

**SUBJECT: DISTRICT HEALTH & WELLNESS POLICY**Health & Wellness Committee

The District is committed to creating school environments and experiences that establish healthful eating and daily physical activity opportunities that promote and protect students' mental, emotional and physical health. This commitment fosters an optimal learning and work climate, and takes into account the social and emotional well-being of all those in the school District.

The District established a Health & Wellness Committee (hereafter called the Committee) which will have as one of their tasks to participate in the development, implementation and periodic review and update of the school Health and Wellness Policy (hereafter called the wellness policy). The District will establish and maintain a School Wellness Committee that will have participation from parents/guardians, students, director of school lunch/breakfast programs, school and district administrators, school nurses, medical community members, district health coordinator, health/physical education and/or family and consumer science teachers, social workers/psychologists/guidance counselors and registered dietician, BOE members and the general public.

Local School Wellness Policy Leadership

The District delegates one or more school official(s) to ensure that each school complies with the school wellness policy. The position of the school officials responsible for the oversight of the wellness policy are identified within the policy.

Policy Implementation, Review and Update; Public Notification

The Committee shall conduct an annual assessment that includes the extent to which District schools are in compliance with the Policy and a description of the progress made in attaining the goals of the Policy. This assessment is made available to the public.

School food service staff 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 Wellness Committee serves as a resource to schools for implementing the wellness policy.

Goals to Promote Student Wellness

The District will provide nutrition promotion and education, physical education and other school-based activities to foster lifelong habits of healthy eating and physical activity, and will establish linkages between health education and school meal programs. Taking 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; socio-economic status; local tax bases; socio-cultural and religious influences; geography; and legal, political and social institutions) the Committee recommends the following District goals:

a. Environmental Health

The goal is to provide a healthy physical environment free of harmful products and materials.

b. Health Education

The District will provide students with instruction in a general Health Education curriculum as mandated by the New York State Department of Education.

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**SUBJECT: DISTRICT HEALTH & WELLNESS POLICY (Cont'd.)**c. Mental Health (Education and Services)

The District provides a school community which values positive mental health and behavioral health, encourages everyone to seek help when they need it, promotes good mental health prevention and responds to mental health needs.

d. Nutrition (Guidelines)

1. Guidelines: The goal is to promote student health and reduce childhood obesity by ensuring that all foods and beverages provided to students meet or exceed the USDA Nutrition Standards for School Meals and are consistent with the nutrition standards for competitive foods which meets the Smart Snacks in School nutrition standards for all foods sold in school outside the school meals programs under the Healthy Hunger-Free Act of 2010.

2. (Nutritional) Promotion/ (Nutrition) Education

a. The District will provide nutrition promotion and education to influence lifelong eating behaviors in a positive manner by encouraging healthy nutrition choices.

Nutrition education teaches behavior-focused skills offered as part of a comprehensive, standards-based program designed to provide students with knowledge and skills necessary to promote their health and make positive food and nutrition choices. Education is integrated into various subject areas and nutrition topics within the comprehensive health education curriculum at every grade level. These concepts will also be reinforced during classroom snack times to encourage adoption of healthy eating habits and other nutrition-related behaviors conducive to health and well-being.

Nutrition promotion encourages students to participate in the National School Lunch Program (NSLP) and School Breakfast Program (SBP) and includes marketing and advertising of nutritious foods and beverages through a comprehensive and multi-channel approach by staff and teachers.

b. Nutritional Values of Foods and Beverages

All foods and beverages sold, served, marketed or advertised at school will meet the nutrition guideline requirements of the USDA Nutrition Standards in the National School Lunch and School Breakfast Programs and the Smart Snacks in Schools Standards.

c. Physical Education & Activity

The District will provide opportunities, support, and encouragement for every student to: regularly participate in physical activity; develop the knowledge and skills for specific physical activities; maintain physical fitness; reduce sedentary time; learn about cooperation, fair play, responsible and safe participation that meets the needs of all students; and gain an appreciation for lifelong physical activity through a healthy lifestyle.

Opportunities for physical activities are provided outside of physical education for every grade level.

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A written Physical Education curriculum/program for each grade level has been developed and kept on file with the Director of Physical Education and shall meet National Association of Sport and Physical Education (NASPE) and New York State Learning Standards.

d. Other School-based Activities

The District will establish a school environment that presents consistent messages that are conducive to healthy eating, physical activity, and social and emotional wellness for all.

**NOTE:** The regulation that accompanies this policy outlines the procedures for accomplishing these Wellness Policy goals.

Section 203, 204 and 208 of the Healthy, Hunger-Free Kids Act of 2010 (Public Law 111-296) including Smart Snacks in Schools Nutrition Standards, <http://www.fns.usda.gov/healthierschoolday/tools-schools-focusing-smart-snacks>

Child Nutrition and WIC Reauthorization Act of 2004 Public Law Section 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

[http://www.access.gpo.gov/nara/cfr/waisidx\\_05/7cfr210\\_05.html](http://www.access.gpo.gov/nara/cfr/waisidx_05/7cfr210_05.html)

District Policy 5660

Administrative Regulation 5661-R

Adopted: 2/24/15