

POLICY

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Non-Instructional/Business
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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

All students in the school district shall possess the knowledge and skills necessary to make nutritious food selections and enjoyable physical activity choices for a lifetime. All staff in the district are encouraged to model healthy eating habits and participation in physical activity as a valuable part of daily life. To meet this goal, and [t]aking 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 district has adopted this school wellness policy to meet the following District goals relating to nutrition education, physical activity and other school-based activities, designed to effectively utilize school and community resources and to serve the needs and interests of all students and staff:

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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 :

- a) Offering comprehensive health/nutrition education in grades K-12, including recommended dietary intake patterns consistent with the most current Dietary Guidelines for Americans and the concepts of balancing food intake with energy expenditure. Nutrition topics shall be integrated within the comprehensive health education curriculum and taught at every grade level (K-12), including:
 - i. Elementary level (K-6) students will receive nutrition education once a year from a certified elementary education teacher.
 - ii. Junior high (7-8) students will receive *a semester* of health education, including nutrition, from a certified health teacher and 1 semester from a family and consumer science teacher.
 - iii. High school (9-12) students will receive *a semester* of health, including nutrition, education and be afforded the opportunity take electives in this subject area.
- b) Establishing a whole school environment which includes education, marketing and promotion that supports healthy eating and positive nutrition-related behaviors:
 - i. Provide positive, motivating messages (i.e. posters, announcements, etc.) about health lifestyle practices throughout the school setting. School personnel will reinforce these positive messages.
 - ii. Promote healthful eating habits and healthy lifestyles at school events and in school publications, including the district website.
- c) Fundraising activities:

School fundraising activities, whether taking place during or outside of the school day, will make sure that healthy choices are available.

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d) Teacher training:

Professional development will be provided to school faculty and staff on nutrition education and the promotion of school nutrition and wellness goals as needed.

Physical Activity

The District will provide opportunities for every student to participate in physical education and to be involved in physical activity 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 district will ensure that the following standards, including but not limited to those in accordance with the Commissioner's Regulations, are met to achieve this goal:

- a) Meet physical education graduation requirements and class components listed in the board-approved P.E. Plan, including:
 - i. Written physical education curriculum/program for each grade level.
 - ii. Time per week of physical education for elementary, middle and high school students.
 - iii. Qualifications for physical education instructors
 - iv. Requirements for physical education waivers
- b) Provide the opportunity for annual professional development for Physical Education teachers.
- c) Meet New York State Dept. of Education physical education requirements in grades K-12; see <http://www.emsc.nysed.gov/ciai/pe/peqa>.

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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 district will ensure the following standards are met 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)]. The district will meet, at a minimum, all federal and state laws and regulations governing school meals, foods sold in competition with school meals, and requirements for school nutrition and wellness policies per the most current Child Nutrition Reauthorization.

b) Access to school nutrition programs:

- i. The district will provide information about and encourage students, staff and families to participate in all available federal school meal programs.
- ii. The district will, to the extent possible, arrange bus schedules and utilize methods to maximize participation in the school meal program.
- iii. Students, families and staff will have an opportunity to provide input on local, cultural and ethnic favorites.

c) Meal environment:

- i. The district will ensure that all students have at least 10 minutes to eat after sitting down for breakfast and 20 minutes after sitting down for lunch.
- ii. The district will schedule meal periods at appropriate times (e.g. lunch will be schedule between 10:30 a.m. and 1 p.m.).
- iii. The district will provide a clean and pleasant environment to eat meals.

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d) After-school programs for students:

All foods and beverages sold, offered or served before, during or after the school day, including after school programs and official transportation to and from school and school sponsored activities, will meet the nutrition content and portion standards listed below.

e) Community access to District facilities for physical activities:

School grounds and facilities will be available to students, staff, community members and community organizations and agencies offering physical activity and nutrition programs as often as possible, including before, during and after the school day, on weekends and during school vacations. School policies concerning safety will apply at all times.

f) Community involvement:

The school district will support involvement of families and community members in wellness planning and activities beyond participation in the Wellness Committee. The school district will support parents' efforts to provide a healthy diet and daily physical activity for their children.

Nutrition Guidelines

All food and beverage sold, offered or served before, during or after the school day, including after school programs and official transportation to and from school and school sponsored activities, will meet the nutrition content and portion standards listed below, with the goal of encouraging healthy lifelong eating habits.

Nutritional Values of Foods and Beverages

a) Reimbursable school meals served at school will minimally meet the program requirements and nutrition standards per the most current Child Nutrition and WIC Reauthorization Act and associated implementation timeline. This includes all milk offered be fat-free or low-fat plain or flavored milk or nutritionally equivalent non-dairy alternative approved by USDA. See Appendix X for summary chart of the Child Nutrition and WIC Reauthorization Act of 2010 as it applies to school settings..

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SCHOOL BREAKFAST & LUNCH MEALS FIT THE FOLLOWING GUIDELINES:

- **Fruits, vegetables, whole grains, combination products*, non-fat and low-fat dairy per portion as packaged with:**
 - 200 calories or less;
 - No more than 35% of total calories from fat;
 - Less than 10% of total calories from saturated fats;
 - Trans fat-free ($\leq 0.5\text{g}$ per serving);
 - 35% or less of calories from total sugars (except yogurt w/ no more than 30 g total sugars);
 - Sodium content of 200 mg or less.
- **A la carte entrée items with:**
 - No more than 35% of total calories from fat;
 - Less than 10% of total calories from saturated fats;
 - Trans fat-free ($\leq 0.5\text{g}$ per serving);
 - 35% or less of calories from total sugars (except yogurt w/ no more than 30 g total sugars);
 - Sodium content of 480 mg or less;
 - 200 Calorie content does not apply, but not to exceed calorie content of comparable NSLP entrée items.
- **Beverages as described below:**
 - Water without flavoring, additives or carbonation (except seltzer water) – any size
 - Low-fat (1%) and non-fat (skim) milk – maximum 8oz. serving:
 - Lactose-free and soy beverages are included
 - Flavored milk with no more than 22 g of total sugars per 8oz. serving
 - Elementary/middle school - 100% fruit and vegetable juice - 4oz. portion as packaged
 - High school - 100% fruit and vegetable juice - 8oz. portion as packaged
 - Sports drinks are not available in the school setting except when provided by the school for student athletes participating in sport programs involving vigorous activity of more than 1 hour duration.

*Combination products must contain a total of one or more servings as packaged of fruit, vegetables, or whole grain products per portion.

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- Nuts and Seeds – allowed as combination products as long as other nutrient standards are met; the fat content will not count against the total fat content of the product.

(For examples see the Foods and Beverages Recommended by the IOM's Nutrition Standards for Foods in Schools (www.cdc.gov/HealthyYouth/nutrition/pdf/nutrition_factsheet_service.pdf).

- b) Nutrition information for products sold on campus will be readily available near the point of purchase.
- c) The use of foods and beverages as reward or punishment is discouraged, including but not limited to reward or punishment related to academic performance or behavior.
- d) The school district will limit the frequency of classroom celebrations that involve food to no more than one party per class per month. Each party will include no more than one food or beverage that does not meet nutrition standards for foods and beverages sold individually (noted above).
- e) Access to vending machines, school stores and food outlets other than the cafeteria will be limited to after the instructional day.

Food or beverage contracts

As noted above, all foods and beverages sold, served or offered before, during or after the school day, including after school programs and official transportation to and from school and school sponsored activities, will meet the nutrition content and portion standards listed above.

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. Guidance for all food sold and served during the school day shall not be less restrictive than federal standards issued pursuant to the most current Child Nutrition and WIC Reauthorization Act, as those regulations and guidance apply to schools.

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Implementation and Evaluation of the Wellness Policy

In accordance with law, the District's wellness policy must be established by July 1, 2006 and updated in accordance with the most current Child Nutrition and WIC Reauthorization Act and associated timeline; 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 and enforces 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; and
- c) School Food Service Director.

These designated staff members shall report annually 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 meeting or exceeding the standards and regulations described above. The school will encourage students' active, age appropriate participation in decisions regarding healthy lifestyles and choices.

Assessments of the District's wellness policy and implementation efforts may be repeated on an annual basis, but it is required 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, will, as necessary, revise the wellness policy and develop work plans to facilitate its implementation.

Healthy Hunger Free Kids Act, Child Nutrition and WIC Reauthorization Act of 2010, Public Law 111-296
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

Adoption Date: June 24, 2013