

**SUBJECT: WELLNESS**

The Clarence Central School District is committed to providing a school environment that enhances the learning and development of lifelong wellness practices.

The District's Wellness and Nutrition Committee (previously known as the Nutrition Committee) is designated as the vehicle for oversight of this policy, and will report to the Board of Education as required.

To accomplish the intended goals the Board of Education:

- A) Recognizes that a student's overall emotional wellness will play one of the most important roles in making healthy food and physical activity choices. All student guidance/support services will be recognized as integral parts of any strides in overall wellness.
- B) Requires that each building principal or "Wellness Designee" meet with the District's Wellness and Nutrition Committee at least annually to review wellness activities in his/her building. Written minutes documenting these activities are to be filed and reviewed as needed by the Board of Education.
- C) Acknowledges that sequential and interdisciplinary nutrition education will be provided and promoted through formal classroom instruction. Health and wellness instruction will be instituted at each grade level through the efforts of the building principals, the Director of Health, Physical Education and Athletics, and the Director of Curriculum and Staff Development. "Team Nutrition" and other valuable resources will be made available.
- D) Requires that all child nutrition programs comply with federal, state and local requirements, and are accessible to all students.
- E) Requires that all snack food sold in school, on school property and in student accessible vending machines before, during and after the school day meets rules and regulations as defined by the USDA Federal Regulations guiding the National School Lunch program. Nutrition standards must meet or exceed the following guidelines per individual portion: 7 grams or less of fat, 2 grams or less of saturated fat, 0 grams of trans fat, 5 grams or less of sugar, 360 milligrams or less of sodium. Certain foods may be exempt from these standards because they are nutrient dense. Exceptions, as approved by administration for special events, tournaments and athletic events will be allowed.
- F) Requires that the only beverages sold to students in schools, on school property and in student accessible vending machines before, during and after the school day meet the USDA Federal regulations guiding the National School Lunch Program and at a minimum must meet: milk with a fat.

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content of no more than 1%, water, vegetable and fruit juices having at least 50% juice. The District's Wellness and Nutrition Committee will have the responsibility to review products and implement changes should new acceptable products become available. Exceptions, as approved by administration, for special events, tournaments and athletic events will be allowed

- G) Requires that all foods prepared by the district will adhere to food safety and security guidelines.
- H) Recommends that food and/or physical activity will not be used as a reward or punishment.
- I) Requires that nutrition information disseminated to students, parents and staff will occur on a regular basis. Items such as newsletter nutrition tips, lunchroom displays and web site menu and nutrition information postings will be utilized.
- J) Requires that elementary students meet or exceed the minimum requirements for physical education as mandated by the NYS Education Department. In addition it is strongly encouraged that elementary students have at least a brief activity period on a daily basis if no formal physical education period is scheduled.
- K) Supports that secondary schools, through a coordinated physical education and health curriculum, will offer a variety of non-traditional physical education courses designed to promote wellness and increase participation within the framework of all New York State standards.
- L) Recognizes that staff wellness will be promoted by supporting staff to participate in wellness activities and/or use building fitness equipment.
- M) Supports using appropriate funding sources for student and staff wellness, including but not limited to: fitness equipment, educational classroom resources, speakers and guidance/student support service enhancements.
- N) Acknowledges the need to cooperate with Parent Teacher Organizations, as well as all school and community support groups, to accomplish wellness goals. Support groups will be encouraged to coordinate with and assist building principals or "Wellness Designees" when planning activities.
- O) Encourages all fundraising efforts and classroom celebrations to follow the District Wellness and Nutrition Standards. Resources will be made available by the District, for teachers and parents at the beginning of each school year to help facilitate this goal. Both fund raising and classroom celebrations must conform to all NYS and Federal regulations.

Adopted: 1/8/2018