

Somers Central School District Wellness Policy Assessment

The District Wellness policy was reviewed by the members of the Wellness Committee on November 14, 2018.

The consensus of the committee was that the Somers Central School District does follow the written policy.

School meals are prepared following the current regulations of the National School Lunch and Breakfast programs. All foods offered for sale during the school day are compliant with the Smart Snacks rules. All student accessible vending machines are under the control of the school lunch director, and are stocked with only Smart Snack compliant products. Non-compliant foods are not used for fundraising during the school day. The use of locally sourced produce has increased by more than 50% over last year. .

All students receive at least the required number of minutes of physical education, and are encouraged to engage in physical activity both during and after school hours.

As a district we are committed to wellness. The well-being of the whole child is a cornerstone of the district philosophy. Programs such as the Whole Child Success team, and the SCSD Wellness Summit; A community conversation on mental health, which was held in October 2018, are examples of the district's efforts in this area.