

SUBJECT: DISTRICT WELLNESS POLICY

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 and physical activity. 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) The Board of Education;
- e) School administrators; and
- f) 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.

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 the community in which the District is located (the general economy; socioeconomic status; local tax bases; social cultural and religious influences; geography; and legal, political and social institutions) the Wellness Committee recommends the following District goals relating to nutrition education, physical activity and other school-based activities:

Nutrition Education

The District will provide nutrition education to facilitate the voluntary adoption of healthy eating habits and other nutrition-related behaviors conducive to health and well-being by establishing the following standards for:

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a) Classroom teaching:

Implement nutrition education as a sequential, comprehensive health education curriculum designed to help students adopt healthy eating behaviors. Students should learn specific nutrition information and general health skills.

Stress the importance of combining regular physical activity with sound nutrition for an overall healthy lifestyle.

Food will not be used as reward or punishment in any classroom.

b) Education links outside the classroom:

Parents will be encouraged to send in healthy snacks for the child and/or child's class. Health and nutrition information will be shared in the District newsletter.

c) Fundraising activities:

Fund raising activities and vending machines that offer foods low in nutritional value will be disallowed in school.

d) Teacher training:

Professional development for teachers in health education will be provided as needed.

Physical Activity

The District will provide opportunities for every student to develop the knowledge and skills for specific physical activities, to maintain physical fitness, to regularly participate in physical activity, and to understand the short-term and long-term benefits of a physically active and healthy lifestyle.

The Wellness Committee has determined that the following standards are necessary to achieve this goal:

a) Physical education graduation requirements:

High school students will be required to earn two (2) credits in physical education.

b) Physical education class requirements:

Students in kindergarten through grade three will receive thirty (30) minutes of physical education every other day or the equivalent of same. Students in grades four through twelve will receive forty (40) minutes of physical education every other day or the equivalent of same.

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Accommodations will be made for physical education goals in IEPs established by the Committee for Special Education.

Physical education teachers will teach to the NYS physical education standards and the District goals and objectives.

c) Staff training/certification for physical education:

All physical education teachers will be NYS certified. Professional development will be provided annually.

d) Physical activity outside physical education classes:

Physical activity during recess will be encouraged in kindergarten through grade six. Students in grades seven through twelve will be encouraged to engage in daily physical activity such as extracurricular sports or activities of personal interest.

Other School-based Activities

The District wishes to establish a school environment that presents consistent wellness messages and is conducive to healthy eating and physical activity for all. In order to present a coordinated school approach where District decision-making related to nutrition and physical activity encompasses all aspects of the school, the Wellness Committee has determined that the following standards are necessary to achieve this goal:

a) Federal School Meal Programs:

The District will participate to the maximum extent practicable in available federal school meal programs [School Breakfast Program, National School Lunch Program (including after-school snacks), Summer Food Service Program, Fruit and Vegetable Snack Program, and the Child and Adult Care Food Program (including suppers)].

b) Access to school nutrition programs:

Access to free and reduced meals will be provided in a discreet user-blind manner that fosters student participation. Every attempt will be made to address special dietary needs.

c) Meal environment:

Mealtime environment and scheduling will be managed in a manner that encourages students to adopt healthy eating patterns.

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The District will provide snacks for students involved in after school activities.

e) Community access to District facilities for physical activities:

Community members are encouraged to use the fitness center and the gymnasiums when available. Staff members have access to these facilities.

f) Community involvement:

Standards established by the Wellness Committee will be published in the District newsletter. Community members will be asked to participate on the committee and comment on the policy.

g) Sustainable food practices:

The nutrition services will adopt environmentally friendly practices.

Nutrition Guidelines

The District Wellness Committee will recommend which nutrition standards will be established for **all** foods available on school campus during the school day based upon the unique needs of the student body and the community. 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.

Nutritional Standards for Foods and Beverages

The Healthy, Hunger-Free Kids Act of 2010 requires USDA to establish nutrition standards for all foods sold in schools - beyond the federally-supported meals programs. This new rule carefully balances science-based nutrition guidelines with practical and flexible solutions to promote healthier eating on campus. The rule draws on recommendations from the Institute of Medicine, existing voluntary standards already implemented by thousands of schools around the country, and healthy food and beverage offerings already available on the marketplace.

Nutrition Standards for Foods**a) Any food sold in schools must:**

1. Be a "whole grain-rich" grain product; or
2. Have as the first ingredient a fruit, vegetable, a dairy product, or a protein food; or

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3. Be a combination food that contains at least 1/4 cup of fruit and/or vegetable; or
4. Contain 10% of the Daily Value (DV) of one of the nutrients of public health concern in the 2010 Dietary Guidelines for Americans (calcium, potassium, vitamin D, or dietary fiber).*

b) Foods must also meet several nutrient requirements:

1. Calorie limits:
 - (a) Snack items: ≤ 200 calories
 - (b) Entree items: ≤ 350 calories
2. Sodium limits:
 - (a) Snack items: ≤ 230 mg**
 - (b) Entree items: ≤ 480 mg
3. Fat limits:
 - (a) Total fat: $\leq 35\%$ of calories
 - (b) Saturated fat: $< 10\%$ of calories
 - (c) Trans fat: zero grams
4. Sugar limit:
 $\leq 35\%$ of weight from total sugars in foods

*On July 1, 2016, foods may not qualify using the 10% DV criteria.

**On July 1, 2016, snack items must contain ≤ 200 mg sodium per item

Food or beverage contracts

At the expiration of the current beverage contract, all contents sold must qualify under the Healthy, Hunger-Free Kids Act of 2010.

Vending machines, snack bars, school stores, concession stands, and other food outlets

Access to vending machines, snack bars, school stores, and other food outlets on school property will be limited to after the last lunch period and will only offer healthy snack foods that meet the nutrient requirements under the USDA's "All Foods Sold in Schools" Standards.

Concession stands will not be open anytime during the "school day," which is defined as "the period from midnight before to thirty (30) minutes after the end of the official school day (4 p.m.)."

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SUBJECT: DISTRICT WELLNESS POLICY (Cont'd.)**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 must be established by July 1, 2006; and the District will ensure school and community awareness of this policy through various means such as publication in District newsletters 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.

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. Accordingly, the Superintendent shall designate one or more staff members within the District or at each school as appropriate to have operational responsibility for ensuring that the District meets the goals and mandates of its local wellness policy. Designated staff members may include, but are not limited to, the following personnel:

- a) Administrators;
- b) School health personnel including the school nurse and the health and/o physical education teacher; and
- c) School Food Service Director.

These designated staff members shall periodically report to the Superintendent on the District's compliance with the wellness policy (or, if done at the building level, to the School Principal) and the Superintendent shall inform the Board of such findings. The Superintendent/designee shall prepare a summary report on District-wide compliance with the District's wellness policy based on input from schools within the District. That report will be provided to the School Board and also distributed to the wellness committee, parent-teacher organizations, Building Principals, and school health services personnel within the District. The report shall also be available to community residents upon request.

These designated school officials will also serve as a liaison with community agencies in providing outside resources to help in the development of nutrition education programs and physical activities.

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Evaluation and feedback from interested parties, including an assessment of student, parent, teacher, and administration satisfaction with the wellness policy, is essential to the District's evaluation program. Further, the District shall document the financial impact, if any, to the school food service program, school stores, or vending machine revenues based on the implementation of the wellness 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 of 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. Positive reinforcement such as letters of recognition and acknowledgment will be utilized as a means to encourage healthy eating patterns among the student population. In addition, the school will share information about the nutritional content of meals with parents and students; such information may be made available on menus, a website, or such other "point-of-purchase" materials.

Assessments of the District's wellness policy and implementation efforts may be repeated on an annual basis, but it is recommended that such assessment occur no later than every three (3) years, to help review policy compliance, assess progress, and determine areas in need of improvement. The District, and individual schools within the District, will, as necessary, revise the wellness policy and develop work plans to facilitate its implementation.

Child Nutrition and WIC Reauthorization Act of 2004
Public Law Section I 08-265 Section 204
Richard B. Russell National School Lunch Act
42 USC Section 1751 et seq.
Child Nutrition Act of 1966
42 USC Section 1771 et seq.
7 CFR Section 210.10

Adopted: 3/21/07
Revised: 3/16/15