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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 School Board;
- 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:

Classroom instruction will include a clear focus on developing and maintaining a lifelong healthy lifestyle. Instruction should be relevant to current issues that affect students, families and community members.

b) Education, marketing and promotion links outside the classroom:

Nutrition education outside the classroom will include regular nutrition articles published in school newsletters and information sharing at parent meetings. Appropriate school personnel may be asked to become involved during the school day to educate or serve as a resource to students, family and community members.

c) Fundraising activities:

Food-related fundraising activities will be discouraged during the school day.

d) Teacher training:

Professional development will be provided to aid staff in teaching nutrition either formally or informally.

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) Two (2) credits of physical education in grades 9 through 12.
- b) Instruction times will be planned in accordance with New York State Education Department Commissioner's Regulations Subchapter G Part 135.
- c) During physical education classes, moderate to vigorous physical activity should occur at least fifty percent (50%) of the time.
- d) Class sizes should not exceed a twenty-five (25) to one (1) student teacher ratio.
- e) Physical education instruction should be based on New York State Standards.

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- f) Adapted physical education must be provided for special needs students.
- g) Physical activity outside physical education classes at the elementary level should include a minimum of fifty (50) minutes per week of moderate physical activity. Activities may include: stretching, walking, playground activities, games, etc.
- h) Current New York State certification in physical education is required.
- i) Coaches and current physical education staff must have CPR, AED and first aid training.
- j) All District employees will have opportunities to obtain CPR, AED and first aid training.

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:
 - 1. 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)].
 - 2. In order to ensure that all eligible children have access to free/reduced meals in a non-stigmatizing manner, a computerized card system will be used.
 - 3. Special dietary needs will be accommodated and culturally sensitive foods will be made available.
 - 4. Meal time and scheduling will encourage participation in school nutrition programs.
 - 5. A bright, safe (not to exceed occupancy codes), clean environment must be provided with consideration given to age appropriateness.
 - 6. After school programs should incorporate sound nutrition related components.
 - 7. The School District will make every effort to keep school or District owned physical activity facilities open for use by students/families/community outside school hours.

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8. The School District encourages teachers, school administrators and students to serve as role models both in school and in the community.
9. Professional development committee is encouraged to provide wellness activities as a comprehensive approach to professional development.
10. Adult education will offer wellness activities that follow the District's wellness philosophy.
11. The Tonawanda City School District's wellness policy will be distributed through a variety of ways including, but not limited to: District website, Parent Organization meetings, District Calendar, Building Level Publications and Other Appropriate Media.
12. Parent organizations will be encouraged to sponsor activities/events that include sound nutritional practices and encourage wellness through physical activity.

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 Values of Foods and Beverages

- a) Reimbursable school meals served at school will minimally meet the program requirements and nutrition standards of the National School Lunch Program.
- b) Food of minimal nutritional value on the school campus will be replaced with more nutritional options by adhering to the most up to date and current standards for nutritional value of foods and beverages.
- c) Nutrition information for products sold on campus will be readily available near the point of purchase.
- d) Choosing healthy, nutritionally sound alternatives is encouraged when decisions are made on selections for a la carte, student stores, snack bars, concession stands, parties, celebrations, food-related fundraising and food rewards/punishments.

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- e) Elementary buildings will collaborate to ensure consistency in promoting healthier alternatives during celebrations, fundraising, rewards/punishments and snack time.
- f) Vending machines should be limited to the guidelines of The Alliance for a Healthier Generation, a joint initiative of the Williams J. Clinton foundation and the American Heart Association.

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 and website. 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/or physical education teacher;
- 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.

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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.

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 108-265 Section 204
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

NOTE: Refer also to Policy #5660 -- School Food Service Program (Lunch and Breakfast)

Adoption Date 9/28/10