

EAGLETOWN PUBLIC SCHOOL LOCAL WELLNESS POLICY

Cleaned and Updated for 2026

This policy establishes district expectations for nutrition, physical activity, school wellness, and implementation of the federal Local School Wellness Policy requirements. It incorporates Oklahoma's 2026 daily recess requirement.

I. PREAMBLE

Eagletown Public School is committed to supporting the physical, social, emotional, and academic development of every student. The district will provide a school environment that promotes healthy eating, regular physical activity, student wellness, and readiness to learn.

This Local Wellness Policy (LWP) applies to students, staff, and school programs throughout the district. The district will coordinate wellness efforts with other school improvement activities and will establish measurable goals for nutrition education, nutrition promotion, physical activity, and other school-based activities that promote student wellness.

The district will implement this policy in accordance with applicable U.S. Department of Agriculture (USDA) Child Nutrition Program requirements, Oklahoma law, and State Board of Education requirements.

II. DISTRICT WELLNESS COUNCIL

Purpose and Participation

The district will maintain a District Wellness Council (DWC), or equivalent district wellness committee, to participate in the development, implementation, review, and periodic update of this policy. The district will permit participation by caregivers, students, school nutrition personnel, physical education teachers, school health professionals, school administrators, school board members, and members of the general public, as appropriate.

Leadership

The superintendent or designee will oversee implementation of the LWP, coordinate the wellness council, and ensure district compliance. The district will make appropriate wellness-policy contact information available to the public.

Meetings

The wellness council will meet as needed to support implementation, review progress toward wellness goals, consider changes in federal or state requirements, and recommend policy updates. Meeting frequency will be sufficient to carry out these responsibilities.

III. ACCOUNTABILITY, ASSESSMENT, AND PUBLIC NOTICE

Triennial Assessment

At least once every three years, the district will assess implementation of the LWP. The assessment will address:

- the extent to which the district and its schools are in compliance with the LWP;
- the extent to which the LWP compares with model local school wellness policies; and

- progress made toward attaining the goals of the LWP.

Documentation

The district will retain records sufficient to document compliance with federal LWP requirements, including the current and previous board-approved policy, documentation that the policy and assessments were made available to the public, records of implementation and assessment, and documentation of efforts to review and update the policy and involve stakeholders.

Policy Updates

The district will review and update the LWP as appropriate based on triennial assessment results, district priorities, community needs, implementation progress, and changes in applicable federal or state law, regulation, or guidance.

Public Notification and Involvement

The district will inform families and the public annually about the content and implementation of the LWP and will make the policy and required assessments available to the public. The district will provide opportunities for interested stakeholders to participate in the development, implementation, review, and update of the policy.

IV. NUTRITION SERVICES

School Meals

The district will participate in the National School Lunch Program (NSLP) and School Breakfast Program (SBP) and will provide reimbursable meals that meet current USDA meal-pattern and nutrition requirements. School meals will be accessible to eligible students, and the district will provide reasonable modifications for students with disabilities and address special dietary needs as required by applicable law and program guidance.

School nutrition programs will be administered by qualified personnel who meet applicable USDA Professional Standards requirements for hiring and annual training.

Water

Free, safe drinking water will be available to students during meal service as required by federal law. The district will encourage adequate hydration throughout the school day.

Competitive Foods and Beverages

Foods and beverages sold to students on the school campus during the school day outside the reimbursable school meal programs will meet or exceed the USDA Smart Snacks in School nutrition standards, unless an applicable exemption is authorized by law or regulation.

Celebrations, Classroom Foods, and Rewards

Foods and beverages offered to students during the school day outside the school meal programs, including classroom celebrations, parties, snacks, rewards, and incentives, will be consistent with district procedures and applicable wellness and food-safety requirements. The district encourages non-food rewards and rewards that support physical activity or educational goals. Food will not be withheld from a student as punishment.

Fundraising

Food and beverage fundraisers conducted on the school campus during the school day will comply with applicable USDA Smart Snacks requirements and any exemptions permitted under Oklahoma or federal rules.

Nutrition Education and Promotion

The district will teach, model, encourage, and support healthy eating. Nutrition education may be integrated into health education and other appropriate subjects and activities. Nutrition messages communicated through classrooms, cafeterias, and other school settings should support healthy food and beverage choices and participation in school meal programs.

Food and Beverage Marketing

Food and beverage marketing to students on the school campus during the school day will be limited to products that meet the Smart Snacks standards, as required by federal regulation. This requirement applies to applicable advertising and marketing on school property, including vending machines, posters, menu boards, coolers, and similar materials.

V. PHYSICAL ACTIVITY OPPORTUNITIES

The district recognizes that regular physical activity supports student health, well-being, and learning. Students will be provided developmentally appropriate opportunities for physical activity during the school day and, when available, before- and after-school activities.

- physical education;
- classroom physical activity and active learning opportunities;
- daily recess for applicable elementary grades;
- before- and after-school activities, including athletics and recreation, when offered; and
- other age-appropriate opportunities that encourage students to be physically active.

Elementary Recess - Oklahoma Requirement

In accordance with Oklahoma law and State Board of Education accreditation requirements, students in full-day kindergarten through fifth grade will be provided at least forty (40) minutes of recess each school day. The required recess may be provided as one forty-minute period or divided into two twenty-minute periods.

Recess will consist of supervised, unstructured play. A student will not be denied participation in required recess as a form of discipline or punishment.

Required recess is separate from physical education and will not be used as a substitute for physical education requirements. School administrators will ensure that daily schedules and staff practices are consistent with these requirements.

VI. HEALTH AND PHYSICAL EDUCATION

Health Education

The district will provide health education consistent with applicable Oklahoma academic standards and district curriculum. Instruction should be age-appropriate and may address healthy eating, physical activity, personal wellness, decision-making, and other health-related skills.

Physical Education

The district will provide physical education in accordance with Oklahoma law, State Board of Education requirements, and applicable academic standards. Physical education will be developmentally appropriate and designed to help students develop motor skills, knowledge, and behaviors that support lifelong physical activity.

Recess, intramural activities, athletics, and other recreational activities will not be used as a substitute for required physical education. Appropriate accommodations will be provided so that students with disabilities have equitable opportunities to participate, consistent with applicable law.

VII. OTHER SCHOOL-BASED ACTIVITIES THAT PROMOTE WELLNESS

Social and Emotional Climate

The district will promote a positive, safe, and supportive school climate. District practices may include bullying prevention, school safety initiatives, positive behavior supports, social-emotional learning, and other evidence-based approaches that support student engagement and well-being.

Counseling, Psychological, and Social Services

The district will support students' social, emotional, and behavioral needs through available school personnel, referral pathways, family collaboration, and coordination with community resources when appropriate. School personnel will follow applicable district policies for student safety, crisis response, and suicide prevention.

Health Services

The district will support student health through available school health services, emergency response procedures, management of student health needs, required screenings, and coordination with families and health-care providers as appropriate and permitted by law.

Physical Environment and School Safety

The district will maintain school buildings, grounds, and facilities in a manner that supports the health and safety of students and staff. This includes appropriate cleaning and maintenance, safe water, ventilation and indoor environmental practices, pest management, tobacco-free requirements, emergency preparedness, and other applicable safety procedures.

Employee Wellness

The district recognizes that employee wellness contributes to a healthy school environment. The district may provide or promote opportunities and resources that support physical activity, healthy eating, stress management, tobacco avoidance, positive workplace relationships, and employee well-being.

Family and Community Engagement

The district will encourage family and community participation in school wellness activities and in the development, implementation, review, and update of the LWP. The district may collaborate with community organizations and health partners to support student and staff wellness.

VIII. IMPLEMENTATION AND MEASURABLE GOALS

The superintendent or designee will coordinate implementation of this policy. The district will identify and monitor practical wellness goals and activities in the areas of nutrition education and promotion, physical

activity, and other school-based wellness activities. Progress toward these goals will be considered as part of the district's periodic wellness-policy review and triennial assessment.

IX. LEGAL AND PROGRAM REFERENCES

- Healthy, Hunger-Free Kids Act of 2010, Section 204, and USDA Local School Wellness Policy regulations and guidance.
- USDA National School Lunch Program, School Breakfast Program, Smart Snacks in School, and Professional Standards requirements, as amended.
- Oklahoma law and State Board of Education rules governing health, physical education, school accreditation, and student recess.
- Oklahoma Senate Bill 1481 (2026), concerning daily recess for elementary students.

APPENDIX A - WELLNESS IMPLEMENTATION CHECKLIST

Area	Implementation Check	Evidence / Notes
Wellness Policy	Policy is current, board-approved, and publicly available.	
Public Notice	Annual wellness-policy information is provided to families/public.	
Wellness Council	Stakeholders have an opportunity to participate in policy review and implementation.	
Triennial Assessment	Assessment is completed at least once every three years and made public.	
School Meals	Menus and meal service follow current USDA NSLP/SBP requirements.	
Smart Snacks	Foods and beverages sold outside school meals comply with applicable Smart Snacks rules.	
Food Marketing	Marketing during the school day is limited as required by federal wellness-policy rules.	
Recess	Full-day K-5 students receive at least 40 minutes daily; recess is supervised, unstructured, and not withheld as discipline.	
Physical Education	PE is provided consistent with current Oklahoma requirements and is separate from recess.	
Documentation	Records of policy, assessment, public notice, and stakeholder participation are retained.	

BOARD ADOPTION / REVIEW RECORD

Board Approval Date	
Effective Date	
Most Recent Review Date	
Next Triennial Assessment Due	