

Wellness Policy Assessment Tool

Form 357 Rev 12/15

This template provides information on wellness policy goals and practices within the LEA. Use this tool to track progress and gather ideas on ways to create a healthier school environment. A separate assessment should be completed for each school or at a minimum, each school level. The wellness policy and completed assessment must be available to the public.

LEA/District Name Mill Creek

Reviewer Lorinda Chancellor

School Name Mill Creek

Date

Select all grades: PK ☒ K ☒ 1 ☒ 2 ☒ 3 ☒ 4 ☒ 5 ☒ 6 ☒ 7 ☒ 8 ☒ 9 ☒ 10 ☒ 11 ☒ 12 ☒

Yes No I. Public Involvement

☒ ☐ We encourage the following to participate in the development, implementation, and evaluation of our wellness policy:

- | | | | |
|--|---|---|---|
| <input checked="" type="checkbox"/> Administrators | <input checked="" type="checkbox"/> School Food Service Staff | <input checked="" type="checkbox"/> P.E. Teachers | <input checked="" type="checkbox"/> Parents |
| <input checked="" type="checkbox"/> School Board Members | <input checked="" type="checkbox"/> School Health Professionals | <input checked="" type="checkbox"/> Students | <input checked="" type="checkbox"/> Public |

☒ ☐ We have a designee in charge of compliance.

Name/Title:

Lorinda Chancellor / Superintendent

☒ ☐ We make our policy available to the public.

Please describe:

on website www.millcreek.k12.or.us

☒ ☐ We measure the implementation of our policy goals and communicate results to the public.

Please describe:

we review an assessment tool at annual meetings

☐ ☒ Our district reviews the wellness policy at least annually. put updated policy on web site
-we did bi-annually - but will do annually from now on

Yes No II. Nutrition Education

☒ ☐ Our district's written wellness policy includes measurable goals for nutrition education.

☒ ☐ We offer standards based nutrition education in a variety of subjects (e.g. science, health, math, etc).

☒ ☐ We offer nutrition education to students in: ☒ Elementary School ☒ Middle School ☒ High School

Yes No III. Nutrition Promotion

☒ ☐ Our district's written wellness policy includes measurable goals for nutrition promotion.

☒ ☐ We promote healthy eating and nutrition education with signage, use of creative menus, posters, bulletin boards, etc.

☐ ☒ We have reviewed *Smarter Lunchroom* techniques and evaluated our ability to implement some of them.

☒ ☐ We place fruits and vegetables where they are easy to access (e.g. near the cafeteria cashier or near the front of the line).

☒ ☐ We ensure students have access to hand-washing facilities prior to meals.

☒ ☐ We annually evaluate how to market and promote our school meal program(s).

☐ ☒ We regularly share school meal nutrition, calorie, and sodium content information with students and families.

☒ ☒ We offer taste testing or menu planning opportunities to our students.

☒ ☐ We participate in Farm to School activities and/or have a school garden.

☒ ☐ We only advertise and promote nutritious foods and beverages on school grounds (e.g. buildings, playing fields, etc).

☒ ☐ We price nutritious foods and beverages lower than less nutritious foods and beverages.

☒ ☐ We offer fruits or non-fried vegetables in: ☐ Vending Machines ☐ School Stores ☒ Snack Bars ☐ à La Carte

☒ ☐ We have nutritional standards for foods/beverages served at school parties, celebrations, events, etc.

☒ ☐ We provide teachers with samples of alternative reward options other than food or beverages.

☐ ☒ We prohibit the use of food and beverages as a reward.

Yes No **IV. Nutrition Guidelines** (Cont. from page 1)

- ☒ ☐ Our district's written wellness policy addresses nutrition standards for USDA reimbursable meals.
- ☒ ☐ We operate the School Breakfast program: ☒ Before School ☐ In the Classroom ☐ Grab & Go
- ☒ ☐ We follow all nutrition regulations for the National School Lunch Program (NSLP).
- ☐ ☒ We operate an Afterschool Snack Program.
- ☐ ☒ We operate the Fresh Fruit and Vegetable Program.
- ☐ ☒ We have a Certified Food Handler as our Food Service Manager.
- ☒ ☐ We have adopted and implemented *Smart Snacks* nutrition standards for ALL items sold during school hours, including:
☒ as à La Carte Offerings ☐ in School Stores ☒ in Vending Machines ☒ as Fundraisers

Yes No **V. Physical Activity**

- ☒ ☐ Our district's written wellness policy includes measurable goals for physical activity.
- ☒ ☐ We provide physical education for elementary students on a weekly basis.
- ☒ ☐ We provide physical education for middle school during a term or semester.
- ☐ ☒ We require physical education classes for graduation (high schools only).
- ☒ ☐ We provide recess for elementary students on a daily basis.
- ☒ ☐ We provide opportunities for physical activity integrated throughout the day.
- ☒ ☐ We prohibit staff and teachers from keeping kids in from recess for punitive reasons.
- ☒ ☐ Teachers are allowed to offer physical activity as a reward for students.
- ☒ ☐ We offer before or after school physical activity: ☒ Competitive sports ☐ Non-competitive sports ☐ Other clubs

Yes No **VI. Other School Based Wellness Activities**

- ☒ ☐ Our district's written wellness policy includes measurable goals for other school-based activities that promote wellness.
- ☒ ☐ We provide training to staff on the importance of modeling healthy behaviors.
- ☒ ☐ We provide annual training to all staff on: ☒ Nutrition ☐ Physical Activity
- ☐ ☒ We have a staff wellness program.
- ☒ ☐ We have school district staff who are CPR certified (e.g. teachers, coaches, counselors, food service staff).
- ☐ ☒ We actively promote walk or bike to school for students with Safe Routes to School or other related programs.
- ☐ ☒ We have a recycling/environmental stewardship program.
- ☐ ☒ We have a recognition/reward program for students who exhibit healthy behaviors.
- ☒ ☐ We have community partnerships which support programs, projects, events, or activities.

VII. Progress Report: Indicate any additional wellness practices and/or future goals and describe progress made in attaining the goals of the local wellness policy

we will implement national walk to school day - we will generate competitions between staff and students to promote healthy habits. we will look for grants for the after school snack program.

VIII. Contact Information:

For more information about this school's wellness policy/practices, or ways to get involved, contact the Wellness Committee Coordinator.

Name Lorinda Chancellor

Position/Title Superintendent

Email lorindac@millcreek.k12.ok.us

Phone 580-384-5514

Mill Creek School District Wellness Policy

Purpose

The Mill Creek School District recognizes the important role that 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 all schools in the District to do the following:

- 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.
- Establish nutrition guidelines that meet or exceed the United States Department of Agriculture's (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 health.
- Adopt a plan to ensure the policy is properly implemented, regularly assessed, and periodically updated.

Definitions

- School campus All areas of the property under the jurisdiction of the school that are accessible to students during the school day.
- School day The period of time from the midnight before to 30 minutes after the end of the instructional day.
- Competitive foods and beverages Foods and beverages that are sold on campus outside of the federal reimbursable school meals program during the school day (e.g., in vending machines or school stores).
- Smart Snacks standards Nutrition standards, issued by the USDA, that set limits on the amount of calories, salt, sugar, and fat in competitive foods and beverages.

Effective date: 02-20-2017

Name and Title Lorinda Chancellor, Superintendent

Signature and Date of Signature Lorinda Chancellor 02/20/2017

Nutrition

School Meal Requirements

The District will make nutritious foods available on campus during the school day to promote student and staff health. At a 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).

Specifically, the District will ensure that all meals are the following:

- Accessible, appealing, and attractive to all children
- Served in a clean, pleasant, and supervised setting
- High in fiber, free of added trans fats, and low in added fats, sugar, and sodium
- Respectful of cultural diversity (e.g., students will be encouraged to suggest local, cultural, and favorite ethnic foods) and religious preferences
- Reviewed by a registered dietitian or other certified nutrition professional OR based on a meal plan provided by a professional resource (such as the State Department of Education, the USDA, the Alliance for a Healthier Generation, or The Lunch Box)

The District will also ensure that schools do the following:

- Encourage students to start the day with a healthy breakfast.
- Provide breakfast through the USDA School Breakfast Program.

Water: Schools will make clean drinking water available and accessible without restriction and at no charge at every district facility (including cafeteria and eating areas, classrooms, hallways, playgrounds, and faculty lounges) throughout the entire school day. Schools will also ensure the following:

- Students will be provided drinking cups, glasses, or reusable water bottles in places where meals are served.
- 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.
- 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).

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. In addition, the District will do the following:

- Inform families about the availability of breakfasts for students.
- 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.
- 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.
- Send applications for reimbursable meal programs to families at the beginning of the school year and make applications available on the District website.

Adequate Time to Eat: The District will allow students at least 10 minutes to eat breakfast and 20 minutes to eat lunch from the time they are seated.

Competitive Foods and Beverages

All competitive foods and beverages sold to students during the school day must meet or exceed the USDA's Smart Snacks standards.

Classroom Parties and Celebrations

Only foods and beverages that meet the USDA's Smart Snacks standards will be allowed to be served during classroom parties and celebrations.

The District will provide parents and teachers with a list of ideas for healthy food as well as non-food alternatives for classroom parties and celebrations.

Fundraising

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.

The following will also occur:

- Fundraising activities will not promote any particular food brands (e.g., fundraisers by fast food chains).
- The District will encourage fundraisers that do not sell food and/or that promote physical activity.

After-School Concessions and Fundraisers (e.g., during after-school programming, events, clubs, and evening concessions): Food and beverages sold at after-school concessions or as part of fundraisers held outside of school hours must also comply with the USDA's Smart Snacks standards.

Nutrition Education

Schools will offer—and integrate into the core curriculum—nutrition education to all grades (K-12), providing students the knowledge and skills necessary for lifelong healthy eating behaviors, including the following:

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

In addition, schools will ensure that nutrition education accomplishes the following:

- Complies with state and federal learning objectives and standards.
- 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.).
- Is made available for staff.
- Is promoted to families and the community.

Rewards and Punishment

Food, beverages, and candy will not be used to reward or punish academic performance or student behavior.

Nutrition and Healthy Food Promotion

The District will promote healthy food and beverage choices and appropriate portion sizes by doing the following:

- Exhibiting posters, signs, or other displays on the school campus that promote healthy nutrition choices.
- Providing age-appropriate activities, such as contests, food demonstrations, and taste-testing, that promote healthy eating habits.
- 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.
- Encouraging school staff to display healthy eating habits and physical activity choices to students (e.g., by consuming only healthy snacks, meals, and beverages in front of their students, sharing positive experiences about physical activity with their students, etc.).

Food and Beverage Marketing

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

Marketing includes the following:

- 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).
- 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.
- 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.

If the non-compliant advertising is a permanent feature of a permanent fixture (e.g., a scoreboard), such advertising can remain until the permanent fixture is removed or replaced.

Staff Qualifications and Training

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

In addition, Child Nutrition Staff will do the following:

- Receive training in basic nutrition, nutrition education, safe food preparation, and nutrition standards for healthy meals.
- Organize and participate in educational activities that support healthy eating behaviors and food safety.

Farm-to-School Programs and School Gardens

The District will allow school gardens on District property.

The following will also occur:

- 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.
- The District will incorporate local and/or regional products into the school meal program.
- Schools will take field trips to local farms.
- As part of their education, students will learn about agriculture and nutrition.

Physical Education and Physical Activity

General Requirements

The District will ensure that all students (K-12) participate in a minimum of 60 minutes of physical activity each day, whether through physical education, exercise programs, after-school athletics, fitness breaks, recess, classroom activities, or wellness and nutrition education.

Recess and Physical Activity Breaks

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 physical education requirements). Additionally, the District will do the following:

- Develop indoor recess guidelines to ensure students can have adequate physical activity on days when recess must be held indoors.
- Require schools to hold recess before lunch, in order to increase food consumption, reduce waste, and improve classroom attentiveness when students return from lunch.⁷

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)

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.

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

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

- During PE, students will be given the opportunity to participate in many types of physical activity, including both cooperative and competitive games.
- Students will engage in moderate to vigorous physical activity for more than 50 percent of the PE class time.
- PE classes will have a teacher/student ratio comparable to core subject classroom size.

Teacher Qualifications, Training, and Involvement

- 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.
- Schools will allow teachers the opportunity to participate in or lead physical activities throughout the school day.
- PE classes will be taught by licensed teachers who are certified or endorsed to teach PE.

Punishment and Rewards

- Physical activity will not be used or withheld as punishment. (This does not apply to participation on sports teams that have specific academic requirements.)
- The District will provide a list of alternative ways for teachers and staff to discipline students.
- The District will strongly encourage teachers to use physical activity (e.g., extra recess) as a reward.

Grounds, Facilities, and Equipment

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

Community Use of Recreational Facilities

The District will encourage school staff, students, and their families to participate in physical activity outside of the school day. Allowing staff, students, and their families to use school recreational facilities during non-school hours is one way to increase opportunities to engage in physical activity. Consistent with state law and District policies and procedures [cross reference any School Board or District policies] regarding use of school facilities during non-school hours, the District will work with the [local government - city/county/recreation district] and community-based organizations to coordinate and enhance opportunities for staff, students, and their families to engage in physical activity using school facilities before and after the school day, during weekends, and during school vacations.

Active Transportation

The District will do the following:

- Encourage children and their families to walk and bike to and from school.
- Work with local officials to designate safe or preferred routes to school.
- Promote National and International Walk and Bike to School Week/Day.
- Provide bike racks.
- Encourage parents to supervise groups of children who walk or bike together to and from school.

Healthy and Fit School Advisory Committee (HFSAC)

All Oklahoma public schools must establish a HFSAC comprising at least six individuals who represent different segments of the community, including teachers, parents, school counselors, health care professionals, and business community representatives.⁸ The HFSAC is responsible for making recommendations and providing advice to the school principal regarding health education, nutrition, and health services, and will meet at least four times a year.

The school principal will give consideration to the HFSAC's recommendations.

Staff Wellness

The District will implement an employee wellness program that promotes the physical, mental, and emotional health of its staff.

The program will include the following:

- Health education
- Voluntary annual health screenings
- Stress management programs
- A breastfeeding policy
- Physical activity opportunities, available before and/or after school
- Nutrition education and weight management programs
- Promotion of the Oklahoma Tobacco Helpline (1-800-QUIT-NOW)
- Oklahoma State Employee Assistance Programs for substance abuse
- Crisis management and prevention training
- Free or low-cost first aid and CPR training

Professional Development

The District will provide staff with educational resources and annual training in health and health-related topics.

Health Education

Where applicable, schools' health education curriculums will follow the National Health Education Standards or the state-approved Priority Academic Student Skills (PASS) requirements.

Monitoring, and Evaluation

Leadership

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.

Include the name(s), position(s), and contact information of the designated official(s) here:

Name	Position	Contact Information (Email address is sufficient)
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Community Involvement

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 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:

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

Assessments, Revisions, and Policy Updates

Every two 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. Additionally:

- 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.
- The District will assess how its policy compares with the latest national recommendations on school health, and will update the policy accordingly.
- The District will inform and update the public about the content and implementation of the local wellness policy (via the District's website, handouts, newsletters sent directly to families' homes, etc.).

Healthy Fundraisers Examples

- ☑ Physical Activity fundraisers (Walk-a-thons, fun-runs, bowl-a-thons, jog-a-thons, dance-a-thon, golf tournaments, sporting events, car washes, dog washes, Student vs. Staff events)
- ☑ Book fairs, read-a-thons, spelling bees, used book sale
- ☑ Direct Donation – Ask parents, grandparents, community businesses for a donation at the beginning of the school year
- ☑ Non-food product sales (gift wrap, calendars, candles, stationery, greeting cards, holiday decorations or ornaments, jewelry, clothing, light bulbs, trash bags, safety kits, first-aid kits, personal care products)
- ☑ Online school fundraiser (purchases & web searches support schools)
- ☑ Sale of school-related promotional items (T-shirts, sweatshirts, water bottles, reusable bags, and other items branded with the school logo)
- ☑ Recycling fundraisers (printer cartridges, cell phones)
- ☑ Healthy food sales (Fresh fruit & fruit baskets, nuts, trail mixes, spices, bottled water, granola bars, dried soup mixes, whole grain baking mixes)
- ☑ Grocery store fundraisers
- ☑ Ask parents for a donation at the beginning of the school year
- ☑ Auctions, silent auctions or raffles
- ☑ Family photo days (schedule and evening and have the photographer take family photos)
- ☑ Cookbooks (collect recipes from students, staff, and prominent community members to create a cookbook, which is sold to members of the community)
- ☑ Plant sales (flowers, flower bulbs, vegetable or plant seeds,)
- ☑ Holiday sales (Pumpkins, Poinsettias, Christmas Trees, Wreaths, Valentine's Day/Mother's day flowers, plants, cards stuffed animals)
- ☑ Carnivals, festivals, or game nights
- ☑ Garage or Yard sales
- ☑ Craft or Student Art work sales
- ☑ Online donations or auctions
- ☑ Musical fundraisers (battle of the bands, singing telegrams, talent show, Teacher idol)
- ☑ Rent-a-Pet (work with local animal rescue groups and invite representatives to come to event to distribute materials and talk about the animal adoption process, set up an event area and charge a fee for patrons to interact with animals)
- ☑ Apply for Grants to support your School Wellness Program
- ☑ Yearbook space/monograms
- ☑ License plate frames
- ☑ Temporary tattoos with school mascot
- ☑ Jewelry
- ☑ Football seating

Concessions

Healthy Concession Examples

Dairy/Protein Items Beverages

String cheese Water

Cottage cheese Low-fat milk (flavored and unflavored)

Low-fat yogurt Non-fat milk (flavored and unflavored)

Pudding cups 100% fruit juice

Nuts or seeds 100% vegetable juice

Trail mix Hot apple cider

Frozen low-fat yogurt Hot Chocolate

Boiled eggs Hot and cold teas

Fruits/Vegetables Grain-based Items

Fresh fruit or vegetables w/low-fat dip Baked chips

Sliced apples with natural peanut butter Animal Crackers

Apples Pretzels

Oranges Dry cereal

Tangerines Low-fat cookies

Clementines Low-fat sports bars

Bananas Mini-bagel

Grapes Bread sticks

Peaches Low-fat muffin

Pears Whole grain buns

Applesauce Vanilla wafers

Raisins Goldfish crackers 5

Fruit cups Low-fat granola bars
Frozen 100% juice bars Protein bars
Fruit smoothie's Graham crackers
Baked potatoes Oatmeal
Salsa for baked chips or baked potato Low-fat popcorn
Fresh salads Whole grain crackers
Fresh salads Tortillas for wraps
Dried fruit/fruit chips

Entrees

Broth based soups
Low-fat or vegetarian chili
Sub sandwiches
Turkey or Chicken wrap sandwiches
Lean roast beef sandwich
Grilled Chicken sandwich
Turkey burgers
Veggie burgers
Turkey hot dogs
Soft tacos
Baked potato with toppings
Salad with grilled chicken and low-fat dressing
Grilled chicken quesadilla with low fat cheese
Pizza (moderate size portions w/whole wheat crust, cheese, vegetables, pineapple, Canadian bacon)

Non-food items

Arts and crafts
Stickers
Temporary tattoos

Tobacco

Mill Creek School District 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.
- 24/7 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 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.
- Ash receptacles, such as ash trays or ash cans, are not permitted on School Property.

Enforcement

- 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 Tobacco Policy is effective as of

[Insert Effective Date Here].

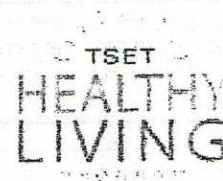
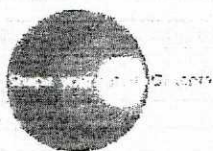
Approved By School District:

Name & Title: Lorinda Chancellor, Superintendent

Date: 02-20-2017

Resources for Physical Activity in the Classroom

- <http://www.eatsmartmovemorenc.com/Energizers/EnergizersForSchools.html>
- www.thewalkingclassroom.org
- <http://openphysed.org/>
- www.gonoodle.com



Health Education Topics

(Elementary School)

- ✓ Motor vehicle occupant safety, such as seatbelt use
- ✓ Fire, water, pedestrian and playground safety
- ✓ Poisoning prevention
- ✓ Use of protective equipment for biking, skating or other sports
- ✓ First aid and cardiopulmonary resuscitation (CPR)
- ✓ Emergency preparedness
- ✓ Violence-related topics include:
 - ✓ Anger management
 - ✓ **Bullying** and what to do if someone is being bullied
 - ✓ Teasing
 - ✓ Personal safety, for example, dealing with strangers
 - ✓ Inappropriate touching
 - ✓ Techniques to resolve conflicts without fighting
 - ✓ Prosocial behaviors, such as cooperation, praise, or showing support for others
 - ✓ Recognize signs and symptoms of people who are in danger of hurting themselves or others
 - ✓ What to do if someone is thinking about hurting himself or herself or others
 - ✓ Short- and long-term consequences of violence
 - ✓ Relationship between suicide and other types of violence and between suicide and emotional and mental health
 - ✓ When to seek help for suicidal thoughts
- ✓ General injury-related topics include:
 - ✓ Prejudice, discrimination, and bias
 - ✓ Empathy, that is, identification with and understanding of another person's feelings, situation, or motives
 - ✓ Perspective taking, that is, taking another person's point of view
- ✓ Relationship between alcohol or other drug use and injuries, violence and suicide
- ✓ Social influences on unintentional injury, violence and suicide, including media, family, peers, and culture
- ✓ How to find valid information or services to prevent injuries, violence and suicide
- ✓ How to resist peer pressure that would increase the risk of injuries, violence and suicide
- ✓ How to take steps to achieve the personal goal to prevent injuries, violence and suicide
- ✓ How to influence, support, or advocate for others to prevent injuries, violence and suicide

Health Education Topics

(Middle School/High School)

Unintentional injury-related topics include:

- ✓ Motor vehicle occupant safety, such as seatbelt use
- ✓ State laws related to teen driving
- ✓ Use of protective equipment for biking, skating or other sports
- ✓ Fire, water, and pedestrian safety
- ✓ Poisoning prevention
- ✓ Emergency preparedness
- ✓ First aid and cardiopulmonary resuscitation (CPR)

Violence-related topics include:

- ✓ Anger management
- ✓ **Bullying** and what to do if someone is being bullied
- ✓ Teasing
- ✓ Personal safety, for example, dealing with strangers
- ✓ Inappropriate touching
- ✓ Techniques to resolve conflicts without fighting
- ✓ Prosocial behaviors, such as cooperation, praise, or showing support for others
- ✓ Respectful and positive relationships with dating partners
- ✓ Personal safety, for example avoiding becoming a victim of a crime
- ✓ Sexual harassment
- ✓ Dating violence
- ✓ Sexual assault and rape
- ✓ Gangs
- ✓ Recognize signs and symptoms of people who are in danger of hurting themselves or others
- ✓ What to do if someone is thinking about hurting himself or herself or others
- ✓ When to seek help for suicidal thoughts
- ✓ Short- and long-term consequences of violence
- ✓ Relationship between suicide and other types of violence
- ✓ Relationship between suicide and emotional and mental health

General injury-related topics include:

- ✓ Prejudice, discrimination, and bias
- ✓ Empathy, that is, identification with and understanding of another person's feelings, situation, or motives
- ✓ Perspective taking, that is, taking another person's point of view
- ✓ Relationship between alcohol or other drug use and injuries, violence and suicide
- ✓ Social influences on unintentional injury, violence and suicide, including media, family, peers, and culture
- ✓ How to find valid information or services to prevent injuries, violence and suicide
- ✓ How to develop a plan and track progress toward achieving a personal goal to prevent injuries, violence and suicide
- ✓ How to influence, support, or advocate for others to prevent injuries, violence and suicide
- ✓ How to resist peer pressure that would increase the risk of injuries, violence and suicide