

WELLNESS POLICY

7516

The School District is committed to providing a school environment that promotes and protects children's health, well-being, and the ability to learn by supporting healthy eating, physical activity and development of social emotional competencies. Nutrition education and physical activity will comply with Federal and New York State Standards. The School District is involved with and will continue to involve students, parents, teachers, food service professionals, the Board of Education, school district administrators, and other community members in the development, implementations, monitoring and review of the Wellness Policy. For the purposes of this policy, "all foods" served at the School District include but are not limited to: meals sold for breakfast and lunch, a la carte menu items, vending machines and food sold through the school store. For purposes of this policy, "school campus" means all areas of School District property accessible to students during the school day; "school day" means the period from the midnight before to 30 minutes after the end of the official school day; 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.

Nutrition Promotion and Education

The Board of Education believes that nutrition promotion and 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 promotion and education shall be appropriately certified and trained. The School District's broader Health Education program shall incorporate the appropriate New York State Learning Standards.

The Board of Education's goals for nutrition promotion and education include that the School 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.
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. Teach media literacy with an emphasis on food marketing.

Nutrition promotion and education is integrated within the sequential, comprehensive health education program taught at every level. It is also part of classroom instruction in the core curricula as well as Family and Consumer Sciences and Physical Education programs. Good nutrition is reinforced during classroom snack times, in addition to school meal times. Nutrition promotion and education will be closely coordinated with the child nutrition program. Nutrition promotion and education will involve sharing information with families and community members to provide nutrition promotion and education for the entire School District community. Information will be available through the School District's website. To that end, the School District adopts the following guidelines with the goal of promoting student health and reducing childhood obesity:

- Qualified child nutrition professionals will provide students with access to a variety of affordable, nutritious, and appealing foods that meet the health and nutrition needs of students; and will provide clean, safe, and pleasant settings and adequate time for students to eat.
- Schools will provide nutrition education to foster lifelong habits of healthy eating and will establish linkage between health education and school meal programs, and will coordinate with related community services to promote this goal.
- Students will receive nutrition education that teaches the skills they need to adopt healthy eating behavior and provide them with the knowledge and skills to promote and protect their health. Students and families will be encouraged to start each day with a healthy breakfast.
- The School District's nutrition education curriculum shall incorporate the appropriate New York State Learning Standards.
- The staff that teaches nutrition education shall be properly certified and trained. Staff who provide nutrition education will periodically participate in professional development activities to effectively deliver an accurate nutrition education program.
- The School District will teach and/or encourage healthy habits, such as washing hands before eating.
- The School District's nutrition education curriculum shall emphasize the caloric balance between food intake and energy expenditure.

Physical Activity

Physical activity is an important factor in staying healthy and being ready to learn. The Board of Education encourages every student to develop the knowledge and skills necessary to perform a variety of physical activities, to regularly participate in physical activity, and to appreciate and enjoy physical activity as an ongoing part of a healthy lifestyle. In addition, staff, families, and community are encouraged to participate in and model physical activity as a valuable part of daily life.

Students will be given the opportunity for physical activity during the school day through physical education classes, daily recess periods for elementary school students, and the integration of physical activity in the curriculum. Students also have the opportunity for physical activity through a range of before and after school programs including but not limited to: intramurals, interscholastic athletics, and physical activity clubs.

Physical education courses will provide an environment where students learn, practice and are assessed on developmentally appropriate motor skills, social skills and knowledge. Physical education includes the instruction of individual activities as well as competitive and non-competitive team sports to encourage life-long physical activity and well-being. State-certified physical education instructors will teach all physical education classes. The goals of Physical Activity and Physical Education instruction are to:

- Provide opportunities for every student to develop skills and knowledge in a wide range of sports and lifetime activities.
- Promote positive lifelong healthy attitudes and behaviors towards physical activity.
- Teach students the benefits of a physically active and healthy lifestyle.
- Promote students' regular participation in physical activity.
- Develop and maintain student's physical fitness and personal living skills.
- Encourage parents to support their children's participation in physical activity, to be physically active role models and to include physical activity in family events.
- Encourage staff to promote enjoyable lifelong physical activity among students.

- The School District's Physical Education program shall adhere to the curriculum requirements of the Commissioner of Education and the New York State Learning Standards.

Physical Education

1. Students shall engage in physical education for at least the minimum number of hours or days per week under State requirements.
2. Physical Education classes shall incorporate the appropriate NYS Learning Standards.
3. Promote, teach and provide opportunities to practice activities that students enjoy and can pursue throughout their lives (e.g., yoga, fitness walking, pilates).
4. The deprivation of physical activity shall not be used as a form of discipline or punishment.

Recess

1. Maintain daily allotment of recess time for elementary school.
2. Recess shall not be used for punishment or reward.
3. Consider scheduling recess before lunch.
4. If the School District is under severe time or space constraints, consider combining recess and Physical Education, though such activity must comply with the requirements for Physical Education under Commissioner's Regulations section 135.4.

Physical Activity in the Classroom

1. Promote the integration of physical activity in the classroom.
2. If the School District is under severe time or space constraints, consider meeting the state requirements for Physical Education through collaborative and integrative in classroom activity, under the supervision of a Physical Education teacher.

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, climbing, etc.).

Other School-Based Activities

The School District may implement other appropriate programs that help create a school environment that conveys consistent wellness messages and is conducive to healthy 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, and hosting or promoting community-wide events.

Nutritional Guidelines for All Foods Available in School

All food and beverages, including meals and snacks available to all students in the School District shall aim to promote student health and reduce childhood obesity, and shall meet, at a minimum, the program requirements and nutritional standards set forth by federal statute and regulation under the Child Nutrition Act, 42 U.S.C. §1779, the Richard B. Russell National School Lunch Act, 42 U.S.C. §1758, the National School Lunch Program, 7 C.F.R. Part 210, and the National School Breakfast Program, 7 C.F.R. Part 220. The School District will determine student eligibility for receipt of free or reduced-price meals and will not single

out or treat said students differently from other students and that reimbursable school meals meet or exceed the program requirements and nutritional standard found in federal regulations. Qualified child nutrition professionals will provide a clean and safe setting. Free drinking water will be made available at locations where meals are served.

Foods and Beverages Available for Sale to Students on School Campus During the School Day

The Board of Education 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 School District shall ensure that all foods and beverages available in school promote good nutrition, balance, and reasonable portion sizes. The School 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 nutrition standards found in federal regulations.

Any food or beverage that is marketed on school grounds during the school day must meet at least the federal nutrition standards for competitive items.

To accomplish this, the Board of Education directs that the School District serve healthy and appealing foods and beverages at School District schools, following state and federal nutrition guidelines, as well as safe food preparation methods.

School Meals

The School District shall:

1. Include fruits, vegetables, salads, whole grains, and low fat items at least to the extent required by federal regulations.
2. Encourage students to try new or unfamiliar items.
3. Make efforts to ensure that families are aware of need-based programs for free or reduced-price meals and encourage eligible families to apply.
4. Consider serving produce and food from local farms and suppliers.
5. Make free drinking water available at locations where meals are served.

Meal Scheduling

The School District shall endeavor to:

1. Provide adequate time to eat.
2. Schedule lunchtime between normal lunch hours (10 a.m. - 1 p.m.)

Foods and Beverages Sold Individually (e.g., a la carte, vending machines, school stores) The School District shall:

1. Ensure that all such items meet the nutrition standards set in federal regulations for competitive foods regarding whole grains, fruits, vegetables, calories, fat, saturated fats, trans fats, sugar, sodium, and caffeine.
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 nutrition standards.

Fund-Raising Activities

The School District shall:

1. Ensure that all fundraisers selling food or beverages to students on school campus during the school day meet the nutrition standards set in federal regulations for whole grains, fruits, vegetables, calories, fat, saturated fats, trans fats, sugar, sodium, and caffeine.
2. Promote non-food items to sell, or activities (physical or otherwise) in which to participate.
3. Student groups conducting fundraisers which take place off the school campus or outside the school day must obey this policy.
4. Outside organizations (e.g., Parent groups, booster clubs) conducting fundraisers which take place off the school campus or outside the school day are encouraged to follow this policy.

Celebrations

The School District shall:

1. Set guidelines for the frequency and content of classroom and school-wide celebrations where food is served.
2. Promote the use of food items which meet the standards for competitive foods and beverages, and promote non-food activities, and discourage foods and beverages which do not meet those standards, at celebrations.
3. Model the healthy use of food as a natural part of celebrations.
4. Promote non-food celebrations.
5. Strongly discourage the sharing of food and/or drinks.

Social Emotional Learning (SEL)

As a part of the District's Wellness Policy, social emotional well being is an essential component in the teaching and learning process. Social emotional learning (SEL) is a process through which social and emotional competencies are modeled, practiced and taught through explicit instruction. The Assistant Superintendent for Student Services, in collaboration with stakeholders, i.e. building level administrators, teachers, and support staff, will identify, implement, and evaluate evidenced based resources and equitable practices to model, practice and teach SEL core competencies, i.e. self management, self awareness, social awareness, responsible decision making, and relationship skills. Building and/or district level initiatives that support the integration of and community awareness of SEL will be shared with the Wellness Committee.

Implementation

The Board of Education shall designate one person as Wellness Committee Chairman to be responsible for ensuring that the provisions of this policy are carried out throughout the School District. The Board of Education may also designate one Wellness Committee Representative in each building to ensure that the wellness activities and actions are being implemented at the building-level.

Monitoring and Review

The Wellness Committee shall monitor and review the School District's wellness activities to determine whether this policy is having a positive effect on increasing student wellness and decreasing childhood obesity in the School 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 Board of Education shall participate in the development, implementation and periodic review and update of this wellness policy.

The School 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 Director of Physical Education/Health and the School Lunch Director will serve as School District Wellness and Nutrition Coordinator(s) and will report annually to the Board of Education on the implementation of this policy. Every two (2) years, the School District Wellness and Nutrition Coordinator(s), in consultation with appropriate personnel and advisory committees, shall monitor and review the positive effect on increasing student wellness and decreasing childhood obesity in the School District. Based on those results, this policy, and the specific objectives set to meet its goals, may be revised as needed. The School District shall monitor and review the implementation and effectiveness of this policy by conducting: The School 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 School District, including but not limited to:
 - a. attendance data, particularly absences due to illness;
 - b. 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 within the State Department of Health efforts; and
 - e. revenues generated from vending machines and a la carte food items.
9. Periodic surveys of student/parent opinions of cafeteria offerings and wellness efforts.
10. Periodic review of professional staff development offered which focuses on student wellness.
11. NYSSBA's Student Wellness Assessment Checklist [every two years] to review the effectiveness of this policy.

The School District shall provide information to the public (including parents, students and others in the community) about the content and implementation of this wellness 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) 8 NYCRR Part 135 (Health and Physical Education curricular requirements); §114.1 (School Breakfast Program Requirements)

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