**COPAN PUBLIC SCHOOL WELLNESS POLICY**

**Purpose and Goal:**

The link between nutrition and learning is well documented. Healthy eating patterns are essential for students to achieve their full academic potential, full physical and mental growth, and lifelong health and well-being. Healthy eating is demonstrably linked to reduced risk for mortality and development of many chronic diseases as adults. Schools have a responsibility to help students and staffs establish and maintain lifelong, healthy eating patterns. Well-planned and well-implemented school nutrition programs have been shown to positively influence students' overall health as well as their behavior and academic achievement in school. Staff wellness also is an integral part of a healthy school environment since school staff can serve as daily role models for healthy behavior.

In the Copan Public Schools, students shall have the opportunity to gain knowledge and skills necessary to make nutritious and enjoyable food choices for a lifetime. In addition, staffs are encouraged to model healthy eating and physical activity as a valuable part of daily life. To further facilitate this, the Copan Public School District shall prepare, adopt and implement a comprehensive plan to encourage healthy eating and physical activity. This plan shall make effective use of school and community resources to equitably serve the needs and interests of all students and staffs, taking into consideration differences in cultural norms.

The Copan Public Schools Local Wellness Policy is designed to promote sound nutrition, student health, reduce childhood obesity, and provide transparency to the public on the school nutrition environment. Copan Public Schools will establish a diverse team to serve as the Comprehensive School Health Committee. The development, implementation, and periodic review of the policy will be completed by the committee which includes parents, students, representatives of the school food authority, teachers of physical education, school health professionals, the school board, school administrators, and the general public.

**WELLNESS PROGRAM REGULATION**

Copan Public Schools adopted this wellness policy with the following commitments to nutrition, nutrition education, physical activity, and other school-based activities that support student and staff wellness.

1. **School Meals**
   1. School lunches and breakfasts will meet menu-planning system guidelines as required by USDA.
   2. School lunches will provide a minimum of 1/3 of the recommended dietary allowances (RDA) for calories, protein, calcium, iron, vitamin A, and vitamin C as required by USDA.
   3. School breakfasts will provide a minimum of 1/4 of the RDA for calories, protein, calcium, iron, vitamin A, and vitamin C as required by USDA.
   4. The total calories from fat in school meals will be limited to 30 percent when averaged over one week.
   5. The total calories from saturated fat in school meals will be less than 10 percent when averaged over one week.
   6. School meals will meet USDA requirements.
2. **Other Food Items Sold on School Campuses**
3. The Healthy Hunger-Free Kids Act of 2010 directed USDA to establish Nutrition Standards for all foods and beverages sold to students in school during the school day, including foods sold outside of the meals served through the NSLP and the SBP. The new Smart Snacks in School Nutrition Standards will help schools to make the healthy choice the easy choice by offering students more of the foods and beverages we should be encouraging—whole grains, fruits and vegetables, leaner protein, lower-fat dairy—while limiting foods with too much sugar, fat, and salt. This rule was effective July 1, 2014. To assist districts in determining if a food meets the Smart Snack Rule, go to: www.HealthierGeneration.Org/Productcalculator.
4. Definitions:
   1. School Day—From midnight on any given day when school is in session to 30 minutes past when the last bell rings.
   2. All foods sold on school premises during the school day, no matter what fund purchased the food. All foods will include all foods in snack shops, student stores, vending machines, etc.
5. Beverage contracts will not restrict the sale of fluid milk products during the school day.

**3. Fundraiser Exemptions**

A school district that wishes to conduct fundraising exempt from the Smart Snack rules must adopt a written policy which shall provide for the following:

1. Each school site shall designate a Smart Snacks in School Exempt Fundraiser contact person who shall be responsible for maintaining up-to-date documentation regarding each exempt fundraiser held at the school site.
2. A limit of 30 exempt fundraisers per semester may be held at each school site.

(Vending machines, snack shops, and student stores are all considered

Fundraisers.)

1. Exempt fundraisers are prohibited from taking place while meals are being served to students under the NSLP or the SBP and while after-school snacks are being served to students under the ASSP.
2. The maximum duration of any individual exempt fundraiser shall be 14 days.
3. For each individual exempt fundraiser, documentation must be kept on file at the school site showing:
4. The school organization, activity, class or other group that benefits from the fundraiser.
5. The date(s) the fundraiser is conducted, with the duration not to exceed 14 days.

A school site is not authorized to conduct or allow any exempt fundraisers unless the school district has adopted a written policy that meets these requirements. All competitive foods sold in a school district that does not have such a written policy must meet the nutritional guidelines under Smart Snacks.

1. **Nutrition Education**
   1. Nutrition education is integrated into the curriculum and offered in the school cafeteria (i.e. posters, brochures, nutritional value information, etc.).
   2. The Healthy and Fit School Advisory Committee at each school site will study and make recommendations regarding health education, nutrition, and health services.
2. **Physical Activity**
   1. The Healthy and Fit School Advisory Committee at each school site will study and make recommendations regarding physical education and physical activity.
   2. Beginning in school year 2015-2016, students in Grades K through 5 will participate in 60 minutes of physical activity each week, which is aligned with P.A.S.S.
   3. Suitable adapted physical education shall be included as part of individual education plans for students with chronic health problems, other disabling conditions, or other special needs that preclude such students' participation in regular physical education instruction or activities.
   4. In addition to required physical education, students at the elementary level should have the opportunity to participate in daily recess and physical activity. The district shall provide daily recess period(s) for elementary school students, featuring time for unstructured but supervised active play. The district is encouraged to provide adequate co-curricular physical activity programs, including fully inclusive intramural programs and physical activity clubs; and to promote the use of school facilities for physical activity programs offered by the school and/or community-based organizations outside of school hours.
   5. The District shall also encourage high school students to complete two units of physical and health education classes.
   6. Cardiopulmonary Resuscitation Courses

Students in grades nine through twelve may be taught the techniques of cardiopulmonary resuscitation as part of their physical education program.

1. **School-Based Activities**
   1. Each school site will establish a Healthy and Fit School Advisory Committee that meets and makes recommendations to the school principal. The Committee shall be composed of at least six members, including teachers, administrators, parents, students, health care professionals and business community representatives. The Committee shall study and make recommendations to the school principal regarding health education, physical education, physical activity, and nutrition and health services. The school principal shall give consideration to recommendations made by the Healthy and Fit School Advisory Committee.
   2. School meals may not be used as a reward or punishment.

**6.Student Health**

1. Copan Public Schools believes that the goals of educators should include training that helps our children to grow into productive and responsible adults. While the general health and physical maintenance of a child is the responsibility of the parent, the school believes that teachers and administrators should encourage students to become aware of the value of a healthy mind and body.
2. Any child who is determined to be afflicted with a contagious disease, as currently defined by the Oklahoma Department of Health shall be prohibited from attending school until a health officer has determined that the child is free of the contagious disease or that the disease is no longer contagious.
3. Copan Public School will maintain a fever policy that will prohibit any student with a fever of above 100 to remain at school. Additionally, students who have been sent home with fever should remain home until such time as they have been fever-free for 24 hours.
4. The school district will prohibit a student with head lice from attending school. If a student has head lice or nits, the student will be removed from the classroom and the parent/guardian will be called to pick up the child. All lice and nits must be removed before the child can return to the classroom. The parent/guardian must bring the student to the office to be checked and an empty box of treatment must be presented. If a student has recurring lice problems, it is up to office personnel/administration to request a release from a doctor or health professional that the student has been treated and is free of lice/nits. The school has the right to contact the Department of Human Services if the problem is not solved.

REFERENCE:

USDA Regulations §210.O and §220.8

USDA Regulation §210, Appendix B

USDA Regulations §210.12 and §227

Child Nutrition and WIC Reauthorization Act of 2004

Okla. Stat. fit. 70, Section 5-147

Okla. Stat. tit 70, Section 11-103.6

Okla. Stat. fit. 70, Section 11-103.9

Okla. Stat. tit. 70, Section 24-100a

Dietary Guidelines for Americans (www. Health.gov/Dietary Guidelines/)

Adopted and approved by Copan School board: 3-5-19

COPAN 24/7 TOBACCO-FREE CAMPUS POLICY

Introduction

* Copan Public Schools understands the concern of parents, educators, students, and community members regarding the adverse effects of tobacco and secondhand 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 the schools.

Definitions

For the purposes of this policy, the following definitions apply:

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.

2417 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.

Prohibitions

* Tobacco Product use is prohibited anywhere on School Property, 24 hours a day, seven days a week, by any person. This policy extends to personal vehicles while such vehicles are on School Property, school vehicles, and school-sponsored or school-sanctioned events, including those held off-campus.
* 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.
* The District will not accept donations of 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.
* Students are prohibited from possessing 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.

Tobacco Cessation Support

The District will refer employees, parents/guardians, family members, and students (13 and older) interested in quitting tobacco use to the Oklahoma Tobacco Helpline and other cessation resources, if available.

The District will promote the Oklahoma Tobacco Helpline (1-800-QUIT-NOW or

OKHelpline.com) to ensure awareness of the statewide services that are available.

The District will communicate and promote the available tobacco cessation benefits and insurance coverage for employees to all prospective employees, new employees at the time of hire, and all existing employees on an annual basis.

Implementation and Enforcement

Signs should be posted to inform employees, students, visitors, and any other person present of the tobacco-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. Second offense could include disciplinary action. The school administrator will confiscate the prohibited Tobacco Product. Information about the Oklahoma Tobacco Helpline will be provided to students in violation of this policy in order to provide a resource for tobacco cessation.

Employees who violate the regulation shall be subject to disciplinary action in accordance with the employee bargaining agreements and/or the districts' faculty handbook. Information about the Oklahoma Tobacco Helpline will be provided to staff members in violation of this policy in order to provide a resource for tobacco cessation.

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 will be referred to local authorities.

Effective Date

This 24/7 Tobacco-free Campus Policy is effective as of 3-5-19.

Approved by School District: 3-5-19