

## Oklahoma City Public School District Wellness Policy

### Overview

The Oklahoma City Public School District (the District) recognizes the important role 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 schools comply with those standards established by federal and state law. Specifically, this policy requires the District to:

- Adopt the Whole School, Whole Community, Whole Child (WSCC) framework that is recommended by the Centers for Disease Control and Prevention for planning and coordinating school wellness activities.
- Require each school site in the District to establish a Healthy & Fit School Advisory Committee (HFSAC).
- Establish nutrition guidelines that meet or exceed the United States Department of Agriculture (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 and staff health.
- 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.
- Adopt a plan to ensure the policy is properly implemented, regularly assessed, and periodically updated.

Development, implementation and review of district wellness will be guided by the following goals:

- Each district school shall be a safe and healthy place for students and employees to learn and work, with a climate that nurtures learning, achievement, growth of character, health and wellness.
- All students shall be taught the essential knowledge and skills needed to become health literate; that is, to make health-enhancing choices and avoid behaviors that can damage their health and well-being.
- Each district school shall be organized to reinforce students' adoption of health-enhancing behaviors, and staff shall be encouraged to model healthy lifestyles.
- School leaders shall ensure that the nutrition health services and social services students need to learn are provided at either the school site or in cooperation with other community agencies.

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