

SUBJECT: WELLNESS POLICY

The Churchville-Chili Staff is committed to providing a school environment that promotes and protects children's health, well-being, and the ability to learn by fostering healthy eating and physical activity.

The District has established the Health and Wellness Committee whose representatives may include:

- a) Parents;
- b) Students;
- c) Physical Education teachers;
- d) School health professionals;
- e) The District's food service program;
- f) The School Board;
- g) School administrators; and
- h) Members of the public.

The District Health and Wellness Committee will also be responsible for assessing current activities, programs and policies available in the District, and providing mechanisms for implementation, evaluation, and revision of the policy. In so doing, the Health and Wellness Committee will evaluate and make recommendations which reflect the specific needs of the District and its students.

Goals to Promote Student Wellness

The District seeks to ensure all of its students obtain the knowledge and skills necessary to make nutritious food selections and enjoy life-long physical activity. To this end, the District sets forth the following guidelines relating to nutrition promotion and education, physical activity, and other school-based activities.

Nutrition Promotion and Education

- a) Classroom Teaching: Nutrition topics will be integrated within the comprehensive health education curriculum and other instructional areas, as appropriate, and taught in grades K-4, 6, and 9. Nutrition instruction will follow applicable New York State Standards and be designed to help students acquire:
 - 1. Nutrition related skills, including but not limited to: planning healthy meals; understanding and using food labels; critically evaluating nutrition information, misinformation, and commercial food advertising; assessing personal eating habits; and setting and achieving goals related to these concepts.
- b) Education, marketing, and promotion
 - 1. As appropriate, the District will promote nutrition education activities that involve parents, students, and the community.

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Nutrition Promotion and Education (Cont'd.)

2. The District will encourage and promote wellness through social media, newsletters, and an annual family wellness event.
3. Marketing and advertising on school campuses during the school day will be consistent with nutrition education and health promotion. As such, schools will restrict food and beverage marketing to the promotion of those foods and beverages that meet the nutrition standards set forth by the Healthy Hunger-Free Kids Act's Smart Snacks in School Rule.

Physical Activity

- a) The Churchville-Chili District will provide opportunities for every student to participate in physical education and to be involved in physical activities. In doing so, the District aims to promote among students the development of knowledge and skills for specific physical activities, the maintenance of physical fitness, regular participation in physical activity, an understanding of the short-term and long-term benefits of a physically active and healthy lifestyle.
- b) The District will ensure that the following standards are met to achieve its goals relative to physical education and physical activity:
 1. The District recognizes the importance of physical education classes in providing students with meaningful opportunities for physical exercise and development. Consequently, the District will ensure:
 - a) All physical education classes are taught or supervised by a certified physical education teacher.
 - b) All physical education staff members receive professional development on a yearly basis.
 - c) Interscholastic sports, intramural sports, and recess do not serve as substitutes for a quality physical education program.
 - d) Students are given the opportunity to participate in moderate to vigorous activity for at least 60% of physical education class.
 - e) The District will provide adequate space and equipment for physical education that conforms to all applicable safety standards.

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Physical Activity (Cont'd.)

- f) A sequential physical education course of study consistent with national standards for physical education is implemented, with a focus on students' development of motor skills, movement forms, and health related fitness.
 - g) A physical and social environment is provided that encourages safe and enjoyable activity for all students, including those who are not athletically gifted.
 - h) Activities are adapted to meet the needs of students who are temporarily or permanently unable to participate in the regular program of physical education. In doing so, the District will abide by specific provisions in 504 Plans and/or individualized education programs (IEP).
 - i) All students, including students in need of adaptive physical education, will be encouraged to participate in physical fitness programs and competitions.
2. All students will be required to fulfill the physical education requirements set forth in the regulations of the Commissioner of Education as a condition of graduating from the District's schools.
- c) All classroom teachers, and particularly those engaged in the instruction of K through 5 12 students, are strongly encouraged to incorporate into the school day short stretch breaks (1-3 minutes) for students that include physical activity, especially after long periods of inactivity.
 - d) Physical education will not be withheld as a disciplinary action unless the student poses a danger to him/herself or others.

Other School-Based Activities

The District is committed to establishing a school environment that is conducive to healthy eating and physical activity for all. The District will, therefore, adopt the following guidelines:

- a) Federal School Meal Programs
 - 1. The District will participate to the maximum extent practicable in available federal school meal programs (including the School Breakfast Program, National School Lunch Program, and Summer Food Service Program). Food served through these programs will meet all applicable federal and state standards.

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Other School-Based Activities (Cont'd.)

2. The District will ensure that food service directors, managers, and staff are provided with annual professional development in the areas of food and nutrition consistent with USDA Professional Standards for State and Local Nutrition Programs. District food service staff will periodically survey students in grades 4 through 12 to solicit feedback on the school breakfast and/or school lunch program(s).

b) Access to School Nutrition Programs

The District will utilize a system of student payment that ensures all eligible students have access to free/reduced meals in a non-stigmatizing manner.

c) Meal Environment

The District will ensure:

1. School dining areas have sufficient space for students to sit and consume meals.
2. School dining areas are clean, safe, and pleasant environments that reflect the social value of eating.
3. Enough serving areas are provided to ensure student access to school meals with a minimum of wait time.
4. All students have a scheduled lunch period.
5. Lunch times are scheduled near the middle of the school day.
6. Students are given adequate time to eat healthy meals.
7. Students and staff have access to free, safe, and fresh drinking water throughout the school day and where school meals are served.

d) Community Access to District Facilities for Physical Activities

School grounds and facilities will be available to students, staff, community members and organizations, and agencies offering physical activity and nutrition programs consistent with District facility usage policy, including provisions regarding conduct on school grounds and administrative approval of use by outside organizations.

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Other School-Based Activities (Cont'd.)

e) Community Partnerships

The District will develop relationships with existing community partners, and new community partnerships will be evaluated to ensure they are consistent with this policy and its goals.

Nutrition Guidelines

In an effort to encourage healthy life-long eating habits by providing foods that are high in nutrients, low in fat and added sugars, and of moderate portion size, the District will meet the nutrition standards set by the USDA Child Nutrition Program for all foods and beverages available on school campus. For purposes of this section, the school day is defined as the period from the midnight before, to thirty (30) minutes after the end of the official school day.

School Meals

School meals will, at a minimum, meet the program requirements and nutrition standards of the School Breakfast and National School Lunch Programs.

Fundraising

- a) All food and beverages sold as a fundraiser during the school day will meet the nutritional requirements listed in the USDA Healthy, Hunger-Free Kids Act "Smart Snacks in Schools" Rule.
- b) School-sponsored fundraisers conducted outside of the school day will be encouraged to support the goals of this policy by promoting the sale of healthy food items (fresh fruit and produce) and/or non-food items, such as water bottles, plants, etc., and by promoting events involving physical activity.

Competitive Foods

- a) Competitive foods - which include all foods and beverages sold outside the school meal programs, on the school campus in student accessible areas, and at any time during the school day-will follow, at a minimum, the nutrition standards specified by the Healthy, Hunger-Free Kids Act. These standards will apply to all foods and beverages sold individually and outside of the reimbursable school meal, including vending machines, school stores and cafeteria a la carte lines.

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Non-Instructional/Business Operations

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- b) Additionally, the District will not sell foods of minimal nutritional value in the student store, from a machine, or anywhere in the building from the beginning of the school day until the end of the last lunch period. Prohibited foods include: soda water, water ices (excluding ices containing fruit or fruit juices), chewing gum, hard candy, jellies, gums, marshmallow candies, licorice, fondants (soft mints, candy corn), cotton candy and candy coated popcorn.

Foods and Beverages Sold or Served at Events Outside of the School Day

- a) All foods and beverages sold or served at school-sponsored events will be a single serving.
- b) At events where food and beverages are sold, the Health and Wellness Committee recommends that groups offer some healthy options.

Evaluation of the Wellness Policy

- a) The District will periodically review this policy in order to monitor its effectiveness and the possible need for modification over time. To this end, the District designates the following individuals to have operational responsibility for ensuring that the District meets the goals and mandates of this policy:

Assistant Superintendent for Human Resources

Director of Nutritional Services

Director of Physical Education, Health and Athletics

- b) These designated staff members will also serve as liaisons with groups in providing outside resources to help in the development of nutritional education programs and promotion of physical activities, an example being the annual Celebrate Churchville event.
- c) Evaluation of the District's wellness policy and implementation efforts will occur every two (2) years, to help review policy compliance, assess progress, and determine areas in need of improvement.

42 USC Section 1758b
7 CFR Section 210.11
79 FR 10693
Education Law Section 915
8 NYCRR Section 135.4

Adopted: 6/27/2006

Revised: 7/11/2006, 3/22/2016