

CHILD NUTRITION AND PHYSICAL FITNESS PROGRAM

The Chickasha Board of Education recognizes that childhood obesity has reached epidemic levels throughout the country. Overweight children are at a higher risk for developing severe long-term health problems, and overweight children are affected by discrimination, psychological stress, and low self-esteem. However, research indicates that obesity and subsequent diseases are largely preventable through diet and regular physical activity. Research also indicates that becoming physically active and maintaining a regular physical activity program significantly reduces the risk of some obesity and some cancers, diabetes, and other chronic diseases.

Children who eat well-balanced meals and are healthy are more likely to learn in the classroom. The board supports increased emphasis on nutrition as well as physical activity at all grade levels to enhance the well-being of our district's youth. Therefore, it is the policy of the board to:

1. Provide students access to nutritious food;
2. Provide opportunities for physical activity and developmentally appropriate exercise; and
3. Provide accurate information related to these topics.

Nutritional Goals

Chickasha Public Schools will ensure students in grades K-12 receive nutrition education that is interactive and teaches the skills they need to adopt healthy eating habits.

Nutrition education is offered in the dining room as well as in the classroom, with coordination between the food service staff and teachers.

Nutrition is integrated into the health curriculum or core curriculum (e.g., math, science, language arts, and social studies).

Physical Education Goals

Students are given opportunities for physical activity during the school day through daily recess periods, physical education classes, and the integration of physical activities into the academic curriculum.

Students are given opportunities for physical activity through a range of before and/or after school programs, including, but not limited to, interscholastic athletics.

Other School-based Activities

1. Dining Environment

All schools will provide a clean, safe, enjoyable meal environment for students.

Schools will provide enough space and serving areas to ensure student access to school meals with a minimum of wait time.

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Schools will encourage all students to participate in school meal programs and will protect the identity of students who eat free and reduced-price meals.

2. Time to Eat

Adequate time will be provided for students to enjoy eating healthy foods with friends in school.

Lunchtime will be scheduled as near the middle of the school day as possible.

Encourage recess for elementary schools before lunch so that children will come to lunch less distracted and ready to eat.

3. Food or Physical Activity as a Reward or Punishment

The use of food as a reward or punishment in schools will be prohibited.

No student will excessively be denied participation in recess or other physical activities for classroom make-up time. Teachers will be required to contact the principal to determine other options before a student is denied recess twice in a one-week period.

4. Healthy Snack Choices

Chickasha Public Schools will provide healthful food and beverage choices in order to promote student wellness. Snack items sold to students through vending machines, concession stands, and school stores will provide nutrients and not empty calories.

Chickasha Public Schools will consider the following recommended nutritional guidelines when evaluating snack food items. Check for the following nutritional requirements per single serving as stated on the Nutrition Facts label.

- * Less than 30 percent or 7 grams of fat (exception for nut and seed mixes)
- * Less than 10 percent or 2 grams of saturated fat
- * No more than 35 percent sugar by weight or 15 grams (exceptions are fresh and dried fruits)
- * Less than 480 mg sodium

Recommended Healthy Snack Options for Students

Chickasha Public Schools recommends the following healthy snack options for students:

1. Foods: nuts/peanuts, dried fruits, canned fruits, trail mix, whole-grain cereal bars, pretzels, baked chips or crackers, animal crackers, graham crackers, baked cereal mix, baked fish-shaped crackers, granola bars, whole-grain chips, string cheese, fresh fruits, raw vegetables, popcorn, low fat yogurt, low fat baked goods, low fat crackers, pudding, beef jerky, bagels, multigrain bars, fruit snacks.

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2. Beverages: bottled water, 100 percent fruit juice, tea (unsweetened or diet), skim milk, 1 percent milk (flavored or unflavored), sports drinks, electrolyte replacement drinks, fruit-based (no less than 50 percent fruit juice and no added sweetener).

Chickasha Public Schools' Nutrition Guidelines for all Foods Available on Each School Campus During the School Day

The United States Department of Agriculture (USDA) defines foods of minimal nutritional value (FMNV) as those foods that provide LESS than 5 percent of the United States Recommended Daily Allowance (USRDA) for each of the eight specified nutrients per 100 calories AND less than 5 percent of the USRDA for each of eight specified nutrients per serving. The eight specified nutrients to be evaluated are protein, vitamin A, vitamin C (ascorbic acid), niacin, riboflavin, thiamin, calcium, and iron. In the case of artificially sweetened foods, only the per serving measure would apply.

The USDA realizes that states and local school food authorities (SFAs) may find it difficult to apply the 5 percent rule to each food item sold on school premises. Therefore, the USDA has established a more practical method to evaluate FMNV. The USDA has identified four categories of food items that are considered to be FMNV. States and SFAs must restrict those foods that are included in the four categories of FMNV. (Reference All State Director's Memo 1980-SNP-52.) The four categories of FMNV are soda water/carbonated beverages, water ices, chewing gum, and certain candies. The types of foodstuffs belonging to each category are defined as follows:

1. Soda water/carbonated beverages: a class of beverages made by absorbing carbon dioxide in potable water. The amount of carbon dioxide used is not less than that which will be absorbed by the beverage at a pressure of one atmosphere and at a temperature of 60 degrees Fahrenheit. It either contains no alcohol or only such alcohol, not in excess of 0.5 percent by weight of the finished beverage, as is contributed by the flavoring ingredient used. No product shall be excluded from this definition because it contains artificial sweetener or discrete nutrients added to the food, such as vitamins, minerals, and protein.
2. Water ices: Water ices are the foods prepared from the same ingredients and in the same manner prescribed for sherbets, except that the mix need not be pasteurized and complies with all the provisions as sherbet (including the requirements for label statement of ingredients), except that no milk or milk-derived ingredient, and no egg ingredient other than egg white, is used. Water ices include foods that are artificially or naturally flavored with non-fruit or non-fruit juice flavorings. However, a frozen product with fruit or fruit juice or with milk or milk products is NOT classified as a water ice.

Unless the following types of products have an exemption for a specific product, they are considered FMNV:

Frozen, water-based bars – water ices
Frozen coffee/tea drinks – water ices
Partially frozen drinks – water ices
Frozen pickle juice/brine – water ice
Soda water floats – soda water; while these items contain ice cream, which is not an FMNV, the main ingredient is soda water

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3. Chewing gum: flavored products from natural or synthetic gums and other ingredients that form an insoluble mass for chewing.
4. Certain candies: processed foods made predominantly from sweeteners or artificial sweeteners with a variety of minor ingredients that characterize the following types:
 - A. Hard candies: a produce made predominantly from sugar (sucrose) and corn syrup, which may be flavored and colored; characterized by a hard, brittle texture; and includes such items a sour balls, fruit balls, candy sticks, lollipops, starlight mints, after-dinner mints, sugar wafers, rock candy, cinnamon candies, breath mints, jaw breakers, and cough drops.
 - B. Jellies and gums: a mixture of carbohydrates that are combined to form a stable gelatinous system of jellylike character; are generally flavored and colored; and include gumdrops, jelly beans, jellied and fruit-flavored slices.
 - C. Marshmallow candies: an aerated product composed of sugar, corn syrup, invert sugar, 20 percent water, and gelatin or egg white, to which flavors and colors may be added.
 - D. Fondant: a product consisting of microscopic-sized sugar crystals that are separated by a thin film of sugar and/or invert sugar in solution such as candy corn or soft mints.
 - E. Licorice: a product made predominantly from sugar and corn syrup that is flavored with an extract made from the licorice root.
 - F. Spun candy: a product that is made from sugar that has been boiled at a high temperature and spun at a high speed in a special machine.
 - G. Candy-coated popcorn: popcorn that is coated with a mixture made predominantly from sugar and corn syrup.

Current USDA regulations prohibit the sale of these FMNV during student meal services (7 CFR 210.11[b]). Chickasha Public Schools will comply with the requirements of FMNV in the following areas:

1. Food service area/meal period (Reference All State Director's Memo 2001-SP-06)

The term "food service area" refers to any area on site premises where program meals are either served or eaten. Eating areas that are completely separate from the serving lines are clearly part of the food service area. Furthermore, sites may not design their food service areas in such a way as to encourage or facilitate the choice or purchase of FMNV as a ready substitute for, or in addition to, program meals. Similarly, "during meal periods" includes both the time of serving and the time the student spends eating the meal.

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2. Access to FMNV

- A. It is not permissible for a site to serve FMNV during a meal service period in the area where reimbursable meals are served and/or eaten.
- B. Chickasha Public Schools agree to price the reimbursable meal as a unit. Any FMNV provided with a reimbursable meal at no additional charge is in fact being SOLD as part of the unit if the FMNV is available only when a reimbursable meal is taken. This violates the prohibition against selling FMNV in the food service areas during meal periods. Further, such arrangements violate the unit price provision in the agreement.

Effective July 1, 2007, Chickasha Public Schools will ensure that students in elementary schools do not have access to FMNV, except on special occasions. These occasions must be approved in advance by the superintendent or designee.

Chickasha Public Schools will ensure that students in middle school do not have access to FMNV except after school, at events that take place in the evening, and on special occasions. The only exception to the minimal nutritional value would be diet soda with less than ten calories per bottle or can.

Evaluation of School Wellness Policy

Chickasha Public Schools will annually review the school wellness policy to determine if there should be any revisions. The superintendent or designee will assess how the policy is being implemented by interviewing the food service director and all building principals. Documentation should be kept by the building principals and food service department during the school year to analyze the implementation of this policy.

Development of the School Wellness Policy

Chickasha Public Schools will utilize the involvement of parents, students, representatives of the school food authority, the school board, school administrators, and the public in developing the wellness policy.

Curriculum

The Chickasha Board of Education recognizes that healthy eating patterns are essential for students to achieve their academic potential, full physical and mental growth, and lifelong health and well being. To help ensure students possess the knowledge and skills necessary to make nutritious food choices for a lifetime, the superintendent shall prepare and implement a comprehensive district nutrition program consistent with state and federal requirements for districts sponsoring the National School Lunch Program and/or the School Breakfast Program. To implement the program, the superintendent shall adopt and implement a comprehensive curriculum on health, fitness, and nutrition that will provide opportunities for developmentally appropriate instruction for grades K-12. The input of staff, students, parents, and public health professionals in the development of the curriculum will be encouraged.

Nutrition, health, and fitness topics shall be integrated within the sequential comprehensive health education curriculum taught at every grade level, K-12, and coordinated with the district's nutrition and food services operation.

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The district shall take a proactive effort to encourage students to make nutritious food choices. The superintendent shall ensure that:

1. A variety of healthy food choices are available whenever food is sold or served on district property or at district-sponsored events;
2. Schools shall regulate the sale or serving of foods or snacks high in fat, sodium, or added sugars; and
3. Nutritious meals served by the school nutrition and food services operation complies with state and federal law.

Child Nutrition Program

The Chickasha Public Schools will operate a school lunch program that will include lunch, and may include breakfast, through participation in the Child Nutrition Programs. The superintendent, in conjunction with the food service supervisor and with the approval of the board of education, will establish and post meal prices.

As required for participation in the Child Nutrition Programs, the board prescribes that:

School lunch is to be made available to all students.

Free and reduced price lunches are to be made available for students who meet the federal income guidelines.

In the operation of the Child Nutrition Programs, no child will be discriminated against because of race, sex, color, national origin, age, or disability. Discrimination complaints under these programs should be filed with the State Department of Education Child Nutrition Programs, 2500 North Lincoln Blvd., Oklahoma City, Oklahoma 73105-4599.

The district shall inform parents of the eligibility standards for free or reduced price meals. Reasonable efforts shall be made to protect the identity of students receiving such meals. A parent has the right to appeal to the superintendent any decision with respect to his/her application for free or reduced price food services.

The district's child nutrition program shall reflect the board's commitment to providing adequate time for instruction to promote healthy eating through nutrition education, serving healthy and appealing foods at district schools, developing food-use guidelines for staff, and establishing liaisons with nutrition service providers, as appropriate. Nutrition education topics shall be integrated within the sequential, comprehensive health education program taught at every grade level, kindergarten through grade 12, and coordinated with the district's nutrition and food services operation.

It is the intent of the board of education that district schools take a proactive effort to encourage students to make nutritious food choices. Meals served in school before the end of the last lunch period shall conform to the U. S. Dietary Guidelines for Americans. Food and beverages sold or served on district grounds or at district-sponsored events shall meet requirements for nutritional standards and/or other guidelines as may be recommended by the district. The superintendent shall ensure that nutritious foods are available as an affordable option whenever food is sold or served on district property or at district-sponsored events.

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The superintendent is directed to prepare rules and regulations to implement and support this policy, including such provisions as may be necessary to address all food and beverages sold and/or served to students at school (i.e., competitive foods, snacks, and beverages sold from vending machines, school stores, and fund raising activities and refreshments that are made available at school parties, celebrations, and meetings), including provisions for staff development, family and community involvement, and program evaluation.

REFERENCE: 70 O.S. §1-107
7 CFR, Parts 210 and 220
7 CFR, Part 245.5

CROSS-REFERENCE: Policy COF, Vending Machines
Policy COFA, Competitive Food Sales
Policy EHAJ, Health Education
Policy EHAK, Physical Education

*THIS POLICY REQUIRED BY
PUBLIC LAW 108-265, SECTION 204.*

CHILD NUTRITION PROGRAMS (REGULATION)

In accordance with the policy of the board of education, the following regulation shall govern the comprehensive nutrition programs in this school district.

School Cafeterias

1. Any student may eat in the school cafeteria or other designated place. Chickasha High School will have a closed campus for all students, except those whose parents assume the responsibility for their welfare and safety while they are away for the campus at noon.

Parents may grant permission for their son/daughter to leave the high school campus during the noon hour by having a parental permission slip on file with the high school principal.

An open campus lunch period will be operated for Chickasha Quality Academy students grades 9-12. This will allow students to leave the campus for lunch. If students prefer not to leave the campus for lunch, they will be allowed to purchase a school lunch, use vending machines and/or bring their lunch. Eighth grade students will only be permitted to leave campus for lunch if they are escorted by their parent or guardian.

2. Students may bring or otherwise provide their own lunch. Milk or other beverages may be purchased in the dining hall, if desired. These students may eat their lunch in the school cafeteria or a designated area. Vending machine ("junk food") items shall not be consumed in the dining hall.
3. Meal prices will be established by the superintendent and food service supervisor, with the approval of the board of education, at the beginning of each year.
4. Meal prices will be conspicuously posted in each cafeteria.
5. A guest must be cleared through the food service supervisor by his/her host to be eligible to eat in the cafeteria.
6. Use of dining room facilities by nondistrict organizations or individuals must have approval of the superintendent.
7. The food service supervisor will develop in-service training programs, approved by the superintendent, for the food service staff.
8. Under federal law, a school that operates on a commodity program is prohibited from serving free meals to any adult, including employees of the district.
9. Qualifications for free and reduced-price lunches will vary annually in accordance with the annual eligibility schedule.

CHILD NUTRITION PROGRAMS, REGULATION (Cont.)Definitions

1. **Competitive foods** means any food or drink sold in competition with the National School Lunch Program and/or School Breakfast Program in food service areas during the meal periods.
2. **Dietary Guidelines for Americans** means the current set of recommendations of the federal government that are designed to help people choose diets that will meet nutrient requirements, promote health, support active lives, and reduce chronic disease risks.
3. **Nutrition education** means a planned sequential instructional program that provides knowledge and teaches skills to help students adopt and maintain lifelong healthy eating habits.
4. **Foods of minimal nutritional value** means:
 - A. In the case of artificially sweetened foods, a food that provides less than five percent of the Reference Daily Intakes (RDI) for each of eight specified nutrients per serving; and
 - B. In the case of all other foods, a food that provides less than five percent of the RDI for each of eight specified nutrients per 100 calories and less than five percent of the RDI for each of eight specified nutrients per serving. The eight nutrients to be assessed for this purpose are protein, vitamin A, vitamin C, niacin, riboflavin, thiamine, calcium, and iron.
 - C. Food that is classified into four categories:
 - Carbonated soft drinks
 - Chewing gum
 - Water ices
 - Certain candies made predominately from sweeteners such as hard candy, licorice, jellybeans, gumdrops, marshmallows, fondant, cotton candy, and candy-coated popcorn
5. **Food service area** means any area on school premises where child nutrition program meals are both served and eaten, as well as any areas in which such meals are either served or eaten.
6. **Meal period** means the period(s) during which breakfast or lunch meals are served and eaten, and as identified on the school schedule.

Nutrition Education

Nutrition education shall focus on students' eating behaviors, be based on theories and methods proven effective by research and be consistent with state and local district health education standards. Nutrition education at all levels of the district's curriculum shall include, but not be limited to, the following essential components designed to help students learn:

CHILD NUTRITION PROGRAMS, REGULATION (Cont.)

1. Age-appropriate nutritional knowledge, including the benefits of healthy eating; essential nutrients; nutritional deficiencies; principles of healthy weight management; the use and misuse of dietary supplements; safe food preparation, handling, and storage; and cultural diversity related to food and eating;
2. Age-appropriate nutrition-related skills, including, but not limited to, planning a healthy meal, understanding and using food labels, and critically evaluating nutrition information, misinformation, and commercial food advertising; and
3. How to assess one's personal eating habits, set goals for improvement, and achieve those goals.

In order to reinforce and support district nutrition education efforts, the building principal is responsible for ensuring:

1. Nutrition instruction is closely coordinated with the school's nutrition and food services operation and other components of the school health program to reinforce messages on healthy eating and includes social learning techniques. To maximize classroom time, nutrition concepts shall be integrated into the instruction of other subject areas where possible;
2. Links with nutrition service providers (e.g., qualified public health and nutrition professionals) are established to provide screening, referral, and counseling for nutritional problems; inform families about supplemental nutritional services available in the community (e.g., food stamps, local food pantries, summer food services program, child and adult care food program); and implement nutrition education and promotion activities for school staff, board members, and parents;

Nutrition and Food Services Operation

In order to support the school's nutrition and food services operation as an essential partner in the educational mission of the district and its role in the district's comprehensive nutrition program, the building principal is responsible for ensuring:

1. The school encourages all students to participate in the school's child nutrition program meal opportunities.
2. The school notifies families of need-based programs for free or reduced-price meals and encourages eligible families to apply.
3. The school's child nutrition program maintains the confidentiality of students and families applying for or receiving free or reduced-price meals *[or free milk]* in accordance with the National School Lunch Act.
4. The school's child nutrition program operates to meet nutrition standards in accordance with the Healthy Meals for Healthy Americans Act of 1994, as amended, and with applicable state laws and regulations.
5. The school sells or serves varied and nutritious food choices consistent with the applicable federal government Dietary Guidelines for Americans.

CHILD NUTRITION PROGRAMS, REGULATION (Cont.)

6. Food prices set by the district are communicated to students and parents. District pricing strategies will encourage students to purchase full meals and nutritious items.
7. Procedures are in place for providing to families, on request, information about the ingredients and nutritional value of the foods served.
8. The district will provide substitute foods to students with disabilities upon written parental permission and a medical statement by a physician that identifies the student's disability, states why the disability restricts the student's diet, identifies the major life activity affected by the disability, and states the food(s) to be omitted and the food or choice of foods that must be substituted.
9. Food service equipment and facilities meet applicable local and state standards concerning health; safe food preparation, handling, and storage; drinking water; sanitation; and workplace safety.
10. Students are provided adequate time and space to eat meals in a pleasant and safe environment. School dining areas will be reviewed to ensure:
 - A. Tables and chairs are of the appropriate size for students;
 - B. Seating is not overcrowded;
 - C. Students have a relaxed environment;
 - D. Noise is not allowed to become excessive;
 - E. Rules for safe behavior are consistently enforced;
 - F. Tables and floors are cleaned between meal periods;
 - G. The physical structure of the eating area is in good repair;
 - H. Appropriate supervision is provided.

Foods of Minimal Nutritional Value and Competitive Food Sales

In keeping with federal regulations, the district controls the sale of foods of minimal nutritional value and all competitive foods.

Accordingly the district will offer choices in vending machines from the following nutritional food items:

1. Canned fruits;
2. Fresh fruit (e.g., apples and oranges);

CHILD NUTRITION PROGRAMS, REGULATION (Cont.)

3. Fresh vegetables (e.g., carrots);
4. Fruit juice and vegetable juice (at least 50% full strength), and bottled water (within established district guidelines);
5. Low-fat crackers and cookies, such as fig bars and ginger snaps;
6. Pretzels;
7. Bread products (e.g., bread sticks, rolls, bagels, and pita bread);
8. Ready-to-eat, low-sugar cereals (e.g., granola bars made with unsaturated fat);
9. Low-fat (one percent) or skim milk;
10. Low-fat or nonfat yogurt;
11. Snack mixes of cereal and dried fruit with a small amount of nuts and seeds;
12. Raisins and other dried fruit;
13. Low-fat crackers.

(NOTE: The district may modify the list as necessary.)

Other Foods Offered or Sold

The district recognizes that federal government standards requiring schools to provide child nutrition program meals consistent with applicable Dietary Guidelines for Americans do not apply to competitive foods sold or served outside the food service areas as defined in this regulation.

Staff Development

Ongoing in-service and professional development training opportunities for staff, in the area of food nutrition, will be encouraged.

Family and Community Involvement

In order to promote family and community involvement in supporting and reinforcing nutrition education in the schools, the building principal is responsible for ensuring:

1. Nutrition education materials and cafeteria menus are sent home with students;
2. Parents are encouraged to send healthy snacks/meals to school;

CHILD NUTRITION PROGRAMS, REGULATION (Cont.)

3. Families are invited to attend exhibitions of student nutrition projects or health fairs;
4. Nutrition education workshops and screening services are offered;
5. Nutrition education homework that students can do with their families is assigned (e.g., reading and interpreting food labels, reading nutrition-related newsletters, preparing healthy recipes, etc.); and
6. School staff are encouraged to cooperate with other agencies and community groups to provide opportunities for student volunteer or paid work related to nutrition, as appropriate.

Program Evaluation

In order to evaluate the effectiveness of the school health program in promoting healthy eating and to implement program changes as necessary to increase its effectiveness, the building principal is responsible for ensuring:

1. Board policy and this regulation are implemented as written;
2. All building, grade-level nutrition education curricula and materials are assessed for accuracy, completeness, balance, and consistency with state and local district educational goals and standards;
3. Nutrition education is provided throughout the student's school years as part of the district's age-appropriate, comprehensive nutrition program;
4. Teachers deliver nutrition education through age-appropriate, culturally relevant, participatory activities that include social learning strategies and activities; and
5. Families and community organizations are involved, to the extent practicable, in nutrition education.

**CROSS-REFERENCE: Policy COF, Vending Machines
Policy COFA, Competitive Food Sales
Policy EHAJ, Health Education**

FOOD ALLERGY GUIDELINES (REGULATION)

The following guidelines are designed to reduce the risk of exposure to potentially life-threatening food allergens for our growing number of students with severe allergies. It is the district's goal to provide a school setting that minimizes the risk of accidental exposure while maintaining a safe, positive educational environment for all students.

Impact on the School

Every school should expect at some point to have students with food allergies. Schools must be prepared to deal with food allergies and the potential for anaphylaxis.

The student with an undiagnosed food allergy may experience a first allergy reaction while at school.

When a physician assesses that a child's food allergy will result in anaphylaxis, the child's condition meets the definition of "disability" and is covered under the Federal Americans with Disability Act (ADA), Section 504 of the Rehabilitation Act of 1973, and may be covered under Individuals with Disabilities Education Act (IDEA) if the allergy management affects the student's ability to make educational progress.

Adequate plans and staff, who are knowledgeable regarding preventive measures and are well prepared to handle severe allergic reactions, can save the life of a child.

Family Responsibility

It is the responsibility of the parent or guardian to:

1. Notify the school staff, school nurse, and food service manager of a child's allergies and provide updates annually or as necessary.
2. Help to establish a core team of, but not limited to, the child's physician, school principal, school nurse, teacher, guidance counselor, and food service manager to develop and implement a plan that addresses the child's needs, including the school transportation, classroom, cafeteria, assemblies, etc. A detailed food allergy action plan should also be included.
3. Provide written medical documentation, instructions, and prescribed medications, using the food allergy action plan as a guide. All medical documentation, instructions and prescribed medications must be received by the school before the child may attend the school. A photo of the child must also be included.
4. Parents will provide the child with a medic-alert bracelet identifying the life-threatening allergy. The bracelet should be worn at all times while at school or school-sponsored events.
5. Replace expired and/or used medications as per the food allergy action plan.
6. Educate the child in the self-management of the food allergy, including: safe and unsafe foods, strategies for avoiding exposure to unsafe foods, symptoms of allergic reactions, how to communicate an allergy-related problem, how to read food labels (age appropriate). The child should not accept food from other students.
7. Review guidelines/procedures with the core team members as soon as possible following a reaction.

8. Notify school staff of changes in emergency contact phone numbers.
9. Share food allergy information including a copy of the emergency action plan and medication orders with all after school programs/activities and field trips. Notify school nurse if additional staff training is needed.
10. Provide safe snacks for classroom parties and other special events.
11. Provide safe meals from home. This is the safest option for a child with life threatening allergies.
12. Work with food service manager to ensure safe school meal options are selected if the child eats at school.
13. Provide an emergency kit which contains a physician's standing order for epinephrine and medication the doctors wished to be given in the event of anaphylactic shock.

FOOD ALLERGY GUIDELINES, REGULATION (Cont.)Student Responsibility

It is the responsibility of the student to:

1. Take a proactive role in the care and management of his/her food allergies (age appropriate).
2. Not accept food items from or trade food items with other students.
3. Avoid food items with unknown ingredients or known allergens.
4. Immediately notify any teacher, administrator, assistant, or school nurse of possible exposure to food allergen.
5. Wear a medic-alert bracelet at all times.

School Responsibility

It is the responsibility of school personnel to:

1. Keep informed of and follow all applicable federal laws, including ADA, IDEA, Section 504, and FERPA, as well as all state laws and district policies/guidelines that may apply.
2. Include food-allergic students in school activities. Students shall not be excluded from school activities solely based on their food allergies unless those activities pose a legitimate threat to the health of the students.
3. Inform and update all families registered in the district about known allergens in order to minimize the risk of life-threatening exposure.
4. Provide all families with a copy of food allergy guidelines as well as a listing of resources regarding food allergies, such as Food Allergy and Anaphylaxis Network (FAAN).
5. Identify a core team of, but not limited to, the child's physician, school principal, school nurse, teacher, guidance counselor, and food service manager to work with the parents and student (age appropriate) to establish a food allergy action plan specific to that child. Changes will be made as necessary with team participation.
6. Educate staff who interact with students with food allergies, on a regular basis so they understand food allergy, can identify students, can recognize symptoms and can take emergency action.
7. Staff will ensure that necessary paperwork is received from the family physician which will include written medical documentation, instructions and prescriptions for the current year and documentation received will be sent to the school nurse, principal and Child Nutrition Leader.
8. Staff will notify the principal, school nurse and Child Nutrition Leader that a child with a life threatening allergy has enrolled.

FOOD ALLERGY GUIDELINES, REGULATION (Cont.)

9. Identify school personnel who are properly trained to administer medications in accordance with state nursing and Good Samaritan laws governing the administration of emergency medications.
10. Coordinate with the school nurse to assure that medications are stored appropriately (easily accessible, secure location such as the main office) and that an emergency kit is readily available and contains a physician's standing order for epinephrine.
11. Practice the food allergy action plan as a drill to assure the efficiency/effectiveness of the plan. Emergency protocols shall be updated as needed with team participation.
12. Review the food allergy action plan with core team members and physician as soon as possible following a reaction.
13. Work with transportation department to determine appropriate management of transportation needs.
14. Discuss planned field trips as a team to decide appropriate strategies for managing the child's food allergy. Encourage parents of the child to participate as chaperones.
15. Take seriously threats or harassment against an allergic child.

Everyone's Responsibility

1. Read information made available by the school regarding food allergies. Any questions regarding the food allergy guidelines should be directed to the school principal or school nurse.
2. Understand the seriousness of food allergies and consider how food choices may impact the lives of severely allergic students.
3. Promote understanding, acceptance, and compassion.

CROSS-REFERENCE: Policy EHAJ, Health Education

HOME PREPARED FOOD ITEMS

The Chickasha Board of Education recognizes its responsibility for safeguarding the health and safety of students in the schools. With the growing concern nationally and in the state of Oklahoma over disease-producing organisms which can be transmitted through poorly or improperly prepared food, the board of education prohibits bringing food into classrooms which has been prepared at home. This policy does not affect food items which may be prepared by a parent for a child to eat at school lunch time. Ideally, such "sack lunches" should not be shared and/or distributed.

Classroom treats, birthday celebrations, and seasonal holiday activities are an accepted part of the school culture, particularly in the early grades. It is the policy of the board of education that any food brought to the school for such celebrations not be home-prepared. Food should be store-purchased and properly sealed and protected. The seals and wrappings of store purchased food items and drinks should be removed at school and distributed under the direction of the classroom teacher or his/her designee.

Any inquiries regarding food and beverage items to be consumed by or distributed to students in the Chickasha Public Schools should be directed to the School Health Services Department of the district.

VENDING MACHINES

The Chickasha Board of Education has determined that there shall be no installations of vending machines except as approved by the superintendent. The superintendent will have the authority to determine whether such machines may be installed, where they will be placed, what items will be dispensed, and during which hours they might be used. Vending machines are operated as a convenience for students, staff, and patrons. All revenue produced from this source shall be deposited in the designated activity fund as approved by the board of education. Revenues may be spent only on those purposes for which general revenue may be expended.

The district will ensure that:

1. Students in elementary schools do not have access to foods of minimal nutritional value except on special occasions;
2. Students in middle school/junior high schools do not have access to foods of minimal nutritional value except after school, at events taking place in the evening, and on special occasions;
3. Students in high schools will be provided healthy food options in addition to any foods of minimal nutritional value to which they may have access.

"Foods of minimal nutritional value" are those foods listed in the regulations of the National School Lunch Program, which include:

1. In the case of artificially sweetened foods, a food which provides less than five percent of the Reference Daily Intakes (RDI) for each of eight specified nutrients per serving; and
2. In the case of all other foods, a food which provides less than five percent of the RDI for each of eight specified nutrients per 100 calories and less than five percent of the RDI for each of eight specified nutrients per serving.

The eight nutrients to be assessed for this purpose are: protein, vitamin A, vitamin C, niacin, riboflavin, thiamine, calcium, and iron. All categories of food of minimal nutritional value and petitioning requirements for changing the categories are listed in appendix B of 7 CFR 210.11.

Vending Machine Use

1. Elementary Schools: Vending machines shall not be operated in elementary schools in locations available to students.
2. Middle Schools/Junior High Schools: Vending machines may be operated in middle schools/junior high schools. All vending sales shall comply with policies regarding competitive food sales.
3. High Schools: Vending machines may be operated in high schools. All vending sales shall comply with policies regarding competitive food sales.

VENDING MACHINES (Cont.)

REFERENCE: 70 O.S. §5-129
A. G. Opin. No. 03-21
7 CFR 210

CROSS REFERENCE: Policy CFB, Activity Funds
Policy CO, Child Nutrition Program
Policy COFA, Competitive Food Sales