

2016
Policy 5661
Non-Instructional/
Business Operations

SUBJECT: DISTRICT WELLNESS

The District is committed to providing a school environment that promotes and protects children's health, well-being, and the ability to learn by fostering healthy eating, physical activity and overall wellness. The District has established a wellness committee to develop the District's proposed local wellness policy, making such policy recommendations for review and adoption by the Board of Education. The District's wellness committee includes, but is not limited to, representatives from each of the following groups:

- a) Parents;
- b) Students;
- c) The District's food service program;
- d) Physical education and health education teachers;
- e) Faculty and staff members;
- f) School nurses;
- g) The School Board;
- h) School administrators; and
- i) Members of the public.

The District Wellness Committee will assess current activities, programs and policies available in the District; identify specific areas of need within the District; develop the policy; and provide mechanisms for implementation, evaluation, revision and updating of the policy. The Wellness Committee is established to represent the local community's perspective in developing the wellness policy for the District. The District Wellness committee will designate a team leader who will be responsible for oversight of the policy. The wellness committee will meet annually to review the policy.

Goals to Promote Student Wellness

Taking into account the parameters of the School District (academic programs, annual budget, staffing issues, and available facilities), as well as community in which the District is located, the Wellness Committee recommends the following District goals relating to nutrition education, physical activity and other school-based activities:

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Nutrition Education

The District's Nutrition Program will comply with Federal, State and local requirements. Child nutrition programs and nutrition education will be accessible to all children. This will be done by establishing the following standards:

- a) The Nutrition Education program meets State standards. The District will follow all Federal and State guidelines.
- b) Nutrition Education is integrated into the coordinated school health program and physical education. The District will follow the New York State Health Standards for nutrition (K through 12). The District will follow the K through 12 New York State Physical Education Standards.
- c) Nutrition Education is integrated into the curriculum, including math, science and language arts. This will be achieved and coordinated at the high school and middle school by the health teachers. At the elementary school the classroom teachers will incorporate nutrition education in the curriculum.
- d) Family/parent nutrition opportunities are provided through food service publications and District Web site.
- e) School food service staff is trained in the appropriate substitution of foods in order to meet nutritional goals of the program. Faculty and staff will be trained on an ongoing basis during staff development days, outside workshops, professional development and other appropriate trainings.
- f) Students are offered a variety of milk according to the current New York State and federal guidelines.
- g) Students are offered a variety of meats/poultry, fresh fruits, vegetables, and whole grains on a daily basis according to the current New York State and federal guidelines.

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- h) Students will be provided with nutrition promotion opportunities including taste testing of healthy new foods, posting of nutrition and health information, and using Smarter lunchroom practices.
- i) The food service department will provide flexibility with meal access such as food carts and take out opportunities to classroom or other programming.
- j) Any marketing of food and beverages will be consistent with Smart Snack Standards such as vending machines, posters, menu boards, coolers, trash cans etc.
- k) Whenever possible our District will collaborate with the community to create a farm to school program suchs field trips to local farms, purchasing locally grown food products, teaching students about food sources.

Physical Activity

The District will provide opportunities to educate the students about the importance of physical activity in their daily lives in order to promote physical and mental well-being.

- a) Students are regularly assessed for attainment of physical education skills.
- b) Physical education teachers will assess the affective, cognitive and psychomotor domains of all students.
- c) Students are provided with a variety of physical activity, including cooperative and competitive games.
- d) Each student will have the opportunity to participate in a wide variety of activities in their Physical Education classes. These would include team games, individual games, cooperative games, aquatics, etc.
- e) Parental awareness of P.E. programs and opportunities.

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- f) All students will participate in the District Physical Education Program as per the New York State and National Standards. Students are provided with 120 minutes of physical activity per week that take into account the gender, personal interest, physical ability and cultural differences among children.
- g) District encourages physical activity outside the school day. A wide variety of before and after school activities will be available for students to participate in. These would include intramurals, athletics, community opportunities etc.
- h) District encourages teachers and other adults in the school setting to serve as role models for students. A variety of activities are offered for staff to participate during and after the school day.
- i) The District will ensure recreational facilities are safe, clean and accessible for all students.

Other School-Based Activities

- a) The District wishes to educate and promote a life-long healthy life style and attitude that encourages physical, social, and emotional well being.
- b) Provides a clean and safe meal environment for students, faculty, and staff. Eating areas will have bright and colorful visuals that encourage positive and healthy choices.
- c) Provides adequate space and serving areas to ensure that all students have access to school meals with minimum wait time.
- d) Makes drinking fountains available in all schools so that students can get water at meals and throughout the day.
- e) Protects the identity of students who are eligible for free and reduced lunch.
- f) Ensures adequate time for students at mealtime.

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- g) Does not use food as a reward or punishment for individual students. Teachers will be encouraged to find alternate forms of reward than food.
- h) Does not deny student participation other school based physical activities as a form of punishment or for classroom make-up time.
- i) Encourages all fundraising efforts to be supportive of healthy eating and provides information about alternative fundraising options.
- j) Provides opportunities for on-going professional training and development for food service staff and teachers in the area of nutrition and physical education.
- k) Fund raising efforts are supportive of healthy lifestyles.
- l) Buildings, clubs, organizations, athletic teams and PTO will limit all candy type fundraisers to less than fifty percent (50%) for the school year. Principals will make all groups under their jurisdiction aware of this policy.
- m) Food fundraisers will adhere to the USDA mandated guidelines for smart snacks.
- n) Students have access to school based physical activity facilities outside of school hours.
- o) Informs all students and their families about available school meals programs, e.g., National School Lunch and School Breakfast programs

Nutrition Guidelines

The District Wellness Committee will use the USDA nutrition standards for foods available on school campus. The goal is to encourage healthy lifelong eating habits by providing foods that are high in nutrients, low in fat and added sugars, and of moderate portion size.

Nutrition Values of Foods and Beverages

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- a) Reimbursable school meals served at school will minimally meet the program requirements and nutrition standards of the National School Lunch Program.
(see website: http://www.access.gpo.gov/nara/cfr/waisidx_05/7cfr210_05.html)
- b) Food service providers will take every measure to ensure that student access to food and beverages meets federal, state and local laws and guidelines.
- c) Food service providers will offer a variety of age appropriate healthy food and beverage choices for elementary, middle and high school.
- d) Nutritional information for products sold on campus will be provided upon request from the Office of the School Lunch Manager.
- e) The District does not participate in a food or pouring contract.
- f) Vending machines, snack bars, schools stores, concession stands, and other food outlets will offer multiple healthy options at all events.

Assurance

Guidelines for reimbursable school meals shall not be less restrictive than applicable federal regulations and guidance issued pursuant to the Child Nutrition Act and the Richard B. Russell National School Lunch Act, as those regulations and guidance apply to schools.

Implementation and Evaluation of the Wellness Policy

In accordance with law, the District's wellness policy was established by July 1, 2006; and the District will ensure the school and community awareness of this policy through various means such as publication in District newsletters, Website, and/or the District calendar. Further, professional development activities for staff and student awareness training will be provided, as appropriate, on the goals of the District's wellness program, including activities/programs for the development of healthy eating habits and the incorporation of physical activity as part of a comprehensive healthy lifestyle.

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The District shall establish an implementation and evaluation plan for the wellness policy in order to monitor the effectiveness of the policy and the possible need for further modification over time.

The District Wellness Committee will meet as appropriate to ensure that the District meets the goals and mandates of its local wellness policy. This committee will then report to the Superintendent on the compliance with the policy:

District schools will provide nutrition education and physical education, with an emphasis on establishing lifelong habits of healthy eating and physical activity, and will establish linkages between health education and school meal programs, and with related community services. Communication with and training for teachers, parents, students, and food service personnel will be an integral part of the District's implementation plan.

To the extent practicable, students and parents shall be involved in the development strategies designed to promote healthy food choices in the school environment; and the school cafeteria will provide a variety of nutritionally sound meal and beverage choices. The school will encourage students' active, age appropriate participation in decisions regarding healthy lifestyles and choices.

Child Nutrition and WIC Reauthorization Act of 2010

Implementation of Health Hunger-Free Kids Act of 2010, Regulation Number 10 Section 204& 209

Child Nutrition and WIC Reauthorization Act of 2004, Public Law 108-265 Section 204

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Richard B. Russell National School Lunch Act, 42 United States Code (USC) Section 1751 et seq.

Child Nutrition Act of 1966, 42 United States Code (USC) Section 1771 et seq.

7 Code of Federal Regulations (CFR) Section 210.10

http://www.access.gpo.gov/nara/cfr/waisidx_05/7cfr210_05.html

Adopted: May 23, 2017