

## **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 healthful eating and physical activity. The District has established a Wellness Committee to develop the District's Wellness Policy and make recommendations for review and adoption by the Board of Education. The District's Wellness Committee includes representation from each of the following groups:

- a) Parents
- b) District's Food Service
- c) School Board
- d) School Administrators
- e) Staff Members

The District Wellness committee assesses current activities, programs and policies in the District; identifies areas of need; develops policy; and provides mechanisms for implementation, evaluation, revision and updating of 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**

#### **Nutrition Education**

The District will provide nutrition education to facilitate the voluntary adoption of healthful eating habits and other nutrition – related behaviors conducive to health and well-being by adhering to the following guidelines:

- Students shall receive nutrition education that teaches the knowledge and skills necessary to adopt healthful eating habits.
- Nutrition education shall be offered in the school cafeteria as well as the classroom with coordination between food service staff and teachers.
- Students should receive consistent nutrition messages throughout schools, homes, community and school based marketing will be consistent with nutrition education. (i.e. fundraisers, bake sales, cafeterias, school stores, vending machines)

- The School District shall provide information to families that teach and encourage good nutrition.
- Nutrition education activities shall be integrated into Health, Home and Careers and other disciplines.
- Professional development and training shall be available to staff who provide nutrition education.
- Students shall have access to a variety of affordable, nutritious food choices in appropriate proportions which accommodate the religious, ethnic and cultural diversity of the student body.
- Students shall be encouraged to start each day with a nutritious breakfast, such as that provided by the District.
- Fruits, vegetables, whole grain products, low-fat dairy products, healthful food preparation methods and health enhancing nutrition practices shall be promoted.
- Caloric balance between food intake and energy expenditure shall be emphasized.
- The District's guidelines for reimbursable school meals shall not be less restrictive than applicable federal regulations and guidelines of Child Nutrition programs.

### Physical Activity Goals

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 activities and to understand the long and short term benefits of a physically active lifestyle through the following:

- Students shall be scheduled for physical education classes consistent with the NYS mandates of 120 minutes per week at the elementary level and for a minimum of three classes one week/two classes the next at the secondary level.
- Students shall be given opportunities for physical activity through a wide range of before, during and after school programs including, but not limited to recess, intramurals, interscholastics and physical fitness clubs.
- Schools shall encourage parents to support their child's participation in physical activity outside of school and to be physically active role models in family physical activities and events.
- Schools shall provide training to enable teachers and other staff members to promote enjoyable lifelong physical activity.

## Other School Based Activities

The District wishes to establish a school environment that presents consistent wellness messages and is conducive to healthful eating and physical activity for all. In accordance with this goal, the District adopts the following guidelines:

- There shall be a clean, safe, enjoyable meal environment for all students with adequate time to enjoy eating healthful foods with their friends.
- There shall be enough space and serving areas to ensure all students have access to school meals with minimum wait time.
- Lunch time shall be scheduled as near the middle of the school day as possible.
- An effort shall be made to schedule recess for elementary students before lunch so that children will come to lunch less distracted and ready to eat.
- Drinking fountains shall be available in all schools so that students can get water at meals and throughout the day.
- All students are encouraged to participate in school meals programs and the identity of students who eat free and reduced price meals will be protected.
- Food and beverage marketing activities shall be consistent with and reinforce the objectives of the education and nutrition environment goals of the District.
- The District shall encourage that all fundraising efforts and school events such as field trips, dances and assemblies in the schools are supportive of healthful eating, healthful food choices and physical activity.
- Efforts will be made to keep school or District-owned physical activity facilities open with Superintendent's approval for use by students outside school hours.

## Establishing Nutrition Standards

A student's capacity to learn is directly related to and influenced by eating habits. The goal is to encourage healthful lifelong eating habits by providing foods that are high in nutrients, low in fat and added sugars and of moderate portion size. The following guidelines are established:

- All foods and beverages made available (including vending machines, a la carte, fundraising, concession stands, student stores and school parties/celebrations) during the school day shall be consistent with the current USDA Dietary guidelines for Americans.
- Food providers shall offer a variety of age appropriate healthful food and beverage selections for elementary schools, middle schools and high schools.

- Nutrition information for products offered in snack bars, a la carte, vending machines and school stores shall be readily available near the point of purchase.
- Healthful snack choices should be encouraged and a list of such healthful choices shall be disseminated to teachers and parents.
- Staff will seek alternative means for rewarding academic performance or good behavior and shall not necessarily rely on food and or beverages.
- Celebrations that involve food during the school day shall be limited. Each party shall be coordinated to include no more than one food or beverage that does not meet the nutrition standards of the District. A list of healthful party ideas shall be disseminated to parents and teachers and parents will receive advanced notification of the party.
- Students shall be discouraged from sharing their foods or beverages with one another during meal or snack times, given concerns about allergies and other restrictions on children's diets.
- Food service is open to new, healthful and appealing food choices.
- The District shall make decisions on these guidelines based on nutrition goals, not on profit.

### Foods and Beverages Sold Individually

Foods sold outside of reimbursable school meals, such as through vending machine, cafeteria (snack) lines, fundraisers, school stores, etc. after the last lunch period ends should follow the following guidelines:

- Food items sold individually will have no more than 35% of its calories from fat (excluding nuts, seeds, peanut butter, and other nut butters), 10% of its calories from saturated fat and no trans-fats with the exception of ice cream.
- Foods of minimal nutritional value and competitive foods, such as sweetened soda water, chewing gum, candy, jellies, gums, licorice, and candy coated popcorn, are discouraged.
- The District will not sell any food item that has sugar listed as its first ingredient.
- A choice of at least two fruits and/or non-fried vegetables will be offered for sale at any location on the school site where foods are sold. Such items could include, but are not limited to, fresh fruits and vegetables; 100% fruit or vegetable juice.
- The District will support and offer snacks that fit into the New York State Choose Sensible Campaign.

- The portion size of a la carte entrees and side dishes, including potatoes, will not be greater than the size of comparable portions offered as part of school meals. Fruits and non-fried vegetables are exempt from portion size limits.

#### **Goals for Measurement and Evaluation**

This policy shall be evaluated and monitored on an annual basis. The District shall designate \_\_\_\_ [school food service director or someone else from the School District that may be more comfortable in the facilitator role, such as an administrator, health teacher, physical education teacher, school nurse] who shall be charged with the responsibility of ensuring that the District meets the goals of this policy and that individuals shall report on the School District's compliance to the Superintendent.

The Superintendent or designee will develop a summary report every three years on District-wide compliance with the District's Wellness Policy.