

COMPREHENSIVE HEALTH & WELLNESS**1. Philosophy**

On June 30, 2004, the President of the United States signed Public Law 108-265, the Child Nutrition and WIC Reauthorization Act of 2004. Section 204 of this law requires school districts participating in the National School Lunch Program and/or School Breakfast Program to have a local wellness policy that addresses student wellness and the growing problem of childhood obesity.

The South Colonie Central School District Board of Education believes in a coordinated and comprehensive approach to staff and student wellness that is sensitive to individual and community needs. To that end, they believe that children of all ages who begin each day as healthy individuals are more engaged in learning, able to achieve more, and more likely to complete their formal education.

The Board of Education also believes that healthy staff can more effectively perform their assigned duties and model appropriate wellness behaviors for students.

2. Nutrition

The South Colonie Board of Education believes that a hungry child cannot learn. Academic performance and quality of life issues are affected by the choice and availability of good foods in our schools. Healthy foods support student physical growth, brain development, resistance to disease, emotional stability and ability to learn.

The South Colonie Food Services Department will ensure that all reimbursable meals offered will meet the Federal USDA and State guidelines for portion size, sugar, fat, sodium, and calorie content. The Food Services Department will also ensure all food and beverages sold outside of the federally reimbursable meals program will comply with the new USDA Smart Snacks nutrition standards which may be found on the USDA Food & Nutrition Service website at www.fns.usda.gov/sites/default/files/allfoods_flyer.pdf. Foods containing trans fats will not be served or sold in the school cafeterias.

Additional information regarding the school meals program may be found on the USDA Food & Nutrition Service National School Lunch Program website at www.fns.usda.gov/nslp/national-school-lunch-program-nslp.

a. Dining Area:

- The District will provide a clean, safe, and enjoyable meal environment for students and staff.
- The District will provide enough space and serving areas to ensure all students have access to school meals with minimum wait time.

- Drinking fountains will be made available in all schools, so that students can get water at meals and throughout the day at no cost to the student.
- All students will be encouraged to participate in the school meals program. The identity of students who eat free and reduced price meals will be protected.

b. Time to Eat:

- The District will ensure an adequate time for students to enjoy eating healthy foods with friends in schools.
- The District will schedule lunchtime as near the middle of the school day as possible.

c. Nutrition Education:

- Students in grades Pre-K-12 will receive nutrition education that is interactive and teaches the skills they need to adopt healthy eating behaviors.
- Students will receive consistent nutrition messages throughout schools, classrooms, cafeterias, homes, community, and media.
- Nutrition will be integrated into classrooms, health education, and core curricula whenever possible (e.g., Math, Science, Language Arts).
- The District will ensure that staff who provide nutrition education have appropriate training.

d. Food or Physical Activity as a Reward or Punishment:

- The District will discourage the use of food as a reward at school unless part of a student's Individual Education Plan (IEP). The District will prohibit the use of food as a punishment.
- The District will make every effort and pursue alternatives that will not deny student participation in recess or other physical activities as a form of discipline or for classroom make-up time.

e. Consistent School Activities and Environment:

- The Building Principals will ensure that all schools' fundraising efforts are in compliance with the USDA Smart Snack criteria. Sales of candy and any other non-compliant foods during the school day are prohibited.
- The District will provide opportunities for on-going professional training and development for food service staff and teachers in the areas of nutrition and Physical Education.
- The District will encourage parents, teachers, school administrators, students, food service professionals, and community members to serve as role models in practicing healthy eating and being physically active, both in school and at home.

- The District will encourage and provide opportunities for students, teachers, and community volunteers to practice healthy eating and serve as role models in school dining areas.
- The District will encourage all students to participate in school meals program; i.e. the National School Lunch and School Breakfast programs.

f. All Foods and Beverages Available on School Campuses During the School Day:

Students' lifelong eating habits are greatly influenced by the types of foods and beverages available in their daily environment. In addition to ensuring that reimbursable school meals meet program requirements and nutrition standards as set forth by the Federal USDA guidelines, the District believes it must also establish guidelines to address all foods and beverages sold or served to students, including those available outside of the school meal programs.

- The District makes decisions on these guidelines based on the USDA Smart Snack Nutritional Standards.
- The District will encourage that fundraising activities which include food use products that are nutritious and meet federally mandated Smart Snack guidelines.
- Refreshments served at celebrations and meetings during the school day will be nutritious.
- Foods and beverages sold in snack bars, school stores, and on school campuses will be nutritious and meet federally mandated Smart Snack guidelines.

g. Vending Machines:

Building Principals have the authority to set hours of operation on vending machines as deemed appropriate.

- All snack and beverage vending and/or sales must provide options that are high in fiber, low in sugar, fat, and sodium in accordance with the USDA Smart Snack guidelines.
- Foods and beverages sold through school vending machines that meet acceptable nutritional standards will consist of the following:
 - Plain, bottled water and Smart Snack compliant flavored waters.
 - Fat-free plain and flavored milk.
 - One hundred percent fruit juices in portions that are in compliance with the USDA Smart Snack guidelines.
 - Smart Snack compliant packaged snacks, nuts, seeds, fat-free dairy products, fresh fruits/vegetables, dried fruits, and fruits packed in their own juice.

3. **Health Education**

Healthy living skills will be taught as part of the regular PreK–Grade 12 instructional program. The Grade 6-12 Health Education program, with a Coordinated School Health Framework, will provide the opportunity for all students to understand and practice concepts and skills related to health promotion and disease prevention.

- a. The District will provide for an interdisciplinary, sequential, standards-based, skills-driven, student-centered health education program based upon New York State Standards.
- b. In accordance with New York State Standards, students in the District will receive instruction and practice based on the three Standards:
 - Personal Health and Fitness;
 - Safe and Healthy Environment; and
 - Resource Management.
- c. In accordance with New York State Standards, students will receive instruction and practice to acquire and develop skills in self-management, relationship management, communication, stress management, goal setting, decision making, and advocacy that enhance personal, family and community health.
- d. In accordance with New York State Standards, students will receive age-appropriate, functional knowledge that includes, but is not limited to, the following:
 - Physical Activity and Nutrition;
 - Tobacco, Alcohol, and Other Drugs;
 - HIV/AIDS;
 - Family Life/Sexual Health;
 - Intentional Injury;
 - Violence Prevention;
 - Disease Prevention; and
 - First Aid/Other Required Health Areas.

This information must include the supplemental guide for heroin and opioids, along with additional resources for schools which may be found at on the NYSED website at: www.p12.nysed.gov/sss/schoolhealth/schoolhealtheducation/.

- e. In accordance with New York State regulations, the instruction will be provided as follows:
 - Grades PreK–6: Regular Classroom Teacher
 - Grades 7-8: Certified Health Educator will provide a half-year course of study.

- Grade 11: Certified Health Educator will provide a half-year course of study.

If scheduling does not allow (e.g., due to VOTEC), students may be scheduled to take Grade 11 Health in Grade 10 or Grade 12.

4. Physical Education and Activity

The Board believes that Physical Education and Wellness is an essential element of each school's instructional program. The primary goal for the schools' physical education units are to:

- provide opportunities for every student to develop the knowledge, skills and attitudes necessary for specific physical activities;
- maintain students' physical fitness; to ensure students' regular participation in physical activity;
- teach students sportsmanship, tolerance, and fair play; and
- teach students knowledge and information identifying where recreational fitness opportunities are available in their community.

a. Physical Education Program

- The Physical Education program will be designed to stress physical fitness and encourage healthy, active lifestyles.
- The Physical Education program will consist of a diverse range of physical activities for a duration that is sufficient to provide a significant health benefit to students, subject to the differing abilities of students.
- A certified Physical Education teacher will teach Physical Education.
- Students in Pre-Kindergarten through Grade 4 are required to participate in Physical Education daily. Each class will receive three 30-minute classes plus two 15-minute fitness periods each week.
- In accordance with New York State regulations, students in Grades 5-8 are required to participate in one period every other day throughout the year. In addition to Physical Education classes, intramural programs (Grades 5-8) and modified sports (Grades 7-8) will be offered throughout the year.
- In accordance with New York State regulations, students in Grades 9-12 are required to complete two (2) full credits for graduation. In addition to Physical Education classes, intramural programs and interscholastic sports will be offered throughout the year.

b. Physical Activity Programs:

- Students will be given opportunities for physical activity during the school day through Physical Education classes, daily recess periods for Elementary School students, High School weight training during lunch periods, and the integration of physical activity into the academic curriculum.

- Students will be given opportunities for physical activity through a range of before-and/or after-school programs including, but not limited to, intramurals, interscholastic athletics, and physical activity clubs.
- The District will make efforts to keep school or District-owned physical activity facilities open for use outside school hours.
- The District will work with the community to create ways for students to walk or bike safely to and from school.
- Each school will encourage parents and guardians to support their children's participation in physical activity, to be physically active role models, and to include physical activity in family events.

5. Safe & Healthy Environment

The South Colonie Board of Education believes that a safe and healthy environment supports academic success for all students. Safer school communities promote healthier students. Healthier students do better in school and make greater contributions to their community.

- a. All District school buildings and grounds, structures, buses and equipment will meet all current health and safety standards and be kept inviting, clean, safe, and in good repair.
- b. All District school buildings and offices will maintain an environment that is free of tobacco, alcohol, and other prohibited substances.
- c. Safety procedures and appropriate training for students and staff will always support personal safety, an environment free from harassment and from any threat or act of violence.
- d. Each work site, school and classroom will provide an environment where students, parents, guardians and staff are respected, valued and accepted, with high expectations for personal behavior and accomplishments.
- e. The Superintendent of Schools encourages and advocates on-going District-wide cooperation and support of Project SAVE that address prevention, response, and recovery with respect to a variety of emergencies in our schools.

6. Counseling, Psychological & Social Services

The District is committed to developing and providing programs and services to staff, students and their families that promote social and emotional well-being in order to optimize conditions for teaching and learning.

Each school will provide a supportive environment that includes the services of either a Guidance Counselor, School Psychologist, and/or Social Worker. Such an environment will

encourage students, families and staff to request assistance when needed and will link them to school or community resources.

- a. In accordance with New York State regulations, these programs will help students who exhibit any attendance, academic, behavioral, or adjustment problems.
- b. Furthermore, these programs will address, but not be limited to, issues such as suicide, depression, anxiety, and violence.
- c. The District will maintain a relationship with the Employee Assistance Program (EAP) for all staff and family members.
- d. The District will maintain a relationship with the Colonie Youth Center (CYC) services and programs for students and their families.

7. Health Services

The Board believes an effective health care delivery system that promotes academic achievement by providing a broad scope of services from qualified health care providers will improve the mental and physical health of students and staff.

- a. Primary coordination of health services will be through a trained school health care practitioner with the support and direction of the District. Critical health issues will be addressed through county public health departments in collaboration with the District.
- b. The District will collaborate with community health liaisons and resources to promote health and wellness for students, families, staff and community. Critical health issues will be addressed through County Public Health departments in collaboration with the District.
- c. Coordinated and comprehensive programs of accessible health services will be provided to students and staff and will include, but not be limited to, nursing, violence prevention, school safety, communicable disease prevention, health screening, community health referrals, immunizations, parenting skills, first aid, CPR/AED and other priority health education topics.

8. Family, School, and Community Partnership

The Board believes in fostering solid family, school and community partnerships. Long-term, effective family, school and community partnerships positively impact student wellness.

- a. Family, student, and community partners will be included on an on-going basis in wellness planning processes within the District.
- b. The diverse cultural make-up of the school community will be valued in planning and implementing wellness activities.

- c. Community partnerships will be developed and maintained as a resource for District programs, projects, activities and events.
- d. The District will actively support the engagement of students, families and staff in community health-enhancing activities and events within the District and throughout the community in order to respond more effectively to the health-related needs of students.

9. Staff Wellness

The Board is aware that a healthy staff can more effectively perform their duties and serve as powerful role models for healthy living. The District will provide information about wellness resources and services and establish a staff committee to assist in identifying and supporting the health, safety and well-being of the staff. All personnel involved in the school health program will possess the necessary qualifications, training, and/or experience essential to their duties.

- a. All the District school buildings and offices will maintain an environment that is free of tobacco, alcohol, and other prohibited substances.
- b. Each District site will provide an accessible and productive work environment free from physical dangers or emotional threat that is as safe as possible and consistent with applicable occupation and health laws, policies and rules.
- c. All personnel involved in the school health program will be provided with the opportunity for on-going professional development activities that are directly related to their responsibilities. Professional development programs will:
 - respond to the professional improvement needs of staff and schools;
 - be made available to staff at their place of work to the greatest feasible extent through in-service programs; and
 - involve staff unions, professional associations and any other related personnel in planning and implementation.
- d. The District will support the development and implementation of Staff Wellness activities to ensure that all staff have access to opportunities that enhance their health.

10. Monitoring and Policy Review

- a. Monitoring:

The Superintendent of Schools, or designee, will ensure compliance with established District-wide nutrition and physical activity wellness policies. In each school, the Principal, or designee, will ensure compliance with those policies in his/her school and will report on the school's compliance to the Superintendent, or designee.

Food Services staff, at the school or District level, will ensure compliance with nutrition policies within school food service areas and will report on this matter to the Superintendent (or if done at the school level, to the school Principal).

The Superintendent, or designee, will develop a summary report every three years on District-wide compliance.

b. Policy Review:

Assessments will be repeated every three years to help review policy compliance, assess progress, and determine areas in need of improvement. As part of that review, the District will review:

- nutrition and physical education and activity policies,
- efforts to provide an environment that supports healthy eating and physical activity; and
- nutrition and physical education program elements.

The District, and individual schools will, as necessary, review the wellness policies and develop work plans to facilitate their implementation.

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