

TSET Healthy District & Schools

Resources for Wellness Policy Implementation

24/7 Tobacco-Free Policy

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

*Please note the TSET 24/7 Tobacco Free Campus Policy goes beyond the OSSBA Policy and must include the following elements:

- Prohibition to personal vehicles while on school property
- District will not accept donations of gifts, money, or materials from the tobacco industry and will not participate in any type of services, events, or programs that are funded by the tobacco industry
- District will refer and promote the Oklahoma Tobacco Helpline (1-800-Quit-Now, or OKHelpline.com) and communicate and promote the available tobacco cessation benefits and insurance coverage for employees on an annual basis

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

Tobacco Cessation Website: <https://okhelpline.com/>

Tobacco Cessation Resources: [Tobacco Cessation Resources](#)

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

Stops with Me: [Tobacco Stops With Me](#)

Healthy Hunger Free Kids Act

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

[USDA Summary of the Final Rule](#) (Download PDF)

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

[USDA Local School Wellness Policy](#)

Whole School, Whole Community, Whole Child (WSCC)

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

[Oklahoma 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](#)

[USDA How to Develop Implement and Evaluate Wellness Policy](#)

[CDC Local School Wellness Policy](#)

[CDC - Health and Academics](#)

[Superintendent Perspectives on Local Wellness Policies](#)

[Superintendent Recommendations for Wellness Policy Implementation](#)

Wellness Committee/Council

[CDC Tips for Teachers](#)

[Action for Healthy Kids Policy Toolkit](#)

[CDC School Health Index](#)

[CDC Comprehensive School Physical Activity Program \(CSPAP\)](#)

[CSPAP E-Learning Guide](#)

[CDC School Health Guidelines](#)

[OSDE Safe & Healthy Schools](#)

[OSDE Chronic Absenteeism](#)

Alliance for a Healthier Generation Healthy Schools Program Kaiser Permanente Thriving Schools The Food Trust Healthy School Toolkit
USDA School Meal Requirements USDA Nutrition Standards for School Meals 09/23/19 (USDA standards are subject to change) The Benefits of School Breakfast Breakfast in the Classroom Infographic The Lunch Box Tools for School Food Change Healthier Generation Menu Plans Healthier Generation Recipes Team Nutrition USDA Improving the School Nutritional Environment USDA Summer Meals Toolkit Hunger Free Oklahoma
Water USDA Water Availability During Meal Service CDC Water Access in Schools CDC Increasing Water Access in Schools Toolkit Change Lab Solutions Drinking Water Access in Schools
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 School Nutrition Association Presentation Student-Parent Involvement in the National School Lunch Program 10 Ways to Involve Students in Your School Nutrition Program School Nutrition Association
Adequate Time to Eat Making Time for School Lunch CDC Action for Healthy Kids - Time to Eat Harvard Review - Starved by the Bell
Competitive Foods and Beverages USDA Smart Snacks a Guide for Schools FY 19 - 20 School Year USDA - Tools for Schools Focusing on Smart Snacks Smart Snacks Product Calculator Healthier Generation Child and Adult Care Food Program (CACFP) Smart Foods Planner Alliance for a Healthier Generation 5210 Lets Go HEALTHCARE-TOOLKIT
Other Foods Provided at School (Classroom Parties, celebrations, shared snacks, etc.) Action for Healthy Kids - Healthy Celebrations Healthier Generation - Healthy Celebrations Action for Healthy Kids Snack Tips Sheet Action for Healthy Kids Healthy Food Ideas Action for Healthy Kids Healthy Birthday and Events Center for Science in the Public Interest - Healthy School Celebrations Center for Science in the Public Interest - Healthy School Snacks American Academy of Pediatrics Snacks, Sweetened Beverages and Added Sugars
Fundraising on Campus During the School Day Action for Healthy Kids - Healthy Fundraising (Provides links to several additional resources) Action for Healthy Kids - Healthy Vending PTA's Smart Snack Guide

[Fundraising Ideas](#)

[Peacefulplaygrounds.com/school-fundraisers/](#)

[Healthier Generation - Smart Snacks Calculator](#)

[Healthier Generation Store on Amazon.com](#)

[Voices for Healthy Kids - Implementing Smart Snack Compliance](#)

*Check with the District's Food & Beverage Distributors – Many have a list of Smart Snack Compliant products that they carry

Fundraising Outside the School Day

[USDA Guidance on Foods Not Intended for Consumption at School](#)

[Action for Healthy Kids Healthy Fundraisers](#)

[Center for Science in the Public Interest - School Fundraising Can be Profitable](#)

[Center for the Science in the Public Interest Fact Sheet](#)

[USDA Best Practices for Healthy School Fundraisers](#)

[Healthy School Fundraising Success Stories](#)

*You can find lots of ideas by doing a web search on healthy fundraising

Concessions During the School Day

Any concession stand held during school hours (this includes special athletic events such as tournaments or fine arts events) must comply with the competitive food and beverages (Smart Snack) standards, unless it is one of the schools exempted fundraisers

[Smart Snack Standards](#)

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](#)

[What's Your Game Plan?](#)

[Creating Healthy Concessions A Resource Guide](#)

Nutrition Education

[Oklahoma Academic Standards / Health](#)

[OSDE Health Education Resources](#)

[Kids Health in the Classroom](#)

[USDA Nutrition Resources](#)

[CDC Nutrition Education](#)

[OK Ag in the Classroom](#)

[HHS.Gov Resources](#)

[Shape Your Future OK](#)

[OSDE Child Nutrition Links and Resources](#)

[Oklahoma Farm to School](#)

Rewards and Punishment

[Constructive 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](#)

[Student Rewards that are not Junk Food printable pdf.](#)

Chalkbeat.org - [Eliminating Candy Bribery in Schools](#)

Nutrition and Healthy Food Promotion

[Action for Healthy Kids Nutrition Promotion](#)

[Shape Your Future OK](#)

[USDA Marketing Resources](#)

[Marketing School Meals for success](#)

[Involving Parents and Students in the School Lunch Program Colorado SDE](#)

[Taste Test Toolkit](#)

[Curriculum Ideas for Taste Testing in the Classroom](#)

[AZ SDE Using Taste Tests and Surveys to Engage Students](#)

[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

A smarter lunchroom is one that influences students toward choosing healthier, more nutritious foods. Smarter lunchrooms give students an opportunity to select and consume a balanced diet while providing them with a spectrum of choices. The Smarter Lunchroom Movement (SLM) applies research-based principles that use low or no-cost solutions with a focus on the cafeteria environment and the promotion of healthful eating behaviors.

[Action for Healthy Kids - Smarter Lunchrooms](#)

[Smarter Lunchroom Scorecard](#)

[60 Strategies of the Smarter Lunchrooms Scorecard - Youtube Webinar](#)

[No Time to Train - A year of 10 Minute Trainings for Child Nutrition Staff](#)

Examples of Smarter Lunchroom 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 - Marketing and Promotion of Foods and Beverages at School](#)

[Action for Healthy Kids - Food and Beverage Marketing at School](#)

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

[Center for Science in the Public Interest - Marketing of Low Nutrition Foods in Schools](#)

Child Nutrition Staff Qualifications and Training

[Professional Standards | USDA-FNS](#)

[OSDE Child Nutrition Links and Resources](#)

[USDA Nutrition Education for Foodservice Staff](#)

[USDA Professional Standards Summaries](#)

School Gardens

[Growing Minds and School Gardens](#)

[Educational Benefits of School Gardening](#)

[Why School Gardens](#)

[Slow Foods USA - School Gardens](#)

[Kids Gardening - Starting a School Garden Program](#)

Farm to School Programs

<http://okfarmtoschool.com/>

[Getting Started with Farm to School](#)

[National Farm to School](#)

[Growing Minds Farm to School teaching Resources](#)

[Oklahoma Agriculture in the Classroom](#)

Examples of 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.

60 Minutes of Physical Activity a Day for Students

[Comprehensive School Physical Activity Programs \(CSPAP\) A Guide for Schools](#)
[CDC Healthy Schools Physical Activity Facts](#)
[Policy Brief Supporting Quality Physical Education and Physical Activity in Schools](#)
[Active Education: Growing Evidence on Physical Activity and Academic Performance](#)
[National Academies Infographic on getting 60 minutes a day](#)

Recess and Physical Activity Breaks

Recess

[Comprehensive School Physical Activity Programs \(CSPAP\) A Guide for Schools](#)
[Program Proves More Recess Improves Academic Performance and Behavior](#)
[Recess Planning in Schools CDC & SHAPE America Guide](#)
[Scholastic Recess Makes Kids Smarter](#)
[American Academy of Pediatrics - The Crucial Role of Recess](#)
[Peaceful Playgrounds - 10 Reasons Why Recess is So Important](#)
[OSDE Benefits of Recess Before Lunch](#)
[Peaceful Playgrounds Recess Before Lunch Resources](#)
[Action for Healthy Kids Recess Before Lunch](#)
[GoNoodle.Com \(Free Physical Activity Site\)](#)
[Action for Healthy Kids Active Indoor Recess](#)
[Peaceful Playgrounds 10 Rainy & Snow Day Activities for Indoor Recess](#)
[Fit 4 Kids Ideas for Active Indoor Recess](#)

Physical Activity Breaks

[Comprehensive School Physical Activity Programs \(CSPAP\) A Guide for Schools](#)
[Integrate Classroom Physical Activity a Guide for Schools](#)
[Active Play Active Learning Brain Breaks Guide](#)
[In-School Activity Break suggestions American Heart Association](#)
[Take a Break! Teacher Toolbox For Secondary Classrooms](#)
[Tips for Implementing a Comprehensive School Physical Activity Program](#)
[GoNoodle](#)
[Active Academics](#)
[Energizers to Integrate Academic Concepts \(Elementary & Middle School\)](#)
[Infographic: Active Kids Learn Better](#)

Physical Education

[Comprehensive School Physical Activity Programs \(CSPAP\) A Guide for Schools](#)
[OSDE 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](#)
[Openphysed.org PE Curriculum Resource](#)

Physical Activity Before and After School

[Comprehensive School Physical Activity Program \(CSPAP\)](#)
[BOK Kids Free Before and After School Physical Activity Program](#)
[New York Road Runners - Free Running Program Resources](#)

[Girls on the Run - Girls Empowerment Program](#)
[Let Me Run - Wellness Program for Boys](#)
[100 Mile Club](#)
[Action for Healthy Kids School Walking Program](#)
[World Fit - 6 week Walking and Exercise program for Schools](#)

Teacher Qualifications, Training and Involvement
[Integrate Classroom Physical Activity in Schools](#)
[Physical Activity in the Classroom](#)
[University of Omaha Physical Activity in the Classroom Training \(PDF PowerPoint\)](#)
[National Association for Sports and Physical Education](#)

Punishment and Rewards
[Shape America Position Statement Using Physical Activity as Punishment and/or Behavior Management](#)
[60 Alternatives to Withholding Recess](#)
[Action for Healthy Kids Alternatives-to-Withholding-Physical-Activity-Tip-Sheet.pdf](#)
[Healthier Generation Alternatives to Withholding Physical Activity](#)

Grounds, Facilities, and Equipment
<https://nces.ed.gov/pubs2003/maintenance/chapter5.asp>
[Building and Grounds Maintenance Checklist](#)
[OK.Gov Facilities and Use Management](#)
[Public Playground Safety Handbook](#)

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](#)
[Action for Healthy Kids and Joint Use Agreements](#)
[Active Living and Community Organizations Physical Activity Program Participation](#)
[Public Health Law Center and Shared Use of School Property](#)

Active Transportation
[Safe Routes to School | Safe Routes Partnership](#)
[Action for Healthy Kids Bike to School](#)
[Action for Healthy Kids Walk to School](#)
[Safe Routes National Center for Safe Routes to School](#)
[Walk and Bike to School!](#)
[Walking School Bus](#)
[Walk or Bike to School - Safety First](#)
[Walk or Bike to School Day Toolkit](#)
[Pryor Public Schools Walking Wednesdays](#)

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.

After-School Programs (On site after-school programs)

[National After School Association Standards for Healthy Eating and Physical Activity](#)

[Afterschool Alliance Kid's on the Move](#)

[Shape America Comprehensive School Physical Activity Resources](#)

[Activity Resources for After School Programs](#)

[Action for Healthy Kids - Limiting Screen Time](#)

[Food and Fun After School for Staff](#)

[How After School Programs can Impact Kids Screen Time](#)

Other Activities that Promote School Wellness

[Shape Your Future OK Classroom Activities](#)

[Action for Healthy Kids Student Wellness Team](#)

[School and Family Partnerships to Promote School Wellness](#)

[Action for Healthy Kids School Resources](#)

[School Wellness Challenges and Recognition Ideas Michigan](#)

Staff Wellness

[SDE Employee Wellness Webpage](#)

[Oklahoma SDE Employee Wellness Guide](#)

[Thrive Oklahoma Employees Wellness Program](#)

[National Association of Chronic Disease School Employee Wellness Guide](#)

[Kaiser Permanente School Employee Wellness](#)

[SHAPE America School Based Employee Wellness Position Statement Draft](#)

[Thrive Oklahoma Employee Wellness Healthy Pantry Toolkit](#)

Professional Development

[CDC Training Tools for Healthy Schools Professional Development](#)

[CDC Facilitator Guide on Parent Engagement for Staff Development](#)

[Action for Healthy Kids Staff Professional Development](#)

[CDC Students with Chronic Health Conditions](#)

[OSDE Professional Development](#)

[Integrate Movement into the School Day A guide for Classrooms](#)

[Teacher Toolbox Physical Activity Breaks in the Secondary Classroom](#)

[Teach Hub Fun Teaching Strategies that Integrate Movement](#)

[Wellness Policy Training on the Final Rule](#)

Health Education

[Safe and Healthy Schools | Oklahoma State Department of Education](#)

[Oklahoma Academic Standards Health](#)

[Oklahoma Academic Standard Physical Education](#)

[American School Health Resources](#)

Leadership

[Local School Wellness Policy Implementation Summary of the Final Rule](#)

[USDA Local School Wellness Policy](#)

Parent Engagement in Health and Wellness

[Family and Community Engagement | Oklahoma State Department of Education](#)

[CDC Parent Engagement Facilitator Guide](#)

[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

[Family School Community Partnerships](#)

Community Involvement in School Health and Wellness

[CDC School Health Index](#) See Module 11

[Dept. of Ed Parent and Family Engagement](#)

Assessments, Revisions, and Policy Updates

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

[CDC Local School Wellness Policy](#)

COVID and WSCC Resources

[Planning for the next normal at school](#) resources for

- Mental health and well-being
- COVID-19 prevention
- Social drivers of health
- Physical activity and physical education
- Staff and teacher well-being

Resources from – Kaiser Permanente; Alliance for a Healthier Generation; CDC; NASBE; Healthy Schools Campaign; SHAPE America; Action for Healthy Kids and many others. This playbook prioritizes considerations of policy, equity, and family and community engagement, which can contribute to a successful reopening strategy.

[OSDE Return to Learn OK Framework for Reopening Schools Updated August 5 2020](#)

[CDC COVID 19 Schools and Childcare Programs](#)

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