any changes to, the wellness or physical activity policy, whether through electronic communications (e.g., email, District website, etc.), non-electronic means (e.g., mailings, presentations, etc.), or both.
- ☐ HI26: Ensure that all outreach and communication is culturally appropriate and translated as needed.
- ☐ HI27: Educate community stakeholders on how they can participate in the development, implementation, review, and update of the wellness or physical activity policy and let them know why their participation is important to the health and wellness of students and the broader community.

OTHER POLICY ELEMENTS

25% of listed policies are required to meet Elevate Student Health Standards

RECESS AND PHYSICAL ACTIVITY BREAKS

- ☐ O1: 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.

PHYSICAL EDUCATION (PE)

- ☐ O2: This curriculum will be updated to support and prioritize new State and Federal learning standards that become available.

TEACHER QUALIFICATIONS, TRAINING, AND INVOLVEMENT

- ☐ O3: Schools will allow teachers the opportunity to participate in or lead physical activities before, during, and after school.

PUNISHMENT AND REWARDS

- ☐ O4: The District will provide a list of alternative ways for teachers and staff to discipline students.
- ☐ O5: The District will strongly encourage teachers to use physical activity (e.g., extra recess) as a reward.

GROUPS, FACILITIES, AND EQUIPMENT

- ☐ O6: The District will ensure the availability of proper equipment and facilities that meet safety standards and will conduct necessary inspections and repairs.

ACTIVE TRANSPORTATION

The District will do the following:

- ☐ O7: Encourage children and their families to walk and bike to and from school.
- ☐ O8: Encourage parents to supervise groups of children who walk or bike together to and from school.
- ☐ O9: Provide bike racks for students, faculty, and staff.
- ☐ O10: Promote National and International Walk and Bike to School Week/Day.

OTHER POLICY ELEMENTS

25% of listed policies are required to meet Elevate Student Health Standards

AFTER SCHOOL PHYSICAL ACTIVITY AND SCREEN TIME

After-school programming will do the following:

- ☐ O11: Utilize outdoor space for physical activity as much as possible each day (weather permitting and with appropriate protection from the elements).
- ☐ O12: Provide equal opportunities for children and youth with disabilities to be physically active.

HEALTH EDUCATION

- ☐ O13: Where applicable, schools' health education curriculums will follow the Oklahoma Academic Standards and new health education and literacy laws and guidance.
- ☐ O14: Where applicable, multi-component, school-based health promotion interventions will be delivered, including educational, behavioral, environmental, and other obesity prevention efforts. (e.g., education classes, enhanced physical education, healthy food promotion, family outreach, etc.)

STAFF WELLNESS

The District will do the following to support staff wellness through:

- ☐ O15: Incorporate 10-minute physical activity breaks into every hour of sedentary meetings, trainings, and other workplace gatherings.

ASSESSMENTS, REVISIONS, AND POLICY UPDATES

- ☐ O16: The District will assess how its policy compares with the latest national recommendations on school health, and will update the policy accordingly.

Before you begin, reach out to the Elevate Student Health team – we're here to help you advocate for and adopt an improved wellness policy. Elevate Student Health is working to increase commitment to healthier schools all across Oklahoma, and has been meeting with principals and school boards in the process. We may already be working in your district!

STEP 1: HAVE YOUR POLICY ANALYZED

- Go to ElevateStudentHealth.com and scroll to the bottom of the page where it says “Request to have your district’s policy analyzed.” Complete the form by filling in your name, school district and e-mail to have you policy analyzed by the Elevate Student Health team.

STEP 2: BUILD SUPPORT

- Engage other school champions, including school staff (e.g., health teachers, coaches, nurses) and student leaders who are concerned about your school’s wellness practices.
- Attend a public school board meeting with the Elevate Student Health team to speak about the district’s current policy and the need for an improved policy. After your initial public commentary, talk with supportive or interested school board members one-on-one.

STEP 3: PRESENT AN IMPROVED POLICY TO THE SCHOOL BOARD

- Work with the Elevate Student Health team to submit the proposed policy for the school board agenda. The process for this will vary by district, and will often require working with a member of the school board or the district administration.
- Plan to speak at any school board meetings where the policy will be introduced, read, or voted on.
- Keep following up until the policy passes!

STEP 4: PLAN FOR IMPLEMENTATION

- Work with the school board to select a specific implementation date.
- Communicate the new policy and its effective date to school administrators and staff.
- Organize staff training in enforcement strategies (contact the Elevate Student Health team for help).

STEP 5: IMPLEMENT THE POLICY

- Recognize that consistent communication and enforcement is necessary to ensure effective policy implementation and compliance.
- Communicate the policy throughout the school and community (see page 22 for communication resources).
- Provide resources to help students and staff implement better wellness practices (see page 33 for resources).

STEP 6: CONDUCT ONGOING ADVOCACY & EVALUATION OF POLICY

- Collect success stories from students, staff and parents.
- Identify problems with policy implementation, like the school wellness policy states that students have access to free, safe, and clean drinking water when in reality the water is gross or brown and students don’t want to use it, and make necessary corrections.

A STRONG PRESENTATION TO THE SCHOOL BOARD SHOULD INCLUDE:

- Reasons why an improved wellness policy at the district level is important.
- Explanation of what an improved policy entails and where your district’s policy falls short.
- Presentations by students about the importance of healthy environment and similar presentations by teachers, staff and administrators.
- Readiness to address any common objections or concerns that may arise around communication and enforcement of the policy.

Elevate Student Health is here and happy to help you on your road to being a healthier school. Reach out to Elevate Student Health at

INFO@ELEVATESTUDENTHEALTH.COM

QUESTION 1

ISN'T THIS JUST ONE MORE THING PUT ON THE PLATE OF ALREADY OVERWORKED TEACHERS?

- Students consume approximately 50% of their calories at school, and obesity is a major risk factor for nine of the 10 leading causes of death in the state.
- Healthy students have better attendance, show improved learning and have greater long-term success.
- Schools and districts are required by federal law to have wellness policies.
- School wellness policies establish environments that make the healthy choice the easy choice and doesn't necessarily put more workload on teachers.

QUESTION 2

SHOULDN'T WE BE TEACHING STUDENTS PERSONAL RESPONSIBILITY AND NOT REGULATING THEIR CHOICES?

- Students do need choices, and they currently lack options for healthy choices in many instances.
- The habits we build when we're young greatly influence our preferences as adults. Some children are not taught what is healthy or not healthy at home. You cannot be personally responsible if you do not know what healthy choices are.

QUESTION 3

WE ALREADY HAVE A WELLNESS POLICY. WHY SHOULD WE CHANGE IT?

- Elevate Student Health's wellness policy is evidence-based, meaning research has shown that these elements would have the greatest impact on youth health.
- When you become an Elevate Student Health partner district, you get free resources like water bottles, physical activity and nutrition posters and recognition on traditional and social media.
- Many districts are already implementing many parts of the Elevate Student Health wellness policy standards and just don't have the comprehensive language included or published on their website. By updating the language, you can get recognition for what you're already doing!

QUESTION 4

PEOPLE IGNORE OUR CURRENT POLICY. WHY BOTHER?

- Communication is key. Most people will comply with the policy if they know it exists. Keep reading this section of the toolkit for communication strategies and resources.

PROMOTING YOUR SCHOOL WELLNESS POLICY

In order to comply with policy, people need to be aware of it. Students, staff, parents and the community are all impacted by updated school wellness policies. There are many ways to effectively communicate positive messages about improving nutritious food and snack options, incorporating daily physical activity and increasing access to safe drinking water. Aim for clear, positive messages that motivate people to comply. Here are some ways to thoroughly communicate your policy.

POSTERS

One of our policy requirements is to post nutrition and physical activity posters throughout the school for everyone to view. We suggest placing these posters in common areas like cafeterias, gymnasiums and hallways. We provide these posters for FREE - so please let us know if you need them. See page 25 for more information.

DISTRICT WEBSITE

Post the full district policy on the website for anyone to easily access and view it. Include an image of the Elevate Student Health posters so people are familiar with the messaging in schools.

STAFF EDUCATION & TRAINING

Discuss the policy at staff meetings and new orientations. Provide annual training on nutrition and physical activity policies for all staff so they are aware of any updates. Elevate Student Health can support by providing resources and faculty trainings for FREE.

ELECTRONIC COPY OF WELLNESS POLICY

As part of our policy recommendations, we highly encourage districts to provide students and staff with an electronic copy of the wellness policy each school year or when visiting so that everyone can be in the know.

STUDENT EDUCATION

Clear expectations help everyone follow the rules. At the start of each school year, during school wide or grade-level assemblies or in a specific class, all school rules should be reviewed, including policies about nutrition and physical activity. Educational discussions can help individuals eat healthier and live more active lives.

PARENT LETTERS/PHONE CALLS

Send a letter or email to each parent or guardian explaining the policy and providing the health, academic and social reasons for it. With each message, request support for the policy.

STAFF MEMO OR EMAIL

Inform school staff, or remind them throughout the year, about the policy and enforcement via an official memo or email. Inform vendors who provide supplies, materials and services on a regular basis to the school about the policy via an official memo. See pages 29-30 for more information.

COMMUNICATE ABOUT VIOLATIONS

Meet with the student or staff violating the policy and why it matters.

IN-SCHOOL STUDENT ANNOUNCEMENTS

Ask students to read daily announcements. Involve student groups or clubs in developing and delivering these announcements about the policy. See page 31 for more information.

EVENT ANNOUNCEMENTS

In just minutes, you can announce the policy at athletic events, meetings, concerts and plays. Involve student groups or clubs in developing and delivering these announcements. Include a mention of the school wellness policy in event bulletins, flyers and programs.

SOCIAL MEDIA

Social accounts are sometimes the first place school communities go to check for daily updates about their campuses. Create brief messages with policy reminders, especially for staff and adults, like the PTA.

STUDENT-DESIGNED PUBLICITY

Ask student groups or classes to design posters, banners and signs to communicate the policy. Consider offering a prize for the best-designed piece that embodies the school's mindset on a healthy and active lifestyle.

LOCAL NEWS COVERAGE

Work with Elevate staff to draft a media release about your school board updating your policy! Sharing your newly-adopted wellness policy with local media outlets is an easy way to spread awareness. Elevate Student Health can even invite media to attend the board meeting where the policy will be officially voted in for them the gain first-hand knowledge of the impact.

TIPS FOR COMMUNICATING WITH VIOLATORS

Even with signs, written materials and event announcements, some may not realize that the school district has an updated wellness school policy in place. This is why all school staff should be trained to communicate the policy one-on-one to the public. Gentle, positive and clear messages will let everyone know that the policy is in place and that it will be enforced. Knowing how to effectively communicate the policy will go a long way toward relieving stress that school staff may have regarding enforcement and will help to avoid negative confrontations with students, staff and other members of the school community who have not been informed.

TIPS FOR VERBALLY COMMUNICATING THE POLICY

GENTLE REMINDERS

Most of the time the person in violation of the policy is unaware that it is in place. This is particularly true if your school district recently strengthened its policy or enforcement of the policy. Politely and firmly let the violator know that the school, as well as the entire school district, has increased their wellness standards. Explain that the policy includes improving nutritious food and snack options, increasing daily physical activity and allowing easy access to clean drinking water. Specifically educate them on the policy component that they are violating.

A RATIONALE FOR THE POLICY

Inform violators of the reasons for the policy in a positive manner. Let them know that the school or school board implemented the policy to advocate for healthier lifestyles among students, school staff and visitors along with championing healthy and positive behaviors for students.

RANGE OF COMMUNICATION STRATEGIES

Make sure that other communication strategies are in place to support verbal messages. For example, students, staff, parents and visitors on campus should see signs and information that clearly communicate the policy or be able to access the policy on the school district's website.

POSTERS



ELEVATE STUDENT HEALTH
A PROGRAM OF TSET

DID YOU KNOW THAT MOST YOUTH CONSUME AS MUCH AS HALF OF THEIR DAILY CALORIES AT SCHOOL?¹

Healthy eating doesn't have to be rocket science! Try these:

- ✓ Fill half your plate fruits & veggies! Fresh, frozen or canned - they're all good.
- ✓ Choose more lean protein like poultry, fish, nuts and beans in palm-sized portions.
- ✓ Avoid ADDED SUGAR in your yogurt or milk. Get it plain and add your own fruit, granola or honey.
- ✓ Make at least half of your grains WHOLE grains. If the first ingredient isn't WHOLE, then it's probably not whole grain.
- ✓ Water fills you up, improves focus and makes you feel good. Try sugar-free sparkling water, or add fruit, spices or herbs for flavor.

ELEVATESTUDENTHEALTH.COM
https://www.cdc.gov/healthyschools/nutrition/schoolnutrition.htm

NUTRITION POSTER



ELEVATE STUDENT HEALTH
A PROGRAM OF TSET

DID YOU KNOW LESS THAN 1/4 OF YOUTH PARTICIPATE IN 60 MINUTES OF PHYSICAL ACTIVITY EVERY DAY?¹

Don't know where to start? Here's some quick, easy ways to integrate physical activity breaks anywhere you are!

- ✓ Side shuffle
- ✓ Jumping jacks
- ✓ Vertical jumps
- ✓ Skip
- ✓ Jump side-to-side
- ✓ Front & back strokes
- ✓ Run in place
- ✓ Forward & backward arm circles
- ✓ Squat jumps
- ✓ Sit-ups
- ✓ High knees elbow-to-knee
- ✓ Take the stairs instead of the elevator!

ELEVATESTUDENTHEALTH.COM
¹The Child & Adolescent Health Measurement Initiative (CAHMI), 2016 National Survey of Children's Health, Data Resource Center for Child and Adolescent Health 2016.

PHYSICAL ACTIVITY POSTER

It's important to communicate to students, staff, and visitors that your school believes in creating a healthy and active environment. Elevate Student Health is proud to supply FREE eye-catching posters to be placed around your school environment. Prominently displaying posters is a great way to get people talking about health and wellness and is an essential step to ensuring widespread understanding and compliance of your policy.

Go to [ElevateStudentHealth.com/Resources](https://www.elevatestudenthealth.com/Resources) to request FREE posters for your school or district today.

SHARE A PHOTO



Once the nutrition and physical activity posters are displayed at your school, send us a photo at info@ElevateStudentHealth.com. We'd love to share it on our social media to highlight your school's commitment to wellness and help spread awareness across the state of Oklahoma.

STAFF EDUCATION & TRAINING

Informing staff about the recent changes to your school wellness policy is necessary for it to succeed. Not only is a school wellness policy impactful for students, all staff members at your school can benefit from healthy behavior changes. Through education and training, staff will fully understand the policy and have the ability to set positive examples for students.

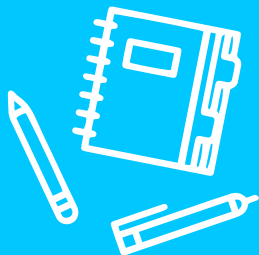
The Elevate Student Health Team is happy to support staff trainings and answer questions staff may have about policy implementation. Elevate Student Health can:



PROVIDE TRAINING
RESOURCES AND MATERIALS



COME TO YOUR SCHOOL AND HELP
TO FACILITATE A TRAINING



EDUCATE STAFF ON THE VARIOUS
POLICY COMPONENTS AND WHY
THEY ARE IMPORTANT



ANSWER QUESTIONS FROM
STAFF ABOUT THE POLICY
AND IMPLEMENTATION



SUPPLY CLASSROOM MATERIALS
AND LESSON PLANS TO EXECUTE
COMPONENTS OF THE POLICY

CONTACT Info@ElevateStudentHealth.Com TODAY FOR SUPPORT WITH YOUR STAFF TRAINING.

SAMPLE LETTER TO PARENTS (ENGLISH)

Dear Parents,

[Name of School District] has implemented an updated wellness policy as of [Insert Date]. This policy focuses on enhancing school wellness by improving nutritious food and snack options, incorporating daily physical activity and increasing access to safe drinking water at school. Please review the policy at our school district's website [Add link to website/policy].

We have put this policy in place for three main reasons:

- **HELP STUDENTS LIVE HEALTHY, ACTIVE LIVES:** By implementing this policy, students will receive more of the positive health benefits associated with eating healthy and exercising daily. This will help make these actions more socially acceptable with students as they gain exposure, knowledge and practice.
- **PROVIDE A HEALTHIER SCHOOL ENVIRONMENT:** Youth spend much of their young lives at school. By implementing new policies, schools will be a place where your children are guaranteed a nutritious meal or snack, daily physical activity and clean drinking water. We want all students to have proper access to these resources, allowing students to adopt healthy habits at a young age.
- **CLOSE LOOPHOLES IN FEDERAL AND STATE LEGISLATION:** Current legislation fails to address the vital details needed to truly implement and re-enforce a healthy school wellness plan. Through this policy, fundamental resources such as cool and safe drinking water, nutritious snack options and daily physical activity will be required.

A positive school wellness policy makes it easier for students to be healthy. Schools are a place where children develop lifelong behaviors, and we are committed to ensuring a healthy and active lifestyle is part of these behaviors.

We have placed posters about the policy on all district campuses to highlight the commitment to healthy living. We will also communicate policy through school and classroom announcements, and the most updated policy can be found on our district's website.

We appreciate your help to elevate student health. If you have questions or comments about the policy, please call the principal at your child's school at [Insert phone number].

Sincerely,

[Principal / school administrator]

SAMPLE LETTER TO PARENTS (SPANISH)

Estimados Padres,

El [Name of School District] ha implementado una política de bienestar actualizada a partir de [Insert Date]. Esta política se centra en promover el bienestar escolar a través de mejoras en las opciones de alimentos nutritivos y meriendas, la incorporación de la actividad física diaria y en un mejor acceso al agua potable en la escuela. Revise la política en el sitio web de nuestro distrito escolar [Add link to website/policy].

Hemos establecido esta política por tres motivos principales:

AYUDAR A LOS ESTUDIANTES A LLEVAR UNA VIDA SANA Y ACTIVA: Con la aplicación de esta política, los estudiantes recibirán más de los beneficios para la salud asociados con comer de forma saludable y hacer ejercicio diariamente. Esto ayudará a que estas acciones sean más aceptables socialmente entre los estudiantes a medida que estas se exponen, se conocen y se practican.

PROPORCIONAR UN ENTORNO ESCOLAR MÁS SALUDABLE: Los jóvenes pasan gran parte de su juventud en la escuela. Con la aplicación de las nuevas políticas, las escuelas serán un lugar en el que sus hijos tendrán garantizadas las comidas y meriendas nutritivas, las actividades físicas diarias y agua potable limpia. Deseamos que todos los estudiantes tengan un acceso adecuado a estos recursos, lo cual les permitirá adquirir hábitos saludables a una edad temprana.

CERRAR LAS BRECHAS JURÍDICAS EN LA LEGISLACIÓN FEDERAL Y ESTATAL: La legislación actual no aborda los detalles vitales necesarios para aplicar y reforzar verdaderamente un plan de bienestar escolar saludable. Por medio de esta política, será obligatorio proporcionar recursos fundamentales como agua potable fresca y segura, opciones de meriendas nutritivas y actividades físicas diarias.

Una política de bienestar escolar positiva favorece la salud de los estudiantes. Las escuelas son el lugar donde los niños desarrollan comportamientos para toda la vida, y estamos comprometidos a garantizar que un estilo de vida saludable y activo forme parte de dichos comportamientos.

Hemos colocado carteles que describen esta política en todas las escuelas para destacar nuestro compromiso con un estilo de vida saludable. También comunicaremos la política a través de anuncios en la escuela y en las aulas y se puede encontrar la versión más actualizada de la política en la página web de nuestro distrito.

Agradecemos su ayuda al apoyar esta política. Si tiene preguntas o comentarios sobre esta política, llame al director de la escuela de su hijo al [Insert phone number].

Sinceramente,

[Principal / school administrator]

SAMPLE LETTER TO STAFF (ENGLISH)

Dear Staff,

Our school district values the health and well-being of all students and staff. To ensure we maintain a positive, healthy learning environment, **[Insert name of school district]** has a school wellness policy in place that focuses on improving nutritious food/snack options, incorporating daily physical activity and increasing access to safe drinking water at school. Please review the policy at our school district's website **[Add link to website/policy]**.

We have put this policy in place for three main reasons:

- **HELP STUDENTS LIVE HEALTHY, ACTIVE LIVES:** By implementing this policy, students will receive more of the positive health benefits associated with eating healthy and exercising daily. This will help make these actions more socially acceptable with students as they gain exposure, knowledge and practice.
- **PROVIDE A HEALTHIER SCHOOL ENVIRONMENT:** Youth spend much of their young lives at school. By implementing new policies, schools will be a place where your children are guaranteed a nutritious meal/snack, daily physical activity and clean drinking water. We want all students to have proper access to these resources, allowing students to pick up on healthy habits at a young age.
- **CLOSE LOOPHOLES IN FEDERAL & STATE LEGISLATION:** Current legislation fails to address the vital details needed to truly implement and re-enforce a healthy school wellness plan. Through this policy, fundamental resources such as cool/safe drinking water, nutritious snack options and daily physical activity will be mandated.

As staff, it is critical we are aware of and in compliance with our school wellness policy. Our wellness policy must be enforced in order to be effective. It is also important we recognize our position as role models for our youth. Updates to our policy include **[List updates here]**:

It is our job to work together to provide a positive and healthy learning environment for our youth and fellow staff. With our wellness policy, we are paving the way for a lifetime of healthy decision-making for our students. We appreciate your help to elevate student health. If you have questions or comments about the policy, please feel free to contact **[Insert point of contact name, phone number, and email]**.

Sincerely,

[Principal / school administrator]

SAMPLE LETTER TO STAFF (SPANISH)

Estimados miembros del personal,

Nuestro distrito escolar valora la salud y el bienestar de todos los estudiantes y el personal. Para garantizar que mantenemos un entorno de aprendizaje positivo y saludable, [Insert name of school district] dispone de una política de bienestar escolar que se centra en mejorar las opciones de alimentos y meriendas nutritivas, en la incorporación de actividades físicas diarias y en mejorar el acceso al agua potable en la escuela. Revise la política en el sitio web de nuestro distrito escolar [Add link to website/policy].

Hemos establecido esta política por tres motivos principales:

AYUDAR A LOS ESTUDIANTES A LLEVAR UNA VIDA SANA Y ACTIVA: Con la aplicación de esta política, los estudiantes recibirán más de los beneficios para la salud asociados con comer de forma saludable y hacer ejercicio diariamente. Esto ayudará a que estas acciones sean más aceptables socialmente entre los estudiantes a medida que estas se exponen, se conocen y se practican.

PROPORCIONAR UN ENTORNO ESCOLAR MÁS SALUDABLE: Los jóvenes pasan gran parte de su juventud en la escuela. Con la aplicación de las nuevas políticas, las escuelas serán un lugar en el que sus estudiantes tendrán garantizadas las comidas y meriendas nutritivas, las actividades físicas diarias y agua potable limpia. Deseamos que todos los estudiantes tengan un acceso adecuado a estos recursos, lo cual les permitirá adquirir hábitos saludables a una edad temprana.

CERRAR LAS BRECHAS JURÍDICAS EN LA LEGISLACIÓN FEDERAL Y ESTATAL: La legislación actual no aborda los detalles vitales necesarios para aplicar y reforzar verdaderamente un plan de bienestar escolar saludable. Por medio de esta política, será obligatorio proporcionar recursos fundamentales como agua potable fresca y segura, opciones de meriendas nutritivas y actividad es físicas diarias.

Como personal, es esencial que tengamos conocimiento y cumplamos nuestra política de bienestar escolar. Para que nuestra política de bienestar funcione, tiene que hacerse cumplir. También es importante que reconozcamos nuestra posición como modelos de conducta para nuestros jóvenes. Las actualizaciones de nuestra política incluyen [List updates here].:

Es nuestra labor trabajar juntos para proporcionar un entorno de aprendizaje positivo y saludable para nuestros jóvenes y para nuestros colegas. Con nuestra política de bienestar, estamos preparando el camino para que nuestros estudiantes tomen decisiones saludables durante el resto de sus vidas. Les agradecemos su ayuda al apoyar esta política. Si tienen preguntas o comentarios sobre la política, no duden en ponerse en contacto con [Insert point of contact name, phone number, and email].

Atentamente,

[Principal / school administrator]

IN-SCHOOL & EVENT ANNOUNCEMENTS

Regular announcements during school and at events are a simple and effective strategy for getting the message across, especially when used in combination with posters and information in event flyers or brochures. We recommend regular announcements at school and before events begin.

The following are sample announcements you can use during school and at school-sponsored events. Feel free to modify them to personalize the message for your school.

SCHOOL ANNOUNCEMENTS

- **15 SECONDS:** Student wellness matters, and we are committed to providing nutritious snack options, daily physical activity and clean, safe drinking water. Look out for signs throughout school to stay informed as we adopt healthy, active lifestyles.
- **15 SEGUNDOS:** La salud de los estudiantes es importante, y estamos comprometidos a proporcionar alimentos nutritivos, ejercicio diario y agua potable segura. Para mas información, ve los carteles en toda la escuela que describen nuestro esfuerzo a adoptar estilos de vida sanas y activas.
- **30 SECONDS:** Did you know that Oklahoma consistently ranks as one of the unhealthiest states in the nation? This leads to increased risk of serious health problems such as cardiovascular disease, type 2 diabetes and depression. This is one of the many reasons why our school has implemented an improved school wellness policy. This policy provides nutritious snack options, increases daily physical activity and gives access to clean, safe drinking water. Look out for posters throughout school to stay informed as we adopt healthy, active lifestyles.
- **30 SEGUNDOS:** ¿Sabían que Oklahoma es uno de los estados menos saludables en el país? Esto aumenta el riesgo de problemas de salud como las enfermedades cardiovasculares, la diabetes tipo dos y la depresión. Esto es uno de los motivos por la cual nuestra escuela ha implementado una nueva política de bienestar escolar. A través de esta política proporcionaremos alimentos nutritivos, ejercicio diario y acceso al agua potable limpia. Para mas información, ve los carteles en toda la escuela que describen nuestro esfuerzo a adoptar estilos de vida sanas y activas.

EVENT ANNOUNCEMENTS

- **15 SECONDS:** Your child's health and wellness are a top priority at [\[Insert school\]](#). Through an updated school wellness policy, all students will be guaranteed safe drinking water, daily physical activity and nutritious snack options. Learn more about the policy at the school district's website [\[Insert website domain\]](#).
- **15 SEGUNDOS:** La salud y bienestar de su hijo es de la mas alta prioridad en [\[Insert school\]](#). Con la nueva política de bienestar escolar, cada estudiante será garantizado agua potable segura, ejercicio diario y alimentos nutritivos. Para mas información sobre esta política, visite el sitio web del distrito escolar.
- **30 SECONDS:** Did you know that only 26% of Oklahoma high school students are physically active at least 60 minutes per day? That number is far too low and a main reason [\[Insert school\]](#) has implemented an improved school wellness policy. Youth spend much of their developmentally critical years at school, providing us with an excellent opportunity to improve the health of all students. Check out the policy at the school district's website [\[Insert website domain\]](#).
- **30 SEGUNDOS:** Sabían que solamente el 26% de estudiantes de escuelas secundarias en Oklahoma hacen actividades físicas por lo menos una hora por día? Esa cifra es demasiada baja y el motivo principal por la cual [\[Insert school\]](#) ha implementado una mejor política de bienestar escolar. Los jóvenes pasan mucho de sus años de desarrollo críticos en la escuela, lo que nos provee una buena oportunidad para mejorar la salud de todos los estudiantes. Para mas información sobre esta política, visite el sitio web del distrito escolar [\[Insert website domain\]](#).

NON-FOOD REWARDS

Think about how students are rewarded at your school. We're used to giving pizza parties or candy when students do well, but this may unintentionally create the linkage in their brain that unhealthy foods are something to celebrate. Similarly, we should never withhold food or physical activity as punishment. This can impact our students' wellness, and actually make behavior worsen.

There are PLENTY of other ways to reward students - we just need to get creative. Use some of the ideas below to think about some non-food rewards.



CHOOSE A PRIZE

Let students select a non-food prize from a "prize box" like a pencil, pen, sticker or pretty much anything!



CHANGE UP THE ROUTINE

Let students choose a special activity like a "no homework pass", extra reading or free time or a special themed dress-up day.

DO SOME MOVEMENT

Encourage physical activity by rewarding students with a dance party, extra recess or anything else to get them up and moving.



GIVE RECOGNITION

Give special recognition like an award or ribbon, a shout-out on morning announcements or even a letter or call home to parents.



ORGANIZATIONS AND RESOURCES FOR WELLNESS POLICY IMPLEMENTATION

NATIONAL ORGANIZATIONS

Action for Healthy Kids Every Kid Healthy Week is a national week of action promoting youth health. actionforhealthykids.org/get-involved/every-kid-healthy-week

Alliance for a Healthier Generation Smart Snacks Calculator to see if your product meets the USDA's Smart Snacks in School nutrition standards. foodplanner.healthiergeneration.org/calculator

Centers for Disease Control and Prevention (CDC) Outlines federal requirements for local school wellness policies and provides online resources to assist school districts in developing, implementing, and promoting local school wellness policies. cdc.gov/healthyyouth/npao/wellness.htm

Comprehensive School Physical Activity Program (CSPAP) Provides step-by-step strategies to develop, implement, and evaluate school physical activity programs. cdc.gov/healthyyouth/physicalactivity/cspap.htm

Healthy Kids, Healthy Futures provides a TON of activities you can do in the classroom to promote healthy eating habits. healthykidshealthyfuture.org/5-healthy-goals/nurture-healthy-eaters/classroom-activities

Let's Move! Active Schools Features resources to develop an active school as well as success stories and case studies. letsmoveschools.org

School-Bites provides healthy snack ideas for classroom celebrations. school-bites.com/healthy-classroom-parties

United States Department of Agriculture (USDA) Provides implementation tools and resources to help schools offer healthier and appealing meals and snacks that meet national nutrition standards. Team Nutrition fns.usda.gov/tn/local-school-wellness-policy

STATE AGENCIES & UNIVERSITIES

Oklahoma State Department of Education Compiles information on federal programs related to child nutrition as well as links to Oklahoma-specific resources for food services, farm-to-school programs, wellness policies, and nutrition education. ok.gov/sde/node/20

Oklahoma State Department of Health *Certified Healthy Oklahoma Program*
This resource provides recognition to organizations and communities that are committed to fostering healthy environments. certifiedhealthyok.com

Oklahoma State University Oklahoma Cooperative Extension Service develops programs using science-based, objective information and provides resources to Oklahoma students and schools that teach agriculture and nutrition education at no cost.

– Farm to You: farmtoyou.okstate.edu

– Junior Master Gardeners: jmgkids.us

Oklahoma Tobacco Settlement Endowment Trust (TSET) Shape Your Future provides resources for parents, children, teachers, businesses and all Oklahomans to help them make the healthy choice the easy choice. shapeyourfutureok.com

1. stateofchildhoodobesity.org/children1017
2. "Physical Activity Guidelines Advisory Committee. 2018 Physical Activity Guidelines Advisory Committee Scientific Report. Washington, DC: US Dept of Health and Human Services; 2018."
3. "Laura K, McManus T, Harris WA, et al. Youth Risk Behavior Surveillance—United States, 2017. MMWR. 2018;67(8):1–144."
4. fns.usda.gov/tn/guide-smart-snacks-school
5. oklegislature.gov/BillInfo.aspx?Bill=sb89&Session=2100
6. fns.usda.gov/tn/popular-events-idea-booklet
7. sde.ok.gov/oklahoma-academic-standards
8. healthiergeneration.org/take-action/schools/wellness-topics/nutrition-services/non-food-rewards



A PROGRAM OF TSET