

SUBJECT: 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 healthy eating and physical activity. The District has established a wellness committee to develop the District's proposed local wellness policy, making such policy recommendations for review and adoption by the Board of Education. The District's Wellness Committee includes, but is not limited to, representatives from each of the following groups:

- a) Parents;
- b) Students;
- c) The District's food service program;
- d) The School Board;
- e) School Administrators; and school staff;
- f) Members of the public.

The District Wellness Committee will assess current activities, programs, and policies available in the District; identify specific areas of need within the District; develop the policy; and provide mechanisms for implementation, evaluation, revision and updating of the 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

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; socioeconomic status; local tax bases; social cultural and religious influences; geography; and legal, political and social institutions) the Wellness Committee recommends the following District goals relating to nutrition education, physical activity and other school-based activities:

Nutrition Education

The District will provide a CDC standards-based nutrition education (https://www.cdc.gov/healthyschools/nutrition/school_nutrition_education.htm) to facilitate the voluntary adoption of healthy eating habits and other nutrition-related behaviors conducive to health and wellbeing by establishing the following standards for:

- a) Classroom teaching: Proper nutrition will be addressed in grades K-6 through Physical Education, and grades 7-12 in Physical Education, Health, Agriculture & Cooking, and Science classes. The Cafeteria will address appropriate nutrition information from participation in the Farm to School grant through Cornell Cooperative Extension with activities such as featuring locally sourced foods, growing gardens, and field trips to farms.

SUBJECT: DISTRICT WELLNESS POLICY (Continued)

- b) Education, marketing and promotion links outside the classroom: District Wellness Committee, Cafeteria and Extra-Curricular clubs such as FFA will promote appropriate nutrition.
- c) Fundraising activities: Student groups in PK-12 will be allowed to sell one food or snack-based fund raiser per class per year in addition to running the concession stand and fruit sale drives. Sales of food items require administrative approval.
- d) Teacher Training: Conferences and Workshops will be available to staff for training as well as ongoing professional development for teaching nutrition.

Physical Activity

The District will provide opportunities for students & staff to develop the knowledge and skills for specific physical activities, to maintain physical fitness, to regularly participate in physical activity, and to understand the short-term and long-term benefits of a physically active and healthy lifestyle. The Wellness Committee has determined that the following standards are necessary to achieve this goal:

- a) Physical educational instruction will follow the NYS Standards. The district maintains updated physical education standards. Physical education instruction will follow NYSED regulations of a minimum of 120 minutes per week in grades K-7 and 90 minutes per week for grades 7-12
- b) All physical education classes are taught by NYSED certified staff. Staff training/certification for physical education will continue to be updated through offering opportunities for attendance at conferences as well as workshops.
- c) All students in grades K-12 are required to take physical education classes unless exempt per physician's order or NYSED regulations. Physical activity is appropriate to the level and age of the class. All elementary students have access to recess activities of approximately 20 minutes daily. On days that students do not have physical education class, classroom teachers will take advantage of additional recess periods to engage students in physical activities. The district strives to schedule all students for weekly physical education per NYSED regulations student: teacher ratios comparable to all other classes. Recess is scheduled daily prior to the lunch period for the elementary grades. The District encourages an evening walking program through the halls for all Community members.
- d) Within classroom instruction periods, physical activity opportunities/breaks are provided.
- e) Staff are encouraged to participate in opportunities for physical activity including bicycling using district owned bikes and helmets and act as role models for students.

- f) Staff are discouraged from using physical activity in the course of student discipline such as withholding physical activity for missed classwork.
- g) Families are encouraged to allow students to actively transport themselves (walking, bicycling) to and from school

Other school-based Activities

The District wishes to establish a school environment that presents consistent wellness messages and is conducive to healthy eating and physical activity for all. The district encourages the participation of families in school wellness activities. In order to present a coordinated school approach where District decision-making related to nutrition and physical activity encompasses all aspects of the school, the Wellness Committee has determined that the following standards are necessary to achieve this goal:

a) Federal School Meal Programs:

The District will participate to maximum extent practicable in available federal school meal programs (School Breakfast Program, National School Lunch Program [including after-school snacks], and Summer Food Service Program).

b) Access to school nutrition programs:

The District will contact parents by mail as well as contact the Department of Children & Family Services and/or utilize access to confidential data on a secure basis to ensure that students are taking part in the free and reduced meal programs in a non-stigmatizing manner. All information regarding eligibility remains secure and confidential. Food service staff are trained to keep all information regarding eligibility for free/reduced confidential. The Food Service department utilizes a POS system which accepts payment from accounts rather than cash to maintain confidentiality of free/reduced meal participation.

2017 5661

3 of 6

Non-Instructional/Business Operations

SUBJECT: DISTRICT WELLNESS POLICY (Continued)

- 2. The District will do its best to provide meal options that are culturally sensitive and address special dietary needs of our students.

c) Meal environment & participation:

- 1. Breakfast is served between 7:30 a.m. and 8:15 a.m. Lunch is served between 11:00 a.m. and 12:30 p.m. All students are available during this time; no classes are scheduled during student lunch hours. All students are required to remain on campus during breakfast and lunch periods. Students are not allowed to purchase

food from outside sources during breakfast and lunch periods. Food provided to students by restaurants or other vendors during the school day is not allowed.

2. The District encourages all staff members to eat during the time their students are eating and model healthy eating/drinking habits. The District encourages communication between cafeteria staff, lunch monitors, teachers and parents to see that the students are eating properly. Input from students, staff, and community is used to develop menus & choices to increase participation in school meal programs. All students have at least 25 minutes of lunch period. Cafeteria supervision allows students to choose alternate locations to eat which often include eating with their teachers.

d) After-school programs:

1. The after-school snack program will follow the Smart Snacks Program for food and beverages. Brown Bag Lunches are available for purchase for students to take with them on athletic contests or trips.
2. After school activities include run clubs, dance clubs, and other clubs and intramurals. All students are encouraged to participate in additional physical activities in their daily schedules.

e) Community access to District facilities for physical activity:

1. The District, to the fullest extent possible within budget constraints, will allow the school & outdoor track to be open evenings for a community walking program. The District will also maintain hours for the community to use the exercise room. The District encourages and will make available when possible the use of gym facilities/athletic fields and equipment for use by community members.

f) Community involvement:

1. The District supports the community by allowing the use of District facilities as needed for functions involving physical activities by various groups.
2. The Wellness Policy is available for public review on the District's website.

g) Sustainable food practices:

1. The District encourages the use of locally grown and seasonal foods to be used in the cafeteria.

Nutritional Guidelines

The District Wellness Committee will recommend which nutrition standards will be established for all foods available on school campus during the school day based upon the unique needs of the student body and the community. The goal is to encourage healthy lifelong eating habits

2017 5661

4 of 6

Non-Instructional/Business Operations

SUBJECT: DISTRICT WELLNESS POLICY (Continued)

by providing foods that are high in nutrients, low in fat and added sugars, and of moderate portion size.

Nutritional Values of Foods and Beverages

Reimbursable school meals served at school will meet or exceed the program requirements and nutrition standards of the National School Lunch Program/USDA.

Link to USDA website: <https://www.fns.usda.gov/nslp/national-school-lunch-program-nslp>

Continuing efforts will occur to on the school campus to provide the most nutritional options by adhering to the standards of the American Dietetic Association (ADA)/USADA for nutritional value of foods and beverages. Nutritional values of all items sold will be available or posted for review. This may include postings within the cafeteria, notices in school calendar, menus, mailings such as newsletters. The committee recommends following the ADA/USDA guidelines:

- a) Calories from total fat: as recommended by the ADA/USDA;
- b) Calories from saturated fat: as recommended by the ADA/USDA;
- c) Total Sugar: as recommended by the ADA/USDA;
- d) Whole Grain: as recommended by the ADA/USDA;
- e) Portion Size: as recommended by the ADA/USDA;
- f) Fruits and vegetables: A choice of at least one (1) fruit and non-fried vegetables will be offered for sale at any location where foods are sold on campus. Such items could include, but are not limited to: apples, oranges, lettuce, etc.;
- g) Beverages: Various water, juice and milk products are sold. All beverages sold comply with USDA standards. Non-nutritive sweeteners and caffeine-containing beverages are not available to students below 9th grade. (juice will not be offered as a substitute for fruits or vegetables)
- h) Free drinking water is readily available throughout the day on campus via bottle filler stations throughout the building. These are accessible during breakfast and lunch.

The District will not limit celebrations that involve food during the school day. The District encourages the use of healthy snacks for celebrations. A recommendation of healthy snacks will be made available for distribution by classroom teachers.

Vending machines, snack bars, school stores, concession stands, and other food outlets

Access to vending machines, snack bars, school stores, concession stands, and other food outlets on school property will be limited to after regular school hours. 3:35 p.m.

Assurance

Guidelines for reimbursable school meals shall not be less restrictive than applicable federal regulations and guidance issued pursuant to the Child Nutrition Act and the Richard B. Russell National School Lunch Act, as those regulations and guidance apply to schools.

SUBJECT: DISTRICT WELLNESS POLICY (Continued)

Implementation and Evaluation of the Wellness Policy

In accordance with law, the District's Wellness Policy has been established and the District will ensure school and community awareness of this policy through various means such as publication in District newsletters and/or the District calendar. Further, professional development activities for staff, student and parent awareness training will be provided, as appropriate, on the goals of the District's wellness program, including activity as part of a comprehensive healthy lifestyle.

The District shall establish an implementation and evaluation plan for the Wellness Policy in order to monitor the effectiveness of the policy and the possible need for further modification over time. Accordingly, the Superintendent shall designate one or more staff members within the District or at each school as appropriate to have operational responsibility for ensuring that the District meets the goals and mandates of its local Wellness Policy. Designated staff members may include, but are not limited to, the following personnel:

- a) Administrators;
- b) School health personnel including the school nurse and the health and/or physical education teacher; and
- c) School Cooks / Manager receive annual training per USDA professional standards.
- d) Teachers
- e) Students
- f) Community members such as Sports Boosters, PTCC

These designated staff members shall periodically report to the Superintendent on the District's compliance with the Wellness Policy and the Superintendent shall inform the Board of Education of such findings. The Superintendent shall prepare a summary report on District-wide compliance with the District's Wellness Policy based on input from schools within the District. That report will be provided to the School Board of Education and also distributed to the Wellness Committee, parent-teacher organizations, Building Principals, and school health services personnel within the District. The report shall also be available to community residents upon request.

These designated school officials will also serve as a liaison with community agencies in providing outside resources to help in the development of nutrition education programs and physical activities.

Evaluation and feedback from interested parties, including an assessment of student, parent, teacher, and administration satisfaction with the Wellness Policy, is essential to the District's evaluation program. Further, the District shall document the financial impact, if any, to the school

food service program, school stores, or vending machine revenues based on the implementation of the Wellness Policy.

2017 5661

6 of 6

Non-Instructional/Business Operations

SUBJECT: DISTRICT WELLNESS POLICY (Continued)

District schools will provide nutrition education and physical education with an emphasis on establishing lifelong habits of healthy eating and physical activity. They will establish linkages between health education and school meal programs with related community services. Communication with and training for teachers, parents, students, and food service personnel will be an integral part of the District's implementation plan.

To the extent practicable, students and parents shall be involved in the development of strategies designed to promote healthy food choices in the school environment; the school cafeteria will provide a variety of nutritionally sound meal and beverage choices. The school will encourage students' active, age appropriate participation in decisions regarding healthy life styles and choices. Opportunities are available to "taste test" new menu items. The school promotes healthy food choices through use of posters. Positive reinforcement such as letters of recognition and acknowledgment will be utilized as a means to encourage healthy eating patterns among the student population. The school will encourage non-food items as rewards (such as physical activity). In addition, the school will share information about the nutritional content of meals with parents and students; such information may be made available on menus, a web site, or such other "point-of-purchase" materials.

Assessments of the District's Wellness Policy and implementation efforts may be repeated on an annual basis, but it is recommended that such assessment occur no later than every three (3) years to help review Policy compliance, assess progress, and determine areas in need of improvement. The District and individual schools within the District will, as necessary, revise the Wellness Policy and develop work plans to facilitate its implementation.

Child Nutrition and WIC Reauthorization Act of 2004, Public Law 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

Adopted: 7/13/10

Revised: 5/18/17, 07/15/21

Adopted: