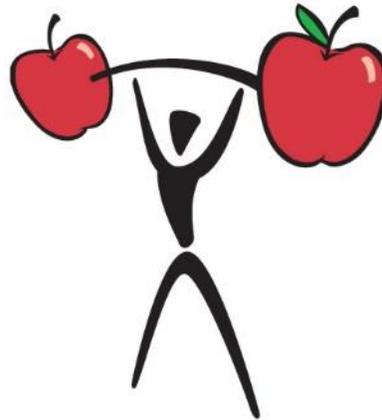


Annual Assessment: District Wellness Policy  
Moore Public Schools



**District Wellness Policy Link:**

<http://www.mooreschools.com/Page/39847>

## Component 1: A Commitment to Nutrition and Physical Activity

<i>Definition of Success</i>	<i>Meets Standards</i>	<i>Needs Improvement</i>
Physical education or exercise programs offered to students 1 <sup>st</sup> thru 6 <sup>th</sup> for minimum 60 minutes each week. Plus an additional 60 minutes of physical activity each week that may include but not limited to physical education, exercise programs, fitness breaks, recess, and classroom activities and wellness and nutrition education.	All elementary sites meet or exceed this requirement. Secondary sites have numerous opportunities including physical education classes, nutrition classes, and extracurricular opportunities. Expanded the policy to include for the entire year.	Secondary schools have no physical education requirement.
Administrators support the development of healthy lifestyles for students, and establish and enforce policies that improve the school nutrition environment. They address issues such as the kinds of foods available on the school campus; sufficient meal time; dining space and atmosphere; nutrition education; and physical activity.	All principals adhere to district policies regarding smart snacks, meal time, dining space and atmosphere. As indicated by site self-assessments all leaders encourage nutrition education and physical activity when possible to students, parents, teachers, and staff.	
School staff, students, and parents are part of the policy making process and support a healthy school nutrition environment.	Stakeholders involved in District Policy Development, policy assessment, and Site Healthy Fit Kids Committees. Members of the district policy committee include p.e. teachers, parents, board member, staff, and students.	
The school has a Healthy Fit Kids Committee to address nutrition and physical activity issues.	Yes, meet annually.	
Students participate each day in a variety of age-appropriate physical activities designed to achieve optimal health, wellness, fitness, and performance benefits.	Elementary Schools – meet this guideline Secondary Schools – inherent activities in a school day.	Secondary Schools – continue to look for ways to ensure all students are provided opportunities for physical activity throughout the day for students not involved in active opportunities.
Students are not inactive for extended periods of time.	Some activity is inherent throughout the day. Schedules are developed to limit inactivity. Many teachers incorporate activity breaks.	

**Component 2: Nutrition Promotion**

<i>Definition of Success</i>	<i>Meets Standards</i>	<i>Needs Improvement</i>
The Moore Public School District will offer a lunch and breakfast program. Students and Staff are encouraged to participate in these programs.	School Lunch Program is offered at every school and all are encouraged to participate.	
Positive, motivational messages, both verbal and non-verbal, about healthy eating and physical activity are evident throughout the school setting.	Our leaders and teachers understand the importance of healthy eating and activity. Therefore, messages sent are encouraging and positive.	
Student nutrition programs will be accessible to all students.	All students have access to breakfast and lunch meals.	
Healthy eating and physical activity is promoted to students, parents, teachers, and administrators.	Fliers and information sent to parents, teachers, and administration via child nutrition office. In addition, healthy choices posters and positive messages are posted.	
School personnel, along with parents encourage students to choose and consume healthy meals.	School personnel understand the need to consume healthy meals and work to encourage students to make healthy choices.	This is an ongoing process to help parents know to encourage their child to consume healthy meals. Currently we encourage parents and students through information on website and information sent via students.
Nutrition tips and nutrient analyses of school menus are posted on the Moore School District Child Nutrition website.	Yes. District nutritionist develops menus that meet all federal regulations for nutritious meals.	

**Component 3: Nutrition Education**

<i>Definition of Success</i>	<i>Meets Standards</i>	<i>Needs Improvement</i>
State and district health education curriculum standards and guidelines include nutrition education and physical education.	With site evaluation data we see the elementary schools have met this standard and continue to improve upon it. Secondary sites continue to provide opportunities for students that seek curriculum experiences in nutrition and physical education.	
Students in pre-kindergarten through grade 12 receive nutrition education that is interactive and teaches the skills they need to adopt healthy eating behaviors.	Pre-kindergarten through sixth grade has met this standard and impacts student behaviors.	Secondary sites only have opportunities for students that seek the nutrition courses. Some nutrition education is integrated within the curriculum.
Nutrition education is offered in the school dining room and in the classroom. This education may be in the form of a health posters, nutrition guidelines, etc.	All sites provide encouraging information to make healthy choices regarding nutrition and fitness. Health poster and my plate nutrition guidelines are visible.	
Students receive nutrition messages throughout the school that are consistent and reinforce each other.	Any messages regarding nutrition are consistent in encouraging appropriate nutritional choices.	
Nutrition education is integrated across the curriculum.	Yes.	
Healthy fundraising ideas/celebrations are used.	All schools follow the Smart Snack guidelines regarding any foods available in schools. In addition, non-food ideas for fundraising and celebrations are shared and encouraged with all sites.	

**Component 4: Other Healthy Food Options**

<i>Definition of Success</i>	<i>Meets Standards</i>	<i>Needs Improvement</i>
School policies include nutrition standards for foods and beverages offered at parties, celebrations, and social events.	Attachment D of Local Wellness Policy list suggestions for parties, celebrations, and social events.	
There are appropriate restrictions on students' access to vending machines, school stores, snack bars, and other outlets that sell foods and beverages, if these options are available.	Elementary sites have no vending machines. All secondary vending machines and student stores provide Smart Snack acceptable products.	
School staff does not use food as a reward or punishment for students. Withholding of food as a punishment for students is prohibited.	Data from Site Evaluations finds this is a strength of many sites and followed by all sites.	
The school district will provide nutritional information to parents, encouraging parents to provide safe and nutritious foods for their children.	Information is provided to parents through the Child Nutrition Department website as well as information sent home with students.	
The Wellness Committee provides recommendations to schools on suggested guidelines on nutritional standards for food beverages offered at parties, celebrations, social events and fund-raising activities.	Attachment D of Local Wellness Policy list suggestions for parties, celebrations, and social events.	

### Component 5: Quality School Meals

<i>Definition of Success</i>	<i>Meets Standards</i>	<i>Needs Improvement</i>
The Child Nutrition Programs are administered by school foodservice staff that is properly qualified according to current professional standards.	Yes. All staff qualifications are ensured through the district Child Nutrition Director.	
All school foodservice staff has appropriate pre-service training and regularly participate in professional development activities.	Yes. All staff qualifications and training are ensured through the district Child Nutrition Director.	
School meals are offered at prices students can afford.	Yes, USDA guidelines are followed.	
Menus meet nutrition standards established by the U.S. Department of Agriculture, conform to good menu planning principles, and feature a variety of healthy choices that are tasty, attractive, of excellent quality, and are served at the proper temperature.	All meals meet or exceed the nutritional requirements as prescribed by the Oklahoma State Child Nutrition Department and the National School Lunch Program and follow American Dietary Guidelines.	
School foodservice staffs use food preparation techniques to provide school meals lower in saturated fat, sodium, and sugar. They offer healthy food choices that include lean meats, fruits, vegetables, whole grains, and low-fat or non-fat milk.	All meals meet or exceed the nutritional requirements as prescribed by the Oklahoma State Child Nutrition Department and the National School Lunch Program.	
School meals are marketed to appeal to students, and are encouraged to choose and consume healthy meals.	Child nutrition directors and managers work hard to make meals appealing to students.	This is an ongoing challenge with the limitations of product regulations.
School meals participation rates are approximately the same for paying students as for students eligible for full and reduced price meals.	Currently the rates are similar.	
Food safety is a key part of the school foodservice operation.	Yes. Procedures in place to ensure food safety. State Department audits all components of the district food service program.	
The school food service staff participate in making decisions and guidelines that will affect the school nutrition environment, while following the Nutrition Standards in the National School Lunch and School Breakfast Program (77FR 4088).	Child nutrition office and director includes all stakeholders when making decisions regarding school nutrition environment.	

**Component 6: Marketing**

<i>Definition of Success</i>	<i>Meets Standards</i>	<i>Needs Improvement</i>
Schools consider students' needs in planning for a healthy school nutrition environment. They ask students for input and feedback, and listen to what they have to say.	The district nutritionist includes student surveys for input regarding food items and environment.	
Schools promote healthy food choices and don't allow advertising that market less nutritious food choices.	All food promotion is centered on healthy choices and meets the District policies regarding advertising and marketing.	
Schools work with a variety of media to spread the word to the community about a healthy school nutrition environment.	Schools communicate to the community through the use of the district and site websites, fliers to parents, and information to parents	
School meals are marketed to appeal to students, and are encouraged to choose and consume healthy meals.	Child nutrition directors and managers work hard to make meals appealing to students. As marketing practices prove successful they are then utilized district wide.	
If foods and beverages are sold in competition with school meals, they are not more highly marketed than the reimbursable school meals.	No food or beverage receives any marketing beyond that of reimbursable meals.	

## Component 7: Pleasant Eating Experiences

<i>Definition of Success</i>	<i>Meets Standards</i>	<i>Needs Improvement</i>
Meal periods are scheduled at appropriate times; schools do not use scheduled tutoring, pep rallies, club and organization meetings and other activities during meal time.	Schools are careful to maintain activity free meal times so all students may participate in meal time.	
Schools are recommended to provide at least 30 minutes of uninterrupted lunch, so that students may eat, relax and socialize.	All school sites meet the standard. At times factors make it difficult for all students.	All schools attempt to meet the 30 minutes of uninterrupted lunch. However, the demands of the schedule and large numbers of students being served makes reaching this goal for elementary schools difficult. We continue efforts to improve the amount of time students have to enjoy their lunch period.
There are enough serving areas so that students don't have to spend too much time waiting in line.	Most sites are able to serve students in a timely manner.	Some sites continue the struggle of serving all students quickly enough so they have plenty of seat time. This is an ongoing goal and Child Nutrition directors and managers work closely with principals to find solutions.
Dining areas are attractive and have enough space for seating. Tables and chairs are the right size for the students.	All sites are able to provide a quality dining area. The district continually looks for ways to improve.	
Elementary schools are encouraged to have a short snack-free recess scheduled before lunch.	Some elementary schools have been able to implement the practice of recess before lunch.	This has not been implemented in the Moore Schools. Some principals prioritize this opportunity yet not all sites implement this practice.
Schools encourage socializing among students, and between students and adults. Adults properly supervise lunch rooms and serve as role models to students.	Students are allowed to socialize appropriately during meal times and are reminded of appropriate noise levels.	
Creative, innovative methods are used to keep noise levels appropriate. Requiring students to eat in silence, the use of whistles, and buzzing traffic lights are not encouraged.	A variety of methods are used across the district. Ideas that are successful are shared among principals.	
Facility design (including the size and location of the lunch room/kitchen area, lighting, building materials, windows, open space, adequate foodservice equipment for food preparation and service, and food and staff safety), is given priority in renovations or new construction.	This has been a priority for the district and continual improvements are being made. Out dated kitchens and lunch rooms are updated as funds are available.	

<i>Definition of Success</i>	<i>Meets Standards</i>	<i>Needs Improvement</i>
Hand washing areas are accessible to students prior to eating.	Yes. As facilities improve access becomes more convenient.	
Water fountains are available for students at meals throughout the day.	Yes. All sites have water fountains available.	
Schools use an accounting system that protects the identity of students who eat free and reduced price school meals.	Yes. No students on free and reduced price school meals are identifiable.	

**Conclusion:**

The District Local Wellness Policy review was completed utilizing observation, site evaluation, and input from stakeholders. The district believes progress in the area of wellness has been made, yet additional improvements are available. The Local Wellness Policy has been reviewed and found to provide quality expectations for our district. Guidelines for improved nutrition and fitness are in place and an ongoing effort to meet all standards as established is conducted by each site.

When comparing the Moore Public Schools Local Wellness Policy to the Alliance for a Healthy Generation Model Policy we believe our policy is meeting most guidelines and suggestions of the model policy ([https://www.healthiergeneration.org/asset/wtqdwu/14-6372\\_ModelWellnessPolicy.doc](https://www.healthiergeneration.org/asset/wtqdwu/14-6372_ModelWellnessPolicy.doc)). In fact, we believe with the exception of meeting frequency our district is making great progress to provide a model program.

Moore Public Schools continues to make improvements to student wellness through education. Meals provided meet the USDA healthy guidelines, nutrition and wellness curriculum integration is in place, and physical activity is encouraged across the district. As we education this generation we believe the efforts of the District Wellness Policy will provide a more healthy and active population.

The Moore Public School District administration has established a Comprehensive School Health Committee whose mission shall be to address nutrition and physical activity issues and will develop, implement, and evaluate guidelines that support a healthy school nutrition environment. The School Health Committee is made up of a variety of community members and stakeholders. Annually the School Health Committee meets to assess, evaluate, and amend if needed the Local School Wellness Policy. The annual district evaluation will be available on the child nutrition website. A copy of the Moore School Wellness Policy may be received or accessed in the following ways: Send a request to the Managing Director of Child Nutrition, 1500 SE 4<sup>th</sup>, Moore, OK 73160. Or, visit <http://www.mooreschools.com/Page/39847> and click the Wellness Policy link.