

## SCHOOL WELLNESS POLICY

### Introduction

Given the documented connection between proper nutrition, adequate physical activity and educational success, the Board of Education adopts the following goals and authorizes the following actions to provide district students with a school environment that promotes health and wellness and reduces childhood obesity.

For the purposes of this policy, “school campus” means all areas of district property accessible to students during the school day; “school day” means the period of time from midnight the previous day until dismissal and “competitive food” means all food and beverages other than meals reimbursed under federal food programs available for sale to students on the school campus during the school day.

### **I. Foods and Beverages Available for Sale to Students on School Campus During the School Day**

The Board recognizes that a nutritious, well-balanced, reasonably-portioned diet is essential for student wellness. To help students possess the knowledge and skills necessary to make nutritious food choices for a lifetime, the district shall strive to ensure that all foods and beverages available in school promote good nutrition, balance, and reasonable portion sizes. The district shall ensure that all foods and beverages available for sale to students on the school campus during the school day meet or exceed the program requirements and USDA nutrition standards found in federal regulations.

To accomplish this, the Board directs that the district serve healthy and appealing foods and beverages at district schools, following state and federal nutrition guidelines, as well as uses safe food preparation methods. The school district participates in the USDA School Breakfast and Lunch Programs see links below:

School Breakfast Program: <https://www.fns.usda.gov/sbp/school-breakfast-program-sbp> School Lunch Program: <https://www.fns.usda.gov/nslp/national-school-lunch-program-nslp>

The district takes steps to protect the privacy of students who qualify for free/reduced meal (ex. lunch code system at registers). The child will be given a meal even if a balance is due and the communication is with the parent not the student.

#### **A. Reimbursable School Meals—the district shall:**

1. Offer breakfast and lunch through the USDA School Breakfast and Lunch Programs.

2. Include fruits, vegetables, salads, whole grains, and low fat items at least to the extent required by federal regulations that meet current USDA nutrition standards.
3. Follow USDA Professional Standards for State and Local Nutrition Programs to ensure professional development in the area of food and nutrition is provided for food service directors, managers and staff.
4. Encourage students to try new or unfamiliar items. Promote participation in school meal programs by having students develop menus and take requests for favorite meal options.
5. Nutrition information is available through Nutrislice link on district's web site.  
<http://nccscougar.nutrislice.com>
6. Make efforts to ensure that families are aware of need-based programs for free or reduced- price meals and encourage eligible families to apply. Applications are sent home annually in September and are available on the district's website under the Food Services link.
7. Consider serving produce and food from local farms and suppliers when available.
8. Provide a pleasant environment in which to eat including appropriate supervision. Rules for safe behavior shall be consistently enforced.
9. Ensure access to free, safe and fresh drinking water throughout the school day for all students and staff. Free drinking water will be available where meals are served.

**Meal Scheduling –the district shall:**

1. Provide at least 10 minutes to eat breakfast and 20 minutes to eat lunch, after obtaining food.
2. Schedule lunchtime between normal lunch hours (11:00 a.m. – 1:20 p.m.)
3. Prohibit students from leaving campus during lunch; there is a 'closed campus' policy in place.

**B. Foods and Beverages Sold Individually (e.g., a la carte, vending machine and school stores)—the district shall:**

1. Ensure that all such items meet the USDA nutrition standards set in state and federal regulations for competitive food regarding whole grains, fruits, vegetables, calories, fat, saturated fat, trans fats, sugar, sodium, and caffeine. This includes all snacks sold and served before and after school (School clubs and programming.)
2. Permit the sale of fresh, frozen or canned fruits and vegetables, if processed pursuant to federal regulations, as exempt from the nutrition standards.
3. Work with existing vendors or locate new vendors that will comply with USDA nutrition standards.
4. In elementary schools, encourage limiting the sale of additional snacks (a la carte) to one (1) per student and allow no more than two (2).
5. Smart Snack Standards:
  - 100% whole grain products which are high in fiber
  - Non-fat and/or low-fat real cheese rather than imitation cheese
  - Nuts, seeds and trail mix snacks
  - Fresh fruit and/or vegetables
  - Snacks that meet the following criteria, per serving:

- Less than or equal to 200 calories,
  - Less than or equal to 7 grams of fat,
  - Less than or equal to 2 grams of saturated fat,
  - 0 grams of trans fat,
  - Less than or equal to 15 grams of sugar,
  - Less than or equal to 200 milligrams of sodium and
  - High-fructose corn syrup cannot be listed as the first ingredient on the product label.
6. Disallow beverages containing caffeine to be sold in high school building.

**C. Classroom Snacks (Elementary) –the district shall:**

1. Guidelines will be sent home with elementary students on a yearly basis in September including a list of healthy snack choices and preferred snack options for foods and beverages that meet USDA Smart Snack Standards, see link above.

**D. Fund Raising Activities—the district shall:**

1. Promote healthy food items or non-food items to sell, or activities (physical or otherwise) to do.
2. Discourage sales of candy and other “junk food”.

**E. Celebrations—the district shall:**

1. Set guidelines for frequency and content of school-wide celebrations where food is served.
2. Promote the consumption of food items that meet the standards for competitive food and beverages by providing parents a list of Smart Snack options and discouraging foods and beverages which do not meet those standards at celebrations while promoting non food activities.
3. Model the healthy enjoyment of food as a natural part of celebrations.

**II. Physical Activity**

Physical activity is an important factor in remaining healthy and being ready to learn. The school district’s comprehensive, standards-based physical education curriculum identifies progression of skill development in grades K-12. In addition, staff, families, and community members are encouraged to participate in and model physical activity as a valuable part of daily life. The district’s Physical Education program shall adhere to the curricular requirements of the Commissioner of Education and the New York State Learning Standards.

**A. Physical Education**

1. All elementary school students shall receive 120 minutes per week of physical education instruction throughout the school year.

2. All middle and high school students shall receive at least three periods one semester and two periods the following semester or comparable time of physical education instruction throughout the school year.
3. Physical Education classes shall incorporate the appropriate NYS Learning Standards.
4. All physical education classes will be taught by a certified/licensed physical education teacher.
5. When possible, the school district shall provide all physical education teachers with annual professional development opportunities that are focused on physical education/physical activity topics.
6. Promote, teach and provide opportunities to practice activities that students enjoy and can pursue throughout their lives (e.g., yoga, fitness walking, and aerobics).
7. Physical education classes will have the same student/teacher ratio used in other classes.
8. The performance of physical activity shall not be used as a form of discipline or punishment. Staff is encouraged to not withhold Physical Activity as a punishment. Instead physical activity will be used as a reward. (ex. extra recess time, not taking away recess time.)
9. All students in grades K-12 shall be required to take physical education class. Schools will not permit students to be exempt from physical education class. There will be no substitutions allowed for the physical activity time requirement.

**B. Recess**

1. Maintain daily allotment of recess time for elementary school.
2. Encourage outdoor recess when possible.

**C. Physical Activity in the Classroom**

1. Promote the integration of physical activity in the classroom.

**D. Extracurricular Opportunities for Physical Activity**

1. Promote clubs and activities that meet the various physical activity needs, interests, and abilities of all students (e.g., walking, hiking and climbing, snowshoeing).
2. Develop joint-use agreements with community partners in order to provide expanded physical activity opportunities for all students and community members.
3. Schools shall partner with local government and community-based organizations to support active transportation to school.

**III. Nutrition Education**

The Board believes that nutrition education is a key component in introducing and reinforcing healthy behaviors in students. Nutrition promotion and education that teaches the knowledge, skills, and values needed to adopt healthy eating behaviors shall be integrated into the curriculum. Nutrition promotion and education information shall be offered throughout the school campus including, but not limited to, school dining areas and classrooms. Staff members who provide nutrition education shall be appropriately certified and trained.

The Board's goals for nutrition promotion and education include that the district will:

1. Include nutrition education as part of not only health education classes, but also classroom instruction in subjects such as math, science, language arts, social sciences and elective subjects.
2. Include enjoyable, developmentally appropriate, culturally relevant, participatory activities, such as contests, promotions, taste testing, farm visits, and school gardens, as well as smart lunchroom initiatives such as My Plate in classrooms and the cafeteria.
3. Promote fruits, vegetables, whole grain products, low fat dairy products, safe and healthy food preparation methods, and health enhancing nutrition practices;
4. Emphasize caloric balance between food intake and energy expenditure;
5. Present media literacy with an emphasis on food marketing;
6. Encourage staff to model healthy eating and drinking behaviors.
7. Discourage food/beverages being used as a reward; teachers are encouraged to use non-food alternatives such as physical activity as a reward.
8. Disallow the advertising of food and beverages that are not available for sale in district schools on any school property.
9. Ensure the criteria for selecting educational materials will be expanded to include review of advertising content. Every effort will be made to select material free of brand names/logos and illustrations of unhealthy food items. In addition, all advertising in school publications and school media outlets must be approved by the Board of Education.
10. The nutrition education curriculum will use school garden as a teaching tool and/or visit local farms.

#### **IV. Other School-Based Activities**

The district may implement other appropriate programs that help foster a school environment that conveys consistent wellness messages and is conducive to health eating and physical activity. Such activities may include, but are not limited to, health forums or fairs, health newsletters, parent outreach, employee health and wellness activities, limiting the use of food as a reward, reviewing food marketing and advertising in school, hosting or promoting community-wide events and offering wellness-related courses in the district's adult education program.

#### **Implementation**

The Board shall designate one person as District Wellness Coordinator to be responsible for ensuring that the provisions of this policy are carried out throughout the district. Each school building will have at least one staff member responsible for ensuring compliance within the school and report progress to the district wellness committee. A parent-teacher group representative will also be identified for ensuring compliance within the parent-teacher organization. Also\*\*consider adding teacher in charge of ordering for the school store.

#### **Monitoring and Review**

The District Wellness Coordinator shall report to the Board and the public on the implementation and effectiveness of this policy. Biennially, the District Wellness Coordinator, in consultation with the appropriate personnel and advisory committees, shall monitor and review the district's wellness activities to determine whether this policy is having a positive effect on increasing student

wellness and decreasing childhood obesity in the district. Based on those results, this policy and the specific objectives set to meet its goals may be revised as needed.

Parents, students, food service professionals, physical education teachers, school health professionals, school administrators, the general public and the school board shall participate in the development, implementation and periodic review and update of this wellness policy. The Wellness Committee will meet at least (3) three times per year and have “open recruitment.”

The district shall inform and update the public (including parents, students and others in the community) about the content and implementation of this wellness policy. The wellness committee shall prepare a reports annually for the Superintendent, school staff, students and parents, and the public that evaluates the implementation of the policy and regulations, including any recommended changes or revisions. The annual progress report will be posted on the district website every September. The report will include a link to the SWP, a progress report for each school building in the district that includes summary of wellness activities and contact information for wellness committee members. The report will include an open invitation for interested parties to join the committee.

The district shall monitor and review the implementation and effectiveness of this policy by conducting:

1. Periodic informal surveys of Building Principals, classroom staff, and school health personnel to assess the progress of wellness activities and their effects.
2. Periodic checks of the nutritional content of food offered in the cafeterias for meals and a la carte items, and sales or consumption figures for such foods.
3. Periodic checks of the nutritional content of food available in vending machines, and sales or consumption figures for such foods.
4. Periodic checks of the amount of time students spend in Physical Education classes, and the nature of those activities.
5. Periodic checks of extracurricular activities of a physical nature, in the number of offerings and rates of participation by students.
6. Periodic checks of student mastery of the nutrition education curriculum.
7. Periodic completion of relevant portions of the CDC School Health Index.
8. Periodic review of data currently collected by the district, including: a. attendance data, particularly absences due to illness; b. test scores; c. rates of suspension, discipline, and violent incidents; c. physical education scores on flexibility, endurance, and strength (i.e., fitness test results); d. student BMI (Body Mass Index) statistics, as collected in accordance with the State Department of Health efforts; and e. revenues generated from vending machines and a la carte food items.
9. Surveys of student/parent opinions of cafeteria offerings and wellness efforts will be sent home annually with ‘summer mailing’ packet.
10. Periodic review of professional staff development offered which focuses on student wellness.

11. NYSSBA's Student Wellness Assessment Checklist and School Building Assessment (WellsAT-i 3.0) [every two years] to review the effectiveness of this policy.

*Ref:*

*P.L. 111-296 (The Healthy, Hunger-Free Kids Act of 2010)*

*P.L. 108-265 (Child Nutrition and WIC Reauthorization Act of 2004)*

*42 USC §§1758(f)(1); 1766(a) (Richard B. Russell National School Lunch Act) 42 USC §1779 (Child Nutrition Act)*

*7 CFR §210.10; 210.11; 210.11a (National School Lunch Program participation requirements – standards for lunches, snacks, and competitive foods)*

*7 CFR §220.8 (School Breakfast Program participation requirements – nutrition standards) & NYCRR Part 135 (Health and Physical Education curricular requirements); §114.1 (School Breakfast Program Requirements)*

*Appeal of Phillips, 37 EDR 204 (1997) (dec. no. 13,843)*

*Appeal of Williams, 32 EDR 621 (1993) (dec. no. 12,934)*

**LAST ADOPTION DATE: DECEMBER 5, 2018**

**CURRENT ADOPTION DATE: FEBRUARY 8, 2023**