



# SCHOOL WELLNESS POLICY TOOLKIT

ELEVATESTUDENTHEALTH.COM



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**Elevate Student Health** is an initiative to help all school districts in Oklahoma understand and adopt improved wellness policies. In addition, the campaign aims to support all school sites in implementing and communicating these policies. Our model wellness policy emphasizes the importance of improving nutrition in schools, incorporating daily physical activity and increasing access to safe drinking water. A school wellness policy sets the health standard within schools, and Elevate Student Health is invested in helping every Oklahoma school district improve youth wellness.

This toolkit contains resources for school districts to understand and adopt updated school wellness policies while providing assets for schools to successfully implement the necessary wellness changes.

Elevate Student Health is funded by the Tobacco Settlement Endowment Trust (TSET).

For questions, please contact [info@ElevateStudentHealth.com](mailto:info@ElevateStudentHealth.com) or visit our website at [ElevateStudentHealth.com](http://ElevateStudentHealth.com).

# WHY IT MATTERS

IN 2023,  
**16.9%**  
OF 6–17 YEAR  
OLDS WERE  
CONSIDERED OBESE<sup>1</sup>

THAT'S ABOUT  
**121,000**  
OR  
1 OUT OF  
EVERY **6 CHILDREN**  


IN OKLAHOMA, OBESITY AND RELATED  
CONDITIONS HAVE CONTRIBUTED TO  
MEDICAL EXPENDITURES EXCEEDING

**\$1 BILLION/YEAR<sup>2</sup>**

## 3 BEHAVIORS:

-  TOBACCO USE
-  POOR DIET
-  SEDENTARY LIFESTYLE

## LEAD TO 4 CHRONIC CONDITIONS:

-  CARDIOVASCULAR  
DISEASE
-  DIABETES
-  CANCER
-  LOWER RESPIRATORY  
DISEASES

THESE 4 CHRONIC DISEASES ACCOUNT FOR ABOUT **64%** OF ALL DEATHS IN OKLAHOMA.<sup>2</sup>

YOUTH CONSUME UP TO  
**50%**  
OF THEIR CALORIES ON  
SCHOOL CAMPUS<sup>4</sup>

**73.2%**  
OF HIGH SCHOOL STUDENTS ARE  
PHYSICALLY ACTIVE LESS THAN  
60 MINUTES PER DAY<sup>3</sup>

**22.2%**  
OF STUDENTS DRINK ONE OR  
MORE CANS, BOTTLES, OR  
GLASSES OF SODA A DAY<sup>3</sup>

<sup>1</sup> Centers for Disease Control and Prevention. (2025, December). *National Surveys of Children's Health*.

<sup>2</sup> Oklahoma Department of Health. (2022, June). *State of Oklahoma Obesity Prevention Plan*.

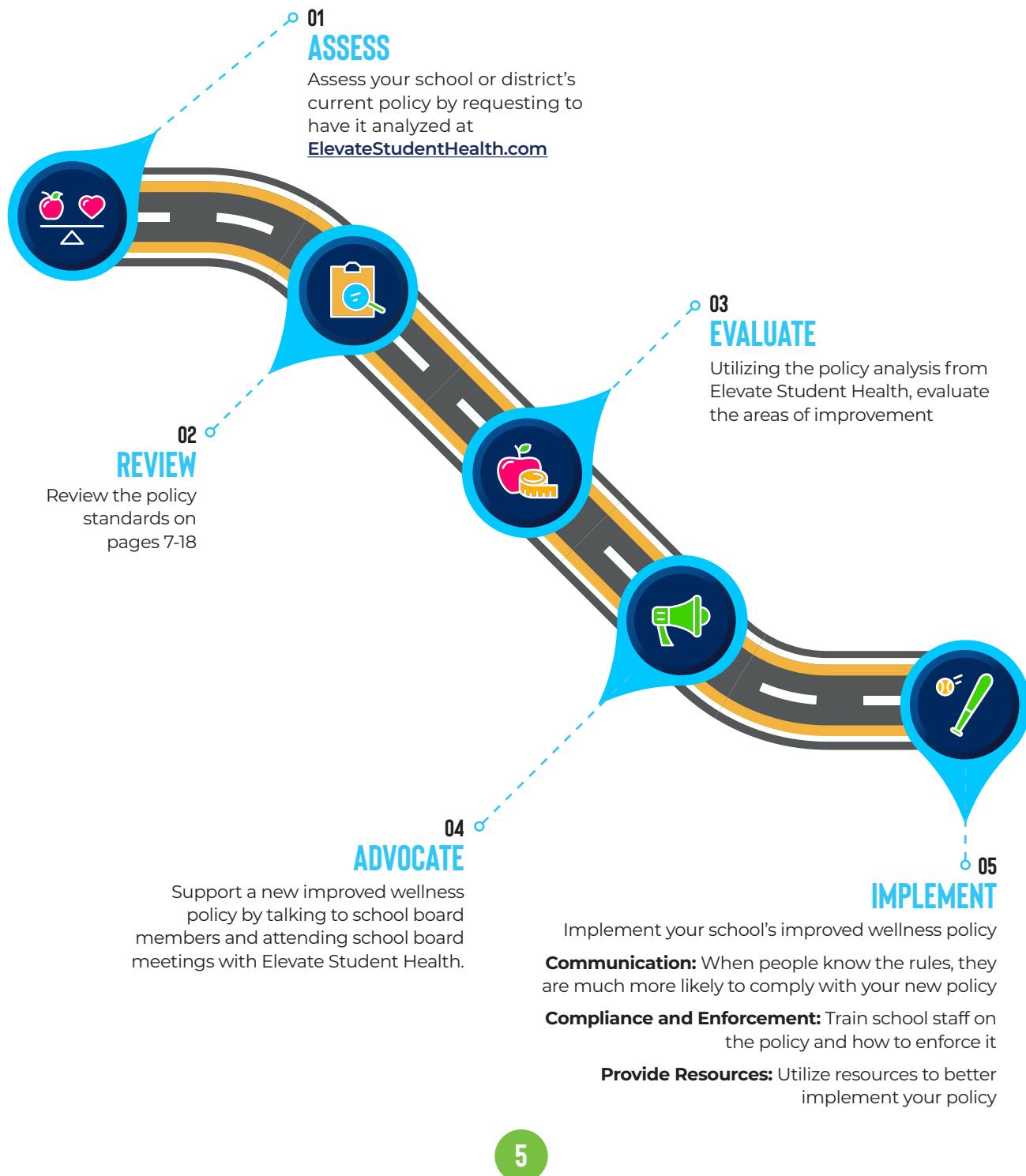
<sup>3</sup> Centers for Disease Control and Prevention. (2023). *Oklahoma, High School Youth Risk Behavior Survey*.

<sup>4</sup> Centers for Disease Control and Prevention. (2024, July 22). *School Nutrition. CDC Healthy Schools*.

## OBESIVE CHILDREN ARE MORE LIKELY TO DEVELOP HEALTH CONDITIONS SUCH AS:

- cardiovascular disease
- type 2 diabetes
- anxiety
- depression
- lower self-esteem
- self-reported lower quality of life

# A ROAD MAP TO ACHIEVING A HEALTHIER SCHOOL



# EVALUATING YOUR SCHOOL DISTRICT'S WELLNESS POLICY

WANT TO GET YOUR DISTRICT'S WELLNESS POLICY ANALYZED? FOLLOW THE 5 EASY STEPS BELOW:

1. Go to [ElevateStudentHealth.com](https://ElevateStudentHealth.com)
2. Scroll to the bottom where it says "Request to have your district's policy analyzed"
3. Fill in your name, school district, and e-mail, and click "send request"
4. The Elevate Student Health team will submit your school district's most current wellness policy to be analyzed
5. Once the analysis is complete, the results will be emailed to you in approximately two weeks and Elevate Student Health will work with you to communicate with your administration and school board

Request to have your district's policy analyzed

Name

School District

Email

**SEND REQUEST**

# INSTRUCTIONS FOR CUSTOMIZING AND SELECTING POLICY ELEMENTS

Elevate Student Health promotes a comprehensive policy standard while supporting school districts where they are at to adopt policy elements that are best for their specific community. Revise the policy language to suit your district's needs. In addition to federal and state requirements, this model policy includes options for policy enhancements and policy supplements that address high impact and other best practices for school wellness. This language goes beyond the minimum requirements set by federal and state regulations and allows your district to reach its full potential for creating healthy environments. You are encouraged to keep the policy language strong wherever possible in the interest of school wellness. After selecting all required elements and the policy enhancements and policy supplements that align with your district's priorities, remove all gray boxes, instructions, and any elements you do not wish to include.

- Elements of this policy in **bold** text are REQUIRED under federal or state law.
- Elements listed as a POLICY ENHANCEMENT – REPLACEMENT provide **alternative** language option(s) to boost a required element to better align it with high impact or other best practices, such as limiting the number of exempted fundraisers by more than is required by law. Districts should elect inclusion of either the required element as written to align with state or federal law, or the enhanced option which goes beyond the components minimally required by law.
- Elements designated as POLICY ENHANCEMENT – ADDITION provide **additional** policy components, not required by law, that have been designated as high impact or state priorities by expert reviewers. These elements should be selected in addition to required policy elements or enhanced versions of required elements, and are supplemental to these elements, not replacements. POLICY ENHANCEMENT – ADDITIONS may indicate specific mechanisms or steps the district will use to apply the required elements effectively or indicate additional wellness-promoting activities or initiatives the district or school sites must adopt.
- Elements designated as POLICY SUPPLEMENTS function similarly to POLICY ENHANCEMENT – ADDITIONS and can help strengthen district policies but have not received the same high impact designation based on expert review. These elements also may indicate specific mechanisms or steps the district will use to apply the required elements or indicate additional activities or initiatives the district or school sites must adopt. These elements should be selected, as desired and applicable, in addition to required elements and policy enhancements.

## POLICY ADOPTION STEPS

**Step 1:** Revise policy language to suit your district's needs, customizing the *[bracket text]* throughout.

- Ensure all REQUIRED policy elements (in **bold**), or their enhanced versions (labeled POLICY ENHANCEMENT – REPLACEMENTS), are included.
- Select POLICY ENHANCEMENT – ADDITIONS and POLICY SUPPLEMENTS that align with your district's priorities
- Remove the elements you do not wish to include in your policy and delete the headers in the gray boxes

**Step 2:** Delete all gray boxes and these instructions before finalizing the policy document

**Step 3:** Adopt and sign policy

# MODEL WELLNESS POLICY

## PURPOSE

[Insert school district name] (the district) recognizes the important role that schools play in the development of students' 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 and creating environments that facilitate 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:

- Allow parents, students, representatives of the school food authority, physical education teachers, school health professionals, the school board, school administrators, and the 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 as well as staff 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.

## SECTION 3

## NUTRITION

### SCHOOL MEALS REQUIREMENTS

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

#### POLICY ENHANCEMENTS – ADDITIONS:

Food served will be:

- High in fiber
- Free of added trans fats
- Low in added fats
- Low in sugar
- Low in sodium
- Accessible, appealing, and attractive to all children
- Served in a clean, pleasant, and supervised setting

The district will ensure that schools provide breakfast through the USDA School Breakfast Program.

- The district will also offer breakfast using alternate meal service options such as Breakfast in the Classroom, Second Chance Breakfast, Breakfast After the Bell, and/or Grab & Go Breakfast carts in the hallways.
- The district will encourage students to start the day with a healthy breakfast.

#### POLICY SUPPLEMENT:

- Reviewed by a registered dietitian or other certified nutrition professional and/or based on a meal plan provided by a professional resource (e.g., the State Department of Education, the USDA, the Alliance for a Healthier Generation, or The Lunch Box).

**Schools will make clean drinking water available and accessible without restriction and at no charge.**

#### POLICY ENHANCEMENTS – REPLACEMENT (Policy must include language as stated above or the enhanced version below, which features stronger language than the minimum required law):

- Schools will make clean drinking water available and accessible without restriction and at no charge at every district facility (including cafeterias and eating areas, classrooms, hallways, playgrounds, and faculty lounges) before, during, and after school.

#### POLICY ENHANCEMENTS – ADDITIONS:

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

#### POLICY SUPPLEMENT:

- 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.

**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.**

## SECTION 3

## NUTRITION

### POLICY ENHANCEMENTS – ADDITIONS:

In addition, the district will do the following:

- Schools will conduct activities such as menu planning, enhancing of the eating environment, program promotion, and related student-community support activities.
- School food authorities will use the food service program to teach students about good nutrition practices and to involve the school faculty and the general community in activities to enhance the program.
- Schools will send applications for reimbursable meal programs to families at the beginning of the school year and make applications available on the district website.
- Schools will 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.

The district will allow students at least 10 minutes to eat breakfast and 20 minutes to eat lunch from the time they are seated AND/OR provide sufficient lunch periods that are long enough to give all students (K-12) adequate time to be served and eat their lunches.

### POLICY SUPPLEMENTS:

In addition, the district will do the following:

- Schools will inform families about the availability of breakfasts for students.
- Schools will 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.

### COMPETITIVE FOODS AND BEVERAGES

- All competitive foods and beverages sold to students during the school day must meet the USDA's Smart Snacks standards.
- Other foods and beverages provided (not sold) on campus (e.g., for classroom parties, celebrations, and afterschool-programming) must meet the *[insert nutrition standards preferred by district, such as USDA's Smart Snacks standards]*.

### POLICY SUPPLEMENTS:

- The district, however, may allow exemptions for up to *[insert number (#)]* celebrations during the school year, during which the foods and beverages served are not required to meet the Smart Snack standards.
- 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 after-school programming (including celebrations).

### FUNDRAISING

- Each school site may allow up to 30 fundraising exemptions per semester, during which the foods and beverages sold are not required to meet the Smart Snack standards. These exempted fundraisers cannot be held during normal meal service times.

### POLICY ENHANCEMENTS – REPLACEMENTS:

(Policy must include language as stated above **or** one of the two enhancements below, which feature stronger language than the minimum required by law):

- Each school site may allow exemptions for up to *[insert number of exemptions (#), fewer than the required number above]* fundraisers during the school year, during which the foods and beverages sold are not required to meet the Smart Snack standards. These exempted fundraisers cannot be held during normal meal service times.
- Only fundraisers that feature non-food items or foods and beverages that meet the Smart Snacks standards will be permitted.

**POLICY SUPPLEMENTS:**

- 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: Foods and beverages offered 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 provide nutrition education to all grades (K-12), to give students the knowledge and skills necessary for lifelong healthy eating behaviors.**

**POLICY ENHANCEMENTS – ADDITIONS:**

Nutrition education provided to all grades (K – 12) will include:

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

Schools will ensure that nutrition education:

- Complies with and supports state learning objectives and standards, including those related to [Oklahoma Academic Standards for Health](#) and the state's [Health Education Act](#).
- 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 promoted to families and the community.

**REWARDS AND PUNISHMENT**

**Food and beverages will not be used to punish academic performance or student behavior.**

**POLICY ENHANCEMENTS – REPLACEMENT:** (Policy must include language as stated above **or** one of the two enhancements below, which features stronger language than the minimum required by law by prohibiting the use of food, beverages, and candy from being used as a punishment or reward):

- 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.**

**POLICY SUPPLEMENTS:**

The district will:

- Provide age-appropriate activities, such as food demonstrations and taste-testing that promote selection and consumption of healthy foods.
- Offer 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.
- Exhibit posters, signs, or other displays on the school campus that promote healthy nutrition choices.
- Encourage school staff to display healthy eating habits and physical activity choices to students (e.g., by eating with students during meal times, consuming only healthy snacks, meals, and beverages in front of students, sharing positive experiences with physical activity with students, etc.).

## FOOD AND BEVERAGE MARKETING

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

### POLICY SUPPLEMENTS:

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. The district will also require all personnel in the school nutrition programs to complete annual continuing education and training.

### POLICY ENHANCEMENTS – ADDITION:

Child Nutrition Staff will do the following:

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

## SECTION 3

# PHYSICAL EDUCATION AND PHYSICAL ACTIVITY

### GENERAL REQUIREMENTS

The district will ensure that elementary students (K – 5) participate in a minimum of sixty (60) minutes of physical activity each week, whether through physical education, exercise programs, after-school athletics, fitness breaks, recess, classroom activities, physical activity throughout the school day, or wellness and nutrition education

**POLICY ENHANCEMENT – REPLACEMENT:** (Policy must include language as stated above or the enhancement below, which features stronger language than the minimum required by law by requiring all students, not just elementary, to participate in a daily minimum of physical activity, rather than weekly):

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

### PHYSICAL EDUCATION (PE)

Elementary school students (K-5) will participate in at least 60 minutes of PE per week throughout the entire school year.

**POLICY ENHANCEMENT – REPLACEMENT:** (Policy must include language as stated above or the enhancement below, which features stronger language than the minimum required by law by requiring 150 minutes of PE per week for elementary students rather than 60 minutes):

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

### POLICY ENHANCEMENTS – ADDITIONS:

- Middle school students (6-8) will participate in at least 225 minutes of PE per week throughout the entire school year.
- High school students (9-12) will participate in at least 225 minutes of PE per week throughout the entire school year.
- 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.
- This curriculum will be updated to support and prioritize new state and federal learning standards that become available.
- Students will engage in moderate to vigorous physical activity for more than 50 percent of the PE class time.

### POLICY SUPPLEMENTS:

The following requirements will apply to all students (K-12):

- During PE, students will be given the opportunity to participate in many types of physical activity, including those that can be incorporated into everyday lifelong activity, as well as competitive and cooperative games.
- PE classes will have a teacher/student ratio comparable to core subject classroom ratios.

### RECESS AND PHYSICAL ACTIVITY BREAKS

#### POLICY ENHANCEMENTS – ADDITIONS:

- The district will require schools to provide elementary school students (K-5) at least 20 minutes of recess each day (in addition to the PE requirements), with structured activities, playground markings, and/or portable play equipment.
- The district will develop indoor recess guidelines to ensure students can have adequate physical activity on days when recess must be held indoors.
- The district will require schools to hold recess before lunch, in order to increase food consumption, reduce waste, and improve classroom attentiveness when students return from lunch.
- Physical Activity Breaks: The district will require schools to provide all students (K-12) short breaks (five-to-ten 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.
- Physically Active Classrooms: The district will provide support for teachers and other staff to incorporate classroom-based physical activities, such as classroom energizers, into academic lessons or as a break.

### TEACHER QUALIFICATIONS, TRAINING, AND INVOLVEMENT

#### POLICY ENHANCEMENTS – ADDITIONS:

- PE classes will be taught by licensed teachers who are certified or endorsed to teach PE.
- 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.

#### POLICY SUPPLEMENT:

- Schools will allow teachers the opportunity to participate in or lead physical activities before, during, and after school.

### 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.

### COMMUNITY USE OF RECREATION FACILITIES

#### POLICY SUPPLEMENTS:

- The district will allow staff, students, their families, and other neighbors and community members to use school recreational facilities during non-school hours to increase opportunities to engage in physical activity.
- Consistent with state law, district policies and procedures, and applicable School Board policies regarding the use of school facilities during non-school hours, the district will work with local government (including city, county, and/or recreation districts) and/or community-based organizations to coordinate and enhance physical activity opportunities using school facilities before and after the school day, during weekends, and during school vacations.

### ACTIVE TRANSPORTATION

#### POLICY SUPPLEMENT:

The district will do the following:

- Work with local officials to designate safe or preferred routes to school.
  - This includes local coordination to create designated drop off locations and procedures that promote physical activity and safety.
- Encourage children and their families to walk and bike to and from school.
- Encourage parents to supervise groups of children who walk or bike together to and from school.
- Provide bike racks for students, faculty, and staff.
- Promote National and International Walk and Bike to School Week/Day.

### 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.

### AFTER-SCHOOL PHYSICAL ACTIVITY AND SCREEN TIME

#### POLICY SUPPLEMENTS:

After-school programming will do the following:

- Dedicate at least 20%, or at least 30 minutes (whichever is more), of program time to physical activity, which includes a mixture of moderate to vigorous physical activity.
- Limit screen time to less than 60 minutes per day to be used only for homework and other educational or physical activity purposes.
- Encourage staff to join children and youth in physical activity whenever possible.
- Utilize outdoor space for physical activity as much as possible each day (weather permitting and with appropriate protection from the elements).
- Provide equal opportunities for children and youth with disabilities to be physically active.

## SECTION 3

# OTHER ACTIVITIES THAT PROMOTE SCHOOL WELLNESS

### HEALTH EDUCATION

As mandated, schools' health education curriculums will align to the [Oklahoma Academic Standards](#) and the [Health Education Act](#) requirements.

#### POLICY SUPPLEMENT:

- Where applicable, multi-component, school-based health promotion interventions will be delivered, including educational, behavioral, environmental, and other obesity prevention efforts (e.g., education classes, enhanced physical education, healthy food promotion, family outreach, etc.).

### SCHOOL GARDENS AND FARM-TO-SCHOOL PROGRAMS

#### POLICY SUPPLEMENTS:

- The district will allow school gardens on district property.
- 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; establish designated areas where students can garden with guidance; offer related nutrition and food preparation lessons and opportunities for taste testing and hands-on learning.
- 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.

### STAFF WELLNESS

#### POLICY ENHANCEMENTS – ADDITION:

- The district recognizes that employee health is essential to student health and to creating healthy school environments. Accordingly, the district will implement an employee wellness program that promotes healthy eating, physical activity, and overall health. The district may partner with community agencies and organizations (e.g., local health departments, hospitals, health insurance companies, and local chapters of national organizations, such as the American Cancer Society, American Heart Association, Red Cross, and YMCA) to assist in providing education, services, and resources for staff.

#### POLICY SUPPLEMENTS:

The district will do the following to support staff wellness through:

- Nutrition:
  - Provide employees with access to a refrigerator, microwave, and sink with a water faucet.
  - Provide (or partner with community organizations or agencies to offer) nutrition education through activities such as seminars, workshops, classes, meetings, and/or newsletters.
  - Serve only those foods and beverages that meet Smart Snacks standards at all staff meetings, trainings, special occasions (e.g., birthdays and retirement parties), and other workplace gatherings.
  - Partner with community organizations or agencies to offer staff accessible and free or low-cost healthy eating/ weight management programs.

## SECTION 3

# OTHER ACTIVITIES THAT PROMOTE SCHOOL WELLNESS

### Physical Activity:

- Provide access to on-campus athletic facilities, such as gyms, running tracks, basketball courts, tennis courts, and swimming pools.
- Promote walking meetings.
- Promote employee participation in physical activity by creating exercise clubs or groups and/or sponsoring employee sports teams.
- Provide information about local physical activity resources and facilities, such as walking trails, community parks, and recreation facilities.
- Incorporate 10-minute physical activity breaks into every hour of sedentary meetings, trainings, and other workplace gatherings.
- Use posters, pamphlets, and other forms of communication to promote physical activity.
- Promoting stairwell use, if applicable, throughout the workday by making stairs appealing and posting motivational signs.

### General Wellness:

- Partner with community organizations or agencies to provide stress management programs annually to staff.
- Promote tobacco prevention and provide referral information on cessation services through the Oklahoma Tobacco Helpline.
- Ensure access to a private space (other than a restroom) that has an electrical outlet and provide flexible paid or unpaid break times to allow breastfeeding and/or breast milk to be expressed.
- Partner with community organizations or agencies to offer voluntary health screenings annually to staff, including free or low-cost health assessments.
- Partner with community organizations or agencies to offer immunization clinics (e.g., flu, Tdap, etc.) to staff.
- Provide or partner with community organizations or agencies to offer free or low-cost first aid and CPR training.

## PROFESSIONAL DEVELOPMENT

### POLICY SUPPLEMENT:

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

## SECTION 3

# IMPLEMENTATION, MONITORING, AND EVALUATION

### LEADERSHIP

The Superintendent or designee(s) will convene the [Insert Committee Name] and facilitate development of and updates to the wellness policy, oversee appropriate updates to the policy, and will ensure each school's compliance with the policy. The designated official for oversight is [Insert Official Title and Contact Information]. The district will ensure that the designated official(s) fully understand(s) the federal and state laws related to wellness policies.

The name(s), title(s), and contact information of this/these individual(s) is (are):

Name	Title or relationship to school district	Contact information (email address is sufficient)

### 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 serve on the local school wellness policy committee and participate in the development, implementation, review, and update of the local school wellness policy.
- The district will inform and update the public about the content and implementation of the local wellness policy (such as, via the district's website, handouts, newsletters sent directly to families' homes, etc.).

### POLICY ENHANCEMENTS – ADDITION:

- To encourage broad public participation in the development, implementation, review, and update of the local school wellness policy, 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

At least once every three years, the district will assess the extent to which schools are in compliance with the wellness policy, how the policy compares to model wellness policies, and progress made in attaining the policy's goals.

**POLICY ENHANCEMENT – REPLACEMENT:** (Policy must include language as stated above or the enhancement below, which features stronger language than the minimum required by law by assessing the policy more frequently than every three years):

- At least once every [insert number less than 3] years, the district will assess the extent to which schools are in compliance with the wellness policy, how the policy compared to model wellness policies, and progress made in attaining the policy's goals.

### POLICY SUPPLEMENT:

- The district will assess how its policy compares with the latest national recommendations on school health, and will update the policy accordingly.

## SECTION 4

# ADVOCATING FOR IMPROVED SCHOOL WELLNESS

Before you begin, reach out to the Elevate Student Health team—we're here to help you advocate for and adopt an improved wellness policy. Elevate Student Health is working to increase commitment to healthier schools all across Oklahoma, and has been meeting with principals and school boards in the process. We may already be working in your district!

## STEP 1: HAVE YOUR POLICY ANALYZED

- Go to [ElevateStudentHealth.com](http://ElevateStudentHealth.com) and scroll to the bottom of the page where it says “Request to have your district’s policy analyzed.” Complete the form by filling in your name, school district, and e-mail to have your policy analyzed by the Elevate Student Health team.

## STEP 2: BUILD SUPPORT

- Engage other school champions, including school staff (e.g., health teachers, coaches, nurses) and student leaders who are concerned about your school’s wellness practices.
- Attend a public school board meeting with the Elevate Student Health team to speak about the district’s current policy and the need for an improved policy. After your initial public commentary, talk with supportive or interested school board members one-on-one.

## STEP 3: PRESENT AN IMPROVED POLICY TO THE SCHOOL BOARD

- Work with the Elevate Student Health team to submit the proposed policy for the school board agenda. The process for this will vary by district, and will often require working with a member of the school board or the district administration.
- Plan to speak at any school board meetings where the policy will be introduced, read, or voted on.
- Keep following up until the policy passes!

## STEP 4: PLAN FOR IMPLEMENTATION

- Work with the school board to select a specific implementation date.
- Communicate the new policy and its effective date to school administrators and staff.
- Organize staff training in enforcement strategies (contact the Elevate Student Health team for help).

## STEP 5: IMPLEMENT THE POLICY

- Recognize that consistent communication and enforcement is necessary to ensure effective policy implementation and compliance.
- Communicate the policy throughout the school and community (see pages 20–28 for communication resources).
- Provide resources to help students and staff implement better wellness practices (see page 29 for resources).

## STEP 6: CONDUCT ONGOING ADVOCACY & EVALUATION OF POLICY

- Collect success stories from students, staff, and parents.
- Identify problems with policy implementation, like the school wellness policy states that students are supposed to have access to clean, safe drinking water, but in reality the water may be discolored or unappealing.

## A STRONG PRESENTATION TO THE SCHOOL BOARD SHOULD INCLUDE:

- Reasons why an improved wellness policy at the district level is important.
- Explanation of what an improved policy entails and where your district’s policy falls short.
- Presentations by students about the importance of healthy environment and similar presentations by teachers, staff, and administrators.
- Readiness to address any common objections or concerns that may arise around communication and enforcement of the policy.

**Elevate Student Health** is here and happy to help you on your road to being a healthier school. Reach out to Elevate Student Health at

**INFO@ELEVATESTUDENTHEALTH.COM**

## QUESTION 1

## ISN'T THIS JUST ONE MORE THING PUT ON THE PLATE OF ALREADY OVERWORKED TEACHERS?

- Students consume approximately half of their calories at school, and obesity is a major risk factor for nine of the 10 leading causes of death in the state.
- Healthy students have better attendance, show improved learning, and have greater long-term success.
- Schools and districts are required by federal law to have wellness policies.
- School wellness policies establish environments that make the healthy choice the easy choice and doesn't necessarily put more workload on teachers.

## QUESTION 2

## SHOULDN'T WE BE TEACHING STUDENTS PERSONAL RESPONSIBILITY AND NOT REGULATING THEIR CHOICES?

- Students do need choices, and they currently lack options for healthy choices in many instances.
- The habits we build when we're young greatly influence our preferences as adults.
- Some children are not taught what is healthy or not healthy at home. You cannot be personally responsible if you do not know what healthy choices are.

## QUESTION 3

## WE ALREADY HAVE A WELLNESS POLICY. WHY SHOULD WE CHANGE IT?

- Elevate Student Health's wellness policy is evidence-based, meaning research has shown that these elements would have the greatest impact on youth health.
- When you become an Elevate Student Health partner district, you get free resources like physical activity and nutrition posters, and recognition on traditional and social media.
- Many districts are already implementing many parts of the Elevate Student Health wellness policy standards and just don't have the comprehensive language included or published on their website. By updating the language, you can get recognition for what you're already doing!

## QUESTION 4

## PEOPLE IGNORE OUR CURRENT POLICY. WHY BOTHER?

- Communication is key. Most people will comply with the policy if they know it exists. Keep reading this section of the toolkit for communication strategies and resources.

# PROMOTING YOUR SCHOOL WELLNESS POLICY

**In order to comply with policy, people need to be aware of it.** Students, staff, parents, and the community are all impacted by updated school wellness policies. There are many ways to effectively communicate positive messages about improving nutritious food and snack options, incorporating daily physical activity, and increasing access to safe drinking water. Aim for clear, positive messages that motivate people to comply. Here are some ways to thoroughly communicate your policy.

## POSTERS

One of our policy requirements is to post nutrition and physical activity posters throughout the school for everyone to view. We suggest placing these posters in common areas like cafeterias, gymnasiums, and hallways. We provide these posters for FREE—so please let us know if you need them. See page 22 for more information.

## DISTRICT WEBSITE

Post the full district policy on the website for anyone to easily access and view it. Include an image of the Elevate Student Health posters so people are familiar with the messaging in schools.

## STAFF EDUCATION & TRAINING

Discuss the policy at staff meetings and new orientations. Provide annual training on nutrition and physical activity policies for all staff so they are aware of any updates. Elevate Student Health can support by providing resources and faculty trainings for FREE.

## STUDENT EDUCATION

Clear expectations help everyone follow the rules. At the start of each school year, during school-wide or grade-level assemblies or in a specific class, all school rules should be reviewed, including policies about nutrition and physical activity. Educational discussions can help individuals eat healthier and live more active lives.

## PARENT LETTERS/PHONE CALLS

Send a letter or email to each parent or guardian explaining the policy and providing the health, academic, and social reasons for it. With each message, request support for the policy.

### STAFF MEMO OR EMAIL

Inform school staff, or remind them throughout the year, about the policy and enforcement via an official memo or email. Inform vendors who provide supplies, materials, and services on a regular basis to the school about the policy via an official memo. See pages 26–27 for more information.

### COMMUNICATE ABOUT VIOLATIONS

Meet with the student or staff violating the policy, explain the policy and why it matters.

### IN-SCHOOL STUDENT ANNOUNCEMENTS

Ask students to read daily announcements. Involve student groups or clubs in developing and delivering these announcements about the policy. See page 28 for more information.

### EVENT ANNOUNCEMENTS

In just minutes, you can announce the policy at athletic events, meetings, concerts, and plays. Involve student groups or clubs in developing and delivering these announcements. Include a mention of the school wellness policy in event bulletins/flyers.

### SOCIAL MEDIA

Social accounts are sometimes the first place school communities go to check for daily updates about their campus. Create brief messages with policy reminders, especially for staff and adults.

### STUDENT-DESIGNED PUBLICITY

Ask student groups or classes to design posters, banners, and signs to communicate the policy. Consider offering a prize for the best-designed piece that embodies the school's mindset on a healthy and active lifestyle.

### LOCAL NEWS COVERAGE

Work with Elevate staff to draft a press release about your school board updating your policy! Sharing your newly-adopted wellness policy with local media outlets is an easy way to spread awareness. Elevate Student Health can even invite media to attend the board meeting where the policy will be officially voted in for them to gain first-hand knowledge of the impact of your new policy.

# POSTERS



**DID YOU KNOW**  
THAT MOST YOUTH CONSUME AS MUCH AS HALF OF THEIR DAILY CALORIES AT SCHOOL?<sup>1</sup>

Healthy eating doesn't have to be rocket science! Try these:



- ✓ Fill half your plate fruits & veggies! Fresh, frozen or canned - they're all good.
- ✓ Choose more lean protein like poultry, fish, nuts and beans in palm-sized portions.
- ✓ Avoid ADDED SUGAR in your yogurt or milk. Get it plain and add your own fruit, granola or honey.
- ✓ Make at least half of your grains WHOLE grains. If the first ingredient isn't WHOLE, then it's probably not whole grain.
- ✓ Water fills you up, improves focus and makes you feel good. Try sugar-free sparkling water, or add fruit, spices or herbs for flavor.

**ELEVATESTUDENTHEALTH.COM**  
<https://www.cdc.gov/healthyschools/nutrition/schoolnutrition.htm>



**DID YOU KNOW**  
LESS THAN 1/4 OF YOUTH PARTICIPATE IN 60 MINUTES OF PHYSICAL ACTIVITY EVERY DAY?<sup>1</sup>

Don't know where to start? Here's some quick, easy ways to integrate physical activity breaks anywhere you are!





- ✓ Side shuffle
- ✓ Forward & backward arm circles
- ✓ Jumping jacks
- ✓ Vertical jumps
- ✓ Skip
- ✓ Jump side-to-side
- ✓ Front & back strokes
- ✓ Run in place
- ✓ Squat jumps
- ✓ Sit-ups
- ✓ High knees elbow-to-knee
- ✓ Take the stairs instead of the elevator!

**ELEVATESTUDENTHEALTH.COM**  
The Child & Adolescent Health Measurement Initiative (CAHMI), 2016 National Survey of Children's Health, Data Resource Center for Child and Adolescent Health;2016.

## NUTRITION POSTER

It's important to communicate to students, staff, and visitors that your school believes in creating a healthy & active environment. Elevate Student Health provides FREE eye-catching posters to be placed around your school environment. Prominently displaying posters are a great way to get people talking about health and wellness and an essential step to ensuring widespread understanding and compliance of your policy.

Go to [ElevateStudentHealth.com/Resources](http://ElevateStudentHealth.com/Resources) to request FREE posters for your school or district today.

## PHYSICAL ACTIVITY POSTER

### SHARE A PHOTO



Once the nutrition and physical activity posters are displayed at your school, send us a photo at [info@ElevateStudentHealth.com](mailto:info@ElevateStudentHealth.com). We'd love to share it on our social media to highlight your school's commitment to wellness and help spread awareness across the state of Oklahoma.

# STAFF EDUCATION & TRAINING

Informing staff about the recent changes to your school wellness policy is necessary for it to succeed. Not only is a school wellness policy impactful for students, all staff members at your school can benefit from healthy behavior changes. Through education and training, staff will fully understand the policy and have the ability to set positive examples for all students.

**The Elevate Student Health Team** is happy to support staff trainings and answer questions staff may have about policy implementation. Elevate Student Health can:



**PROVIDE TRAINING RESOURCES AND MATERIALS**



**COME TO YOUR SCHOOL AND HELP TO FACILITATE A TRAINING**



**EDUCATE STAFF** ON THE VARIOUS POLICY COMPONENTS AND WHY THEY ARE IMPORTANT



**ANSWER QUESTIONS** FROM STAFF ABOUT THE POLICY AND IMPLEMENTATION



**SUPPLY CLASSROOM MATERIALS** AND LESSON PLANS TO EXECUTE COMPONENTS OF THE POLICY

**CONTACT [INFO@ELEVATESTUDENTHEALTH.COM](mailto:INFO@ELEVATESTUDENTHEALTH.COM) TODAY FOR SUPPORT WITH YOUR STAFF TRAINING.**

# SAMPLE LETTER TO PARENTS (ENGLISH)

Dear Parents,

**[Name of school district]** has implemented an updated wellness policy as of **[Insert Date]**. This policy focuses on enhancing school wellness by improving nutritious food/snack options, incorporating daily physical activity, and increasing access to safe drinking water at school. Please review the policy at our school district's website **[Add link to website/policy]**.

We have put this policy in place for three main reasons:

- **HELP STUDENTS LIVE HEALTHY, ACTIVE LIVES:** By implementing this policy, students will receive more of the positive health benefits associated with eating healthy and exercising daily. This will help make these actions more socially acceptable with students as they gain exposure, knowledge, and practice.
- **PROVIDE A HEALTHIER SCHOOL ENVIRONMENT:** Youth spend much of their young lives at school. By implementing new policies, schools will be a place where your children are guaranteed a nutritious meal/snack, daily physical activity, and clean drinking water. We want all students to have proper access to these resources, allowing students to pick up on healthy habits at a young age.
- **CLOSE LOOPHOLES IN FEDERAL & STATE LEGISLATION:** Current legislation fails to address the vital details needed to truly implement and reinforce a healthy school wellness plan. Through this policy, fundamental resources such as cool/safe drinking water, nutritious snack options, and daily physical activity will be mandated.

School is a place where children develop lifelong behaviors, and we are committed to ensuring a healthy and active lifestyle is part of these behaviors.

We have placed posters about the policy on all school campuses to highlight the commitment to healthy living. We will also communicate policy through school and classroom announcements and the most updated policy can be found on our district's website.

We appreciate your help in supporting this policy. If you have questions or comments about the policy, please call the principal at your child's school at **[Insert phone number]**.

Sincerely,  
**[Principal / school administrator]**

# SAMPLE LETTER TO PARENTS (SPANISH)

Queridos padres,

[Name of school district] ha implementado una política de bienestar actualizada a partir de [Insert Date]. Esta política se centra en mejorar el bienestar escolar mejorando las opciones de alimentos/bocadillos nutritivos, incorporando la actividad física diaria y aumentando el acceso del agua potable en la escuela. Por favor, revise la política en el sitio web de nuestro distrito escolar [Add link to website/policy].

Hemos adoptado esta política por tres razones principales:

- **AYUDAR A LOS ESTUDIANTES A LLEVAR UNA VIDA SANA Y ACTIVA:** Al implementar esta política, los estudiantes recibirán más de los beneficios positivos de salud asociados con comer sano y hacer ejercicio diariamente. Estar expuestos a la comida sana y ejercicio diario ayudará a que estas actividades sean más aceptables socialmente.
- **CREAR UN AMBIENTE ESCOLAR MÁS POSITIVO:** Los jóvenes pasan una gran parte de su vida en la escuela. Con estas nuevas políticas, las escuelas serán un lugar en el que sus hijos tendrán garantizado alimentos/bocadillos nutritivos, actividades físicas y agua potable. Queremos que todos los estudiantes tengan un acceso adecuado a estos recursos, permitiendo que los estudiantes desarrollen costumbres saludables a una edad temprana.
- **CERRAR LAS LAGUNAS EN LA LEGISLACIÓN FEDERAL Y ESTATAL:** La legislación actual no toma en cuenta detalles importantes y necesarios para verdaderamente implementar un plan de salud y bienestar escolar. A través de esta política, los recursos fundamentales, como el agua potable, los bocadillos nutritivos, y el ejercicio diario serán mandatorios.

Una política de bienestar escolar positiva facilita que los alumnos estén sanos. Las escuelas son un lugar donde los niños desarrollan costumbres para toda la vida, y nos comprometemos a garantizar que un estilo de vida saludable y activo forme parte de esas costumbres.

Hemos puesto carteles sobre la política en todas las escuelas para destacar el compromiso con la vida sana. También comunicaremos la política a través de anuncios en la escuela y en las aulas. Más información sobre esta nueva política se puede encontrar en el sitio web de nuestro distrito.

Agradecemos su ayuda para apoyar esta política. Si tiene preguntas o comentarios sobre la política, por favor llame al director de la escuela de su niño al [Insert phone number].

Sinceramente,

[Principal / school administrator]

# SAMPLE LETTER TO STAFF (ENGLISH)

Dear Staff,

Our school district values the health and well-being of all students and staff. To ensure we maintain a positive, healthy learning environment, **[Insert name of school district]** has a school wellness policy in place that focuses on improving nutritious food/snack options, incorporating daily physical activity, and increasing access to safe drinking water at school. Please review the policy at our school district's website **[Add link to website/policy]**.

We have put this policy in place for three main reasons:

- **HELP STUDENTS LIVE HEALTHY, ACTIVE LIVES:** By implementing this policy, students will receive more of the positive health benefits associated with eating healthy and exercising daily. This will help make these actions more socially acceptable with students as they gain exposure, knowledge, and practice.
- **PROVIDE A HEALTHIER SCHOOL ENVIRONMENT:** Youth spend much of their young lives at school. By implementing new policies, schools will be a place where your children are guaranteed a nutritious meal/snack, daily physical activity, and clean drinking water. We want all students to have proper access to these resources, allowing students to pick up on healthy habits at a young age.
- **CLOSE LOOPHOLES IN FEDERAL & STATE LEGISLATION:** Current legislation fails to address the vital details needed to truly implement and reinforce a healthy school wellness plan. Through this policy, fundamental resources such as cool/safe drinking water, nutritious snack options, and daily physical activity will be mandated.

As staff, it is critical we are aware of and in compliance with our school wellness policy. Our wellness policy must be enforced in order to be effective. It is also important we recognize our position as role models for our youth. Updates to our policy include **[List updates here]**:

It is our job to work together to provide a positive and healthy learning environment for our youth and fellow staff. With our wellness policy, we are paving the way for a lifetime of healthy decision-making for our students. We appreciate your help in supporting this policy. If you have questions or comments about the policy, please feel free to contact **[Insert point of contact name, phone number, and email]**.

Sincerely,  
**[Principal / school administrator]**

# SAMPLE LETTER TO STAFF (SPANISH)

Querido personal,

Nuestro distrito escolar valora la salud y el bienestar de todos los estudiantes y el personal. Para asegurar que mantenemos un ambiente de aprendizaje positivo y saludable, **[Insert name of school district]** tiene una política que se centra en mejorar el bienestar escolar mejorando las opciones de alimentos/bocadillos nutritivos, incorporando la actividad física diaria y aumentando el acceso del agua potable en la escuela. Por favor, revise la política en el sitio web de nuestro distrito escolar. **[Add link to website/policy]**.

Hemos adoptado esta política por tres razones principales:

- **AYUDAR A LOS ESTUDIANTES A LLEVAR UNA VIDA SANA Y ACTIVA:** Al implementar esta política, los estudiantes recibirán más de los beneficios positivos de salud asociados con comer sano y hacer ejercicio diariamente. Estar expuestos a la comida sana y ejercicio diario ayudará a que estas actividades sean más aceptables socialmente.
- **CREAR UN AMBIENTE ESCOLAR MÁS POSITIVO:** Los jóvenes pasan una gran parte de su vida en la escuela. Con estas nuevas políticas, las escuelas serán un lugar en el que sus hijos tendrán garantizado alimentos/bocadillos nutritivos, actividades físicas y agua potable. Queremos que todos los estudiantes tengan un acceso adecuado a estos recursos, permitiendo que los estudiantes desarrollen costumbres saludables a una edad temprana.
- **CERRAR LAS LAGUNAS EN LA LEGISLACIÓN FEDERAL Y ESTATAL:** La legislación actual no toma en cuenta detalles importantes y necesarios para verdaderamente implementar un plan de salud y bienestar escolar. A través de esta política, los recursos fundamentales, como el agua potable, los bocadillos nutritivos, y el ejercicio diario serán mandatorios.

Como personal, es fundamental que cumplamos con nuestra política de bienestar escolar. Nuestra política de bienestar debe ser aplicada para que sea efectiva. También es importante ser modelos a seguir para nuestros estudiantes. Las actualizaciones de nuestra política incluyen **[List updates here]**:

Es nuestro deber trabajar juntos para ofrecer un ambiente de aprendizaje positivo y saludable para nuestros estudiantes y colegas. Con nuestra política de bienestar, estamos preparando el camino para una vida de decisiones saludables para nuestros estudiantes. Agradecemos su ayuda en apoyar esta política. Si tiene preguntas o comentarios sobre la política, no dude en ponerse en contacto con **[Insert point of contact name, phone number, and email]**.

Sinceramente,

**[Principal / school administrator]**

# IN-SCHOOL & EVENT ANNOUNCEMENTS

**Regular announcements during school and at events are a simple and effective strategy for getting the message across**, especially when used in combination with posters and information in event flyers or brochures. We recommend regular announcements at school and before events begin.

The following are sample announcements you can use during school and at school-sponsored events. Feel free to modify them to personalize the message for your school.

## SCHOOL ANNOUNCEMENTS

- 15 SECONDS: Student wellness matters, and we are committed to providing nutritious snack options, daily physical activity, and clean, safe drinking water. Look out for signs throughout school to stay informed as we adopt healthy, active lifestyles.
- 30 SECONDS: Did you know that Oklahoma consistently ranks as one of the unhealthiest states in the nation? This leads to increased risk of serious health problems such as cardiovascular disease, type 2 diabetes, and depression. This is one of the many reasons why our school has implemented an improved school wellness policy. This policy provides nutritious snack options, increases daily physical activity, and gives access to clean, safe drinking water. Look out for posters throughout school to stay informed as we adopt healthy, active lifestyles.

## EVENT ANNOUNCEMENTS

- 15 SECONDS: Your child's health and wellness is a top priority at [Insert school]. Through an updated school wellness policy, all students will be guaranteed safe drinking water, daily physical activity, and nutritious snack options. Learn more about the policy at the school district's website [Insert website domain].
- 30 SECONDS: Did you know that only one in four of Oklahoma high school students are physically active at least 60 minutes per day? That number is far too low and a main reason [Insert school] has implemented an improved school wellness policy. Youth spend much of their developmentally critical years at school, providing us with an excellent opportunity to improve the health of all students. Check out the policy at the school district's website [Insert website domain].

# NON-FOOD REWARDS

Think about how students are rewarded at your school. We're used to giving pizza parties or candy when students do well, but this may unintentionally create the linkage in their brain that unhealthy foods are something to celebrate. Similarly, we should never withhold food or physical activity as punishment. This can impact our students' wellness, and actually make behavior worsen.

**There are PLENTY of other ways to reward students - we just need to get creative.** Use some of the ideas below to think about some non-food rewards.



## CHOOSE A PRIZE

Let students select a non-food prize from a "prize box" like a pencil, pen, sticker, or a variety of small items.



## CHANGE UP THE ROUTINE

Let students choose a special activity like a "no homework pass", extra reading or free time, or a special themed dress-up day.

## DO SOME MOVEMENT

Encourage physical activity by rewarding students with a dance party, extra recess, or anything else to get them up and moving.



## GIVE RECOGNITION

Give special recognition like an award or ribbon, a shout-out on morning announcements, or even a letter or call home to parents.



# ORGANIZATIONS AND RESOURCES FOR WELLNESS POLICY IMPLEMENTATION

## NATIONAL ORGANIZATIONS

**Action for Healthy Kids Every Kid Healthy Week** is a national week of action promoting youth health. [actionforhealthykids.org/get-involved/every-kid-healthy-week](http://actionforhealthykids.org/get-involved/every-kid-healthy-week)

**Alliance for a Healthier Generation Smart Snacks Calculator** to see if your product meets the USDA's Smart Snacks in School nutrition standards. [foodplanner.healthiergeneration.org/calculator](http://foodplanner.healthiergeneration.org/calculator)

**Centers for Disease Control and Prevention (CDC)** Outlines federal requirements for local school wellness policies and provides online resources to assist school districts in developing, implementing, and promoting local school wellness policies. Local School Wellness Policy. [https://archive.cdc.gov/www\\_cdc\\_gov/healthyschools/npao/index.htm](https://archive.cdc.gov/www_cdc_gov/healthyschools/npao/index.htm)

**Healthy Kids, Healthy Futures** provides a TON of activities you can do in the classroom to promote healthy eating habits. [healthykidshealthyfuture.org/5-healthy-goals/nurture-healthy-eaters/classroom-activities](http://healthykidshealthyfuture.org/5-healthy-goals/nurture-healthy-eaters/classroom-activities)

**Let's Move! Active Schools** Features resources to develop an active school as well as success stories and case studies. <https://letsmove.obamawhitehouse.archives.gov/active-schools>

**National Academies of Sciences, Engineering, and Medicine** Offers an interactive webtool illustrating ways students can achieve the recommended 60 minutes of physical activity during the school day. <https://webassets.nationalacademies.org/get60minutes/>

**United States Department of Agriculture (USDA)** Provides implementation tools and resources to help schools offer healthier and appealing meals and snacks that meet national nutrition standards. Team Nutrition [fns.usda.gov/tn/local-school-wellness-policy](http://fns.usda.gov/tn/local-school-wellness-policy)

## STATE AGENCIES & UNIVERSITIES

**Tobacco Settlement Endowment Trust (TSET)** helps fund wellness projects in schools across Oklahoma. <https://ok.gov/tset>

**TSET Healthy Youth Initiative** provides materials to help promote eating better, moving more and being tobacco free. <https://TSETHealthyYouth.com>

**Oklahoma Department of Agriculture, Food, and Forestry - Marketing Division** Oversees the Farm to School and Ag in the Classroom programs. <https://ag.ok.gov/divisions/market-development/>

**Oklahoma State Department of Education** Compiles information and Oklahoma-specific resources for school wellness initiatives including child nutrition, health and physical education. [ok.gov/sde/node/20](http://ok.gov/sde/node/20)

**Oklahoma State Department of Health Certified Healthy Oklahoma Program**  
The certification provides recognition to schools, communities, and other organizations that are committed to supporting healthy choices through environmental and policy change. <https://oklahoma.gov/certifiedhealthy.html>

**Oklahoma State University Oklahoma Cooperative Extension Service** develops programs using science-based, objective information and provides resources to Oklahoma students and schools that teach agriculture and nutrition education at no cost.

- Farm to You: [farmtoyou.okstate.edu](http://farmtoyou.okstate.edu)
- Junior Master Gardeners: [jmgkids.us](http://jmgkids.us)

1. [stateofchildhoodobesity.org/children1017](http://stateofchildhoodobesity.org/children1017)
2. "Physical Activity Guidelines Advisory Committee. 2018 Physical Activity Guidelines Advisory Committee Scientific Report. Washington, DC: US Dept of Health and Human Services; 2018."
3. "Laura K, McManus T, Harris WA, et al. Youth Risk Behavior Surveillance—United States, 2017. MMWR. 2018;67(8):1–144."
4. [fns.usda.gov/tn/guide-smart-snacks-school](http://fns.usda.gov/tn/guide-smart-snacks-school)
5. [oklegislature.gov/BillInfo.aspx?Bill=sb89&Session=2100](http://oklegislature.gov/BillInfo.aspx?Bill=sb89&Session=2100)
6. [fns.usda.gov/tn/popular-events-idea-booklet](http://fns.usda.gov/tn/popular-events-idea-booklet)
7. [sde.ok.gov/oklahoma-academic-standards](http://sde.ok.gov/oklahoma-academic-standards)



A PROGRAM OF TSET



TOBACCO SETTLEMENT  
ENDOWMENT TRUST