

Millwood school board adopts wellness policy

Millwood school board wellness policy addresses student nutrition and exercise.

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The Millwood school district is taking steps to create healthier schools by adopting an improved district wellness policy that encourages students to eat better and move more, according to a news release from the Oklahoma City-County Health Department.

The policy, passed by the school board June 3, focuses on improving nutrition and integrating more physical activity into the school day.

The Millwood district, located in a ZIP code with some of the poorest health outcomes in Oklahoma County, is the first school district in the county to pass such a comprehensive policy.

Recognizing the importance of having a healthy student body, Superintendent Gloria Griffin was enthusiastic about creating a wellness policy that would better serve her students, according to the release.

“A growing body of research links nutrition and physical activity to academic performance. At Millwood, we understand that healthy students are better students, and we realize that creating a healthier school environment is an excellent first step toward creating a healthier community overall,” Griffin said.

The Oklahoma City-County Health Department's Wellness Now Coalition collaborated with the district to create the policy, which complies with the Institute of Medicine's recommended standards for all foods and beverages within federally reimbursable meal programs.

In addition to improved nutrition standards and physical activity requirements, the policy calls for healthy fundraisers and healthy food preparation training for cafeteria staff. The coalition will continue to provide resources to the district as it implements the policy in the coming school year.