

Under the Canopy School

Wellness Policy

I. Purpose

Under the Canopy School (UTCS) recognizes the link between student health, well-being, and academic success. The purpose of this policy is to promote student health and wellness, reduce childhood obesity, and ensure compliance with federal and state requirements, including the USDA's Final Rule for Local School Wellness Policy Implementation under the Healthy, Hunger-Free Kids Act of 2010 and guidance from the Oklahoma State Department of Education's Child Nutrition Programs.

II. Wellness Policy Goals

A. Nutrition Promotion and Education

UTCS will:

- Provide nutrition education that is aligned with Oklahoma Academic Standards and is integrated into the health curriculum and other classroom instruction.
- Promote healthy food and beverage choices through:
 - Evidence-based marketing strategies
 - Taste-testing of new menu items
 - Use of student advisory committees to inform meal planning
- Educate staff, students, and families about the benefits of healthy eating.

B. Physical Activity

UTCS will:

- Provide students with opportunities for physical activity throughout the school day, including:

- At least 20 minutes of daily recess for elementary students
- Physical education in accordance with Oklahoma Academic Standards
- Classroom physical activity breaks
- Encourage extracurricular physical activity programs (e.g., sports, clubs, walking programs).
- Discourage withholding physical activity as a form of punishment.

C. Nutrition Guidelines for All Foods and Beverages

In compliance with USDA Smart Snacks standards and OSDE guidelines, UTCS will:

- Ensure all foods and beverages sold or served to students during the school day meet or exceed federal nutrition standards.
- Limit foods of minimal nutritional value (FMNVs) during school hours.
- Apply nutrition standards to:
 - School meals
 - À la carte items
 - School snacks
 - Fundraisers (during school hours)
- Promote hydration by allowing access to safe, free drinking water throughout the school day.

III. School Meal Guidelines

A. The Child Nutrition Program will:

- Serve meals that meet the USDA nutrition standards.
- Offer fruits and vegetables daily, with a variety of choices.
- Provide whole grain-rich foods and low-fat or fat-free milk options.
- Accommodate special dietary needs with appropriate documentation.

- Provide appealing and age-appropriate meals in a clean, pleasant environment.

IV. Implementation and Evaluation

A. Wellness Committee

UTCS will maintain a Wellness Committee that includes any of the following:

- School administrators
- Food service staff
- Physical education teachers
- School health professionals
- Students and parents
- Community members

The committee will:

- Meet at least twice per year
- Oversee implementation of the policy
- Review and recommend revisions as needed
- Report on compliance and effectiveness

B. Triennial Assessment

Every three years, UTCS will assess compliance with this policy using the OSDE-approved Wellness Policy Assessment Tool. The assessment will:

- Measure implementation of wellness goals
- Compare policy to model wellness policies
- Identify areas for improvement

The results of the triennial assessment will be:

- Made available to the public
- Used to update the wellness policy as necessary

V. Public Involvement

A. UTCS will:

- Invite all stakeholders to participate in the development, implementation, and review of the wellness policy.
- Make the wellness policy and updates available to the public on UTCS website and in district offices.

VI. Recordkeeping

A. UTCS will retain the following records:

- Current wellness policy
- Documentation of public involvement
- Triennial assessment results
- Records of wellness committee activities
- Compliance documentation for USDA and OSDE reviews

VII. Policy Review

This policy shall be reviewed and revised as necessary to reflect changes in federal or state law, guidance from the Oklahoma State Department of Education, and the needs of the school community.