

TSET Healthy District & Schools

Resources for Wellness Policy Implementation

24/7 Tobacco-Free Policy

Sample Policy – Please contact sharonh@tset.ok.gov and request editable policy

Oklahoma Helpline – 1-800-Quit-Now (1-800-785-7669)

Website: [Quit Smoking with the Oklahoma Tobacco Helpline](#)

Order Free Promotional Materials: <https://okhelpline.com/free-promotional-materials/>

Healthy Hunger Free Kids Act

[USDA Foods Toolkit for Child Nutrition Programs](#)

[USDA Summary of the HHFKA final rule](#)

<https://www.fns.usda.gov/pressrelease/2014/009814>

<https://www.fns.usda.gov/tn/local-school-wellness-policy>

Whole School, Whole Community, Whole Child (WSCC)

[ASCD Whole, School, Whole Community, Whole Child](#)

[OK WSCC](#)

[CDC Virtual Health School \(VHS\)](#)

[The WSCC Model Oklahoma Implementation Guide](#)

Wellness Policy

Sample Policy – Please contact sharonh@tset.ok.gov and request editable policy

[USDA Local School Wellness Policy](#)

[Health and Academics](#)

[Local School Wellness Policy & USDA Team Nutrition](#)

Wellness Committee/Council

[School Wellness Committee Toolkit Alliance for a Healthier Generation](#)

[CDC School Health Index Assessment and Planning guide](#)

[CDC Comprehensive School Physical Activity Program](#)

[CDC Putting Local School Wellness Policies into Action](#)

[Whole School Strategies that Encourage Attendance Kansas Dept. of Ed.](#)

[Addressing-Chronic-Absenteeism-through-ESSA-Implementation.pdf](#)

[OSDE Chronic Absenteeism](#)

[Alliance for a Healthier Generation Healthy Schools Program](#)

[Healthy Staff Meeting](#)

USDA School Meal Requirements

[USDA Nutrition Standards for School Meals](#)

[The Lunch Box Tools for school food change](#)

Water

[USDA Water Availability During Meal Service](#)

[CDC Water Access in Schools](#)

[Model Wellness Policy for Water Access in Schools Change Lab Solutions](#)

Information and Promotion to Involve Students and Parents in the School Lunch Program

Districts are encouraged to customize activities and include in their wellness policy

[Engaging Parents to Promote Healthy Schools](#) (very good PowerPoint with resources)

<p>Student-Parent Involvement in the National School Lunch Program</p>
<p>Adequate Time to Eat Why is it important to have time to eat? Measuring and Evaluating the Adequacy of the School Lunch Period</p>
<p>Competitive Foods and Beverages Smart Snack Standards A Guide to Smart Snacks in Schools Link to Downloadable PDF Smart Snacks Product Calculator Smart Foods Planner Alliance for a Healthier Generation</p>
<p>Other Foods Provided at School (Classroom Parties, celebrations, shared snacks, etc.) Recommended Nutrition Standards for Foods Outside of School Meal Programs Healthy School Celebrations USDA School Snack Guide Stillwater Public Schools Child Nutrition Smart Snacks Non-Food Ideas for Birthday Celebrations at School Sample Parent Letter Sample Birthday Celebration Policy and Guidelines Healthy School Snacks</p>
<p>Fundraising on Campus During the School Day USDA Fundraisers and Smart Snacks PTA's Guide to Smart Snacks in Schools Fundraising Ideas Peacefulplaygrounds.com/school-fundraisers/ Smart Snack Product Calculator https://foodplanner.healthiergeneration.org/products/ Healthier Generation Store on Amazon.com *Check with the District's Food & Beverage Distributors – Most have a list of Smart Snack Compliant products that they carry</p>
<p>Fundraising Outside the School Day Center for the Science in the Public Interest Fact Sheet Best Practices for Healthy School Fundraisers Healthy School Fundraising Success Stories Healthy Fundraising Ideas *Lots of ideas do a web search for healthy fundraising ideas</p>
<p>Concessions During the School Day Any concession stand held during school hours (this includes special athletic events such as tournaments) must comply with the competitive food and beverages (Smart Snack) standards, unless it is one of the schools exempted fundraisers Smart Snack Standards</p>
<p>Concessions After the School Day Concession stands must wait until 30 minutes after the end of the school day to sell food and beverage items to students that do not meet the Smart Snack standards. Build a Healthy Concession Stand Eat Smart, Play Hard Concession Stand Toolkit Healthy Concession Stand Makeovers Nemours Health & Prevention Services Healthy Concessions Guide Whats Your Game Plan?</p>

[Creating Healthy Concessions A Resource Guide](#)

Nutrition Education

[Oklahoma Academic Standards / Health](#)

[USDA Nutrition Resources](#)

[HHS.Gov Resources](#)

[Shape Your Future OK](#)

[SDE Child Nutrition Resources](#)

[Oklahoma Farm to School](#)

Rewards and Punishment

[Constructive Classroom Rewards](#)

[Ideas for Non-food Classroom Rewards](#)

[How to Reward and Motivate Kids without Using Foods Booklet for Teachers](#)

[The Ultimate list of PBIS Incentives](#)

[PBIS Whole Class Rewards That Aren't Food](#)

[Rewarding Students without Candy: Tips for Teachers](#)

Nutrition and Healthy Food Promotion

[Shape Your Future OK](#)

[Marketing Healthy Choices in the School Cafeteria](#)

[USDA Marketing Resources](#)

[Taste Testing Toolkit](#)

[Resources for Promoting Healthy Eating in Schools](#)

[Strategies to support a whole-school approach to healthy eating](#)

<https://www.fns.usda.gov/tn/popular-events-idea-booklet>

[Team Nutrition Elementary School Posters](#)

[Team Nutrition Middle School Posters](#)

Smarter Lunchroom Techniques

[Smarter Lunchrooms Movement](#)

Are Healthy Food and Beverage choices promoted through the following techniques?

- A variety of mixed whole fruits are displayed in nice bowls or baskets (instead of stainless steel pans)
- Fruit is offered in at least two locations on all service lines, one of which is right before each point of sale (POS)
- Vegetables are offered on all serving lines
- At least one vegetable is identified as the featured vegetable-of-the-day and is labeled with a creative, descriptive name at the point of selection
- Place pre-packed salads or salad bar is available in a high traffic area
- Label pre-packaged salads or salad bar choices with creative, descriptive names and display next to each choice
- Self-serve salad bar tongs, scoops, and containers are larger for vegetables and smaller for croutons, dressing, and other non-produce items.
- White milk is displayed in front of other beverages in all coolers
- 1% or non-fat white milk is identified as the featured milk and is labeled with a creative, descriptive name
- Cafeteria staff politely prompt students who do not have a full reimbursable meal to select a fruit or vegetable
- Signs show students how to make a reimbursable meal on any service line

- Alternative entrée options (salad bar, yogurt parfaits, etc.) are highlighted on posters or signs within all service and dining areas
- Cafeteria staff smile and greet students upon entering the service line and continually throughout meal service
- Students, teachers, or administrators announce today's menu in daily announcements
- A monthly menu is posted in the main office
- Information about the benefits of school meals is provided to teachers and administration at least annually
- Brand, name, and decorate the lunchroom in a way that reflects the student body.
- Conduct a taste test of a new entrée at least once a year

Food and Beverage Marketing

[CDC Strategies to Improve Marketing and Promotion of Foods and Beverages at School](#)

<https://cspinet.org/sites/default/files/attachment/schoolfoodmarketingfacts.pdf>

[Restricting Foods and Beverage Marketing in Schools ChangeLab Solutions](#)

Child Nutrition Staff Qualifications and Training

[Professional Standards | USDA-FNS](#)

[USDA Nutrition Education for Foodservice Staff](#)

<https://www.smarterlunchrooms.org/trainings/no-time-train>

[USDA Webinars and Training](#)

School Gardens

<http://www.csgn.org/why-school-gardens>

http://msue.anr.msu.edu/news/educational_benefits_of_school_gardening_for_students

[Measuring the Impact of School Gardens](#)

Farm to School Programs

<http://okfarmtoschool.com/>

[Getting Started with Farm to School](#)

Farm to School Activities

- Local and/or regional products are incorporated into the school meal program
- Messages about agriculture and nutrition are reinforced throughout the learning environment
- School hosts a school garden, tower garden, or grows fruits, vegetables or herbs as part of the curriculum
- School hosts field trips to local farms
- School uses Ag in the Classroom Curriculum
- School utilizes promotions or special events, such as tastings, that highlight the local/regional products
- School hosts a farmers market
- Menu shows when local product(s) are being served
- Local farmers/producers participate in career day activities
- Cafeteria tour for Students/Faculty/Parents (students tour the kitchen to help with understanding on how school meals are prepared)
- School hosts a Healthy Recipe Contest

- School Hosts a “How Many” Contest (Fill a container with small fruits/vegetables and have students guess the number of actual pieces – Peas, corn, berries, beans, etc. can be used)
- Host an art contest where students draw fruits or vegetables grown in Oklahoma and display artwork in the hallways or cafeteria.

Physical Education and Physical Activity Requirements

[Comprehensive School Physical Activity Programs \(CSPAP\) A Guide for Schools](#)
[Policy Brief Supporting Quality Physical Education and Physical Activity in Schools](#)
[Oklahoma Academic Standards Physical Education](#)
[Active Education: Growing Evidence on Physical Activity and Academic Performance](#)

Recess and Physical Activity Breaks

Recess

[Program Proves More Recess Improves Academic Performance and Behavior](#)
[Recess Planning in Schools CDC & SHAPE America Guide](#)
[Scholastic Recess Makes Kids Smarter](#)
<http://sde.ok.gov/sde/sites/ok.gov.sde/files/CN-RecessBeforeLunch.pdf>
<https://peacefulplaygrounds.com/recess-before-lunch/>
<https://peacefulplaygrounds.com/resources-2/10-reasons-why-recess-is-so-important/>

Physical Activity Breaks

[Active Play Active Learning Brain Breaks Guide](#)
[In-School Activity Break suggestions American Heart Association](#)
[Take a Break! Teacher Toolbox](#)
[Tips for Implementing a Comprehensive School Physical Activity Program](#)
<https://www.gonoodle.com/>
[Active Academics](#)
[Energizers For Schools](#)
[Infographic: Active Kids Learn Better](#)

Physical Education

[Oklahoma Academic Standards Physical Education](#)
[Senate Bill 1876 and Physical Education Programs](#)
[Senate Bill 312 Physical Education](#)
[Senate Bill 1186 Additional 60 Minutes of Physical Activity Requirement](#)

Physical Activity Before and After School

[Comprehensive School Physical Activity Program \(CSPAP\)](#)
<https://www.bokskids.org/> Free physical activity program
<https://www.nyrr.org/rising-new-york-road-runners> Free running program
<https://www.girlsontherun.org/>
<http://www.worldfit.org/>

Teacher Qualifications, Training and Involvement

[Integrate Classroom Physical Activity in Schools](#)
[Physical Activity in the Classroom](#)

Punishment and Rewards

[Shape America Position Statement Using Physical Activity as Punishment and/or Behavior Management](#)
[60 Alternatives to Withholding Recess](#)
[Alternatives to Withholding Physical Activity for Punishment](#)

<p>Alternative Options to Withholding Recess and Physical Activity</p>
<p>Grounds, Facilities, and Equipment https://nces.ed.gov/pubs2003/maintenance/chapter5.asp Building and Grounds Maintenance Checklist</p>
<p>Community Use of Recreational Facilities SB1882 Exemption from Liability Opening School Grounds to the Community After Hours Change Lab Solutions Shared Use of School and Community Facilities Safe Routes Partnership</p>
<p>Active Transportation Safe Routes to School Safe Routes Partnership Action for Healthy Kids Walk/Bike to School Safe Routes National Center for Safe Routes to School Walk & Bike to School Day Walking School Bus</p> <p>Sample Alternative Policy Language for Active Transportation _____ District recognizes the value in our students being active before and after school. Because of our schools rural setting and our district’s concern for the safety of our students, our district encourages parents to walk or bike to school with their children when it is safe to do so. Our school grounds are open before or after school for parents to walk with their children. On National Walk or Bike to School day, our schools will plan an alternative physical activity.</p>
<p>After-School Programs Physical Activity and Screen Time Please contact sharonh@tset.ok.gov to request an editable policy Afterschool Alliance Promoting Healthy Eating and Physical Activity</p>
<p>Other Activities that Promote School Wellness Shape Your Future OK Classroom Activities Action for Healthy Kids School Wellness Resource Kit School Wellness Challenges and Recognition Ideas Michigan</p>
<p>Staff Wellness SDE Employee Wellness Webpage Oklahoma SDE Employee Wellness Guide Link to Download School Employee Wellness: A guide for Protecting the Assets of Our Nation's Schools https://thrivingschools.kaiserpermanente.org/school-employees/ SHAPE America School Based Employee Wellness Position Statement Draft Tips for Teachers Thrive.OK.Gov Oklahoma Employee Wellness Program Thrive Oklahoma Employee Wellness Healthy Pantry Toolkit</p>
<p>Professional Development CDC Training Tools for Healthy Schools Professional Development Discover MyPlate Teacher Training Guide Teacher Toolbox Physical Activity Breaks in the Secondary Classroom Kappanonline.org/lindt-miller-movement-learning-elementary-school-physical-activity/ Teach Hub Fun Teaching Strategies that Integrate Movement Wellness Policy Training on the Final Rule</p>
<p>Health Education</p>

[Safe and Healthy Schools | Oklahoma State Department of Education](#)
[Oklahoma Academic Standards Health](#)
[Oklahoma Academic Standard Physical Education](#)

Leadership

[Local School Wellness Policy Implementation Summary of the Final Rule](#)
<https://www.fns.usda.gov/tn/local-process-how-develop-implement-and-evaluate-wellness-policy>

Parent Engagement in Health and Wellness

[Family and Community Engagement | Oklahoma State Department of Education](#)
[CDC Parents for Healthy Schools](#) The CDC has several useful links for parent engagement
[Engaging Parents to Promote Healthy Schools](#) PowerPoint from USDA, Action for Healthy Kids, & CDC to share with your faculty & staff (please note it is a large presentation that can load slowly)
[ShapeYourFutureOK.com](#) Shape Your Future has parent as well as Teacher resources
[MyPlate.com](#)
[School and Family Partnerships Promote School Wellness Rutgers](#)

Community Involvement in School Health and Wellness

[CDC School Health Index](#) See Module 11
<https://www.ed.gov/parent-and-family-engagement>

Assessments, Revisions, and Policy Updates

[USDA Develop, Implement, and Evaluate a Wellness Policy](#)

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