

Wyoming Central School Wellness Policy

Federal Public Law (PL 108.265 Section 204) states that each school district in New York State must develop a local wellness policy.

Following the creation of the policy, one or more persons must be designated to oversee the implementation and evaluation of the policy recommendations. The Wyoming Central School is committed to providing a school (Local Education Authority) environment that enhances learning and development of lifelong wellness practices.

To accomplish these goals:

- Child Nutrition Programs comply with federal, state and local requirements. Child Nutrition Programs are accessible to all children.
- Sequential and interdisciplinary nutrition education is provided and promoted.
- Patterns of meaningful physical activity connect to students' lives outside of physical education.
- All school-based activities are consistent with local wellness policy goals.
- All foods and beverages made available on campus (including vending, concessions, a la carte, student stores, parties, and fundraising) during the school day are consistent with the current Dietary Guidelines for Americans.
- All foods made available on campus adhere to food safety and security guidelines.
- The school environment is safe, comfortable, pleasing, and allows ample time and space for eating meals. Food and/or physical activity are not used as a reward or punishment.
- In all aspects of local wellness, the school staff will act as role models for good nutrition and physical activity behaviors.

Nutrition Education

- Nutrition education will be integrated into other areas of the curriculum such as math, science, language arts and social studies.
- The staff responsible for nutrition education will be adequately prepared and participate regularly in professional development activities to effectively deliver an accurate nutrition education program as planned. Preparation and professional development activities will provide basic knowledge of nutrition, combined with skill practice in program-specific activities and instructional techniques and strategies designed to promote healthy eating habits.
- Nutrition education information will be reviewed by a qualified, credentialed nutrition professional (e.g. School Food and Nutrition Specialist, (SFNS), a Registered Dietitian (R.D.), who is specialized in school-based nutrition).
- Nutrition education will involve sharing information with families and the broader community to positively impact student and the health of community.

School district(s) will provide information to families that encourage them to teach their children about health and nutrition and to provide nutritious meals for their families.

- Students will be encouraged to start each day with a healthy breakfast.

Physical Activity

- Physical activity will be integrated across curricula and throughout the school day when possible. Movement can be made a part of science, math, social studies and language arts.
- Physical education courses will be the environment where students learn, practice and are assessed on developmentally appropriate motor skills, social skills and knowledge.
- Policies ensure that state-certified physical education instructors teach all physical education classes.
- Policies ensure that state physical education classes have a student/teacher ratio similar to other classes.

- Time allotted for physical activity will be consistent with research, national and NYSED standards.
- Physical education includes the instruction of individual activities as well as competitive and non-competitive team sports to encourage life-long physical activity.
- Adequate equipment is available for all students to participate in physical education. Physical activity facilities on school grounds will be safe.
- The school provides a physical and social environment that encourages safe and enjoyable activity for all students, including those who are not athletically gifted.
- Information will be provided to families to help them incorporate physical activity into their student's lives.
- Schools are encouraged to provide community access to and encourage students and community members to use the school's physical activity facilities outside of the normal school day.
- Schools encourage families and community members to institute programs that support physical activity, such as a walk to school program.

Other School Based Activities

- After-school programs will encourage physical activity and health habit formation.
- Local wellness policy goals are considered in planning all school-based activities (such as school events, field trips, dances, and assemblies).
- Support for the health of all students is demonstrated by hosting health clinics, health screenings, and helping to enroll eligible children in Medicaid and other state children's health insurance programs.
- Schools organize local wellness committees comprised of families, teachers, administrators, and students to plan, implement and improve nutrition and physical activity in the school environment.

Nutrition Guidelines for All Foods on Campus

- All foods made available on campus will comply with the current USDA Dietary Guidelines for Americans:

*Vending machines

*A la Carte

*Beverage contracts

*Fundraisers

*Concession stands

*Student stores

*School parties/celebrations

- Food providers will take every measure to ensure that student access to foods and beverages meet federal, state and local laws and guidelines. Food providers will offer a variety of age appropriate healthy food and beverage selections for elementary schools, middle schools and high schools.
- Nutrition information for products offered in snack bars, a la carte, vending and school stores is readily available near the point of purchase.
- Promotional activities will be limited to programs that are requested by school officials to support teaching and learning. All promotional activities in schools will be connected to activities that encourage physical activity, academic achievement or positive youth development and are in compliance with local guidelines if possible.
- Food providers will be sensitive to the school environment in displaying their logos and trademarks on school grounds.
- Classroom snacks feature healthy choices.
- Nutrition education is incorporated during classroom snack times, not just during meals. Foods and beverages sold at fundraisers include healthy choices and provide age appropriate selections for elementary and middle schools.
- Advertising messages are consistent with and reinforce the objectives of the education and nutrition environment goals of the school.
- Advertising of foods or beverages in the areas accessible to students during meal times must be consistent with established nutrition environment standards.

Eating Environment

- The National Association of State Boards of Education recommends that students should be provided adequate time to eat lunch, at least 10 minutes for breakfast and 20 minutes for lunch from the time the student is seated.

- Lunch periods are scheduled as near the middle of the school day as possible. Recess for elementary grades is scheduled after lunch if possible.
- Dining areas are attractive and have enough space for seating for all students
- Drinking water is available for students at meals.
- Food is not used as a reward or a punishment if possible for student behaviors, unless it is detailed in a students' Individualized Education Plan (IEP).

Child Nutrition Operations

- The child nutrition program will aim to be financially self-supporting. However, the program is an essential educational support activity. Budget neutrality or profit generation will not take precedence over the nutritional needs of the students. If subsidy of the child nutrition fund is needed, it will not be from the sale of foods that have minimal nutritional value and/or compete nutritionally with program meals.
- The child nutrition program will ensure that all students have affordable access to the varied and nutritious foods they need to stay healthy and learn well.
- The school will strive to increase participating in the available federal Child Nutrition programs (e.g. school lunch, school breakfast).
- Employ a food service director, who is properly qualified, certified and/or credentialed according to current professional standards, to administer the school food service program and satisfy reporting requirements.
- All food service personnel shall have adequate pre-service training in food service operations.
- Students are encouraged to start each day with a healthy breakfast.

Food Safety/Food Security

- All foods made available on campus comply with the state and local food safety and sanitation regulations. Hazard Analysis and critical Control Points (HAVVP) plans and guidelines are implemented to prevent food illness in schools.

- For the safety and security of the food and facility access to the food service operations are limited to Child Nutrition staff and authorized personnel. For further guidance see the US Department of Agriculture food security guidelines.

Guidelines for Food and Beverages Offered to Students at School Functions

At any school function (parties, celebrations, receptions, festivals, sporting events, etc.) healthy food choice options should be available to students. Some suggested foods are listed below to include on refreshment tables, price lists, etc.

Raw vegetable sticks/slices with low-fat dressing or yogurt dip

Fresh fruit and 100% fruit juices

Frozen fruit juice pops

Dried fruits (raisins, banana chips, etc.)

Trail mix (dried fruits)

Party Mix (variety of cereals, pretzels, etc.)

Low-sodium crackers

Baked corn chips & Fat free potato chips with salsa and low-fat dips

Low-fat muffins, granola bars and cookies

Angel food and sponge cakes

Flavored yogurt & fruit parfaits

Jell-O and low-fat pudding cups

Low-fat ice creams, frozen yogurts, sherbets

Low-fat and skim milk products

Pure ice cold water

Foods to Avoid – Consume only occasionally (recommended no more than once per month)

Carbonated and caffeinated beverages (soft drinks, tea, & coffee)

High sugar content candies and desserts

High fat foods (fried foods like French fries, fatty meats, most cheeses)

High sodium foods (luncheon meats, cheeses, chips, salty popcorn, pickles)

- In selecting food items to offer keep in mind the numerous students and adults who are on special diets and their consumption of sugar, fat, sodium, etc., is restricted
- The use of foods of minimal nutritional value learning incentives should not be practiced, and healthy food choices or non-food items should be substituted when possible.
- Organizations operating concessions at school functions should include at least some healthy food choices in their offerings. It is recommended that groups market these healthy options at a lower profit margin to encourage selection by students.

Student Nutrition/Wellness Plan

Foods of Minimal Nutritional Value

These foods may not be sold to students on a school campus during instructional times except with Board approved fundraiser.

*Soda Water-any carbonated beverage (even water). No product shall be excluded from this definition because it contains discrete nutrients added to the food such as vitamins, minerals and protein.

*Water Ices-any frozen, sweetened water such as "...sicles" and flavored ice with the exception of products that contain fruit or fruit juice.

*Chewing Gum-any flavored products from natural or synthetic gums and other ingredients that form an insoluble mass for chewing.

*All Candies-any processed foods made predominantly from sweeteners or artificial sweeteners with a variety of other ingredients, including powdered drink mix (i.e. Kool-Aid).

Healthy and Safe Environment. A healthy and safe environment for all, before, during and after school supports academic success. Safer communities promote healthier students. Healthier students do better in school and make greater contributions to their community.

- (a) School buildings and grounds, structures, buses and equipment shall meet all current health and safety standards, including environmental air quality, and be kept inviting, clean safe and in good repair.
- (b) Schools and district offices shall maintain an environment that is free of tobacco, alcohol and other drugs.
- (c) Safety procedures and appropriate training for students and staff shall support personal violence and harassment free environment.
- (d) Each work site, school and classroom shall work to create an environment where students, parents/guardians and staff are respected, valued and accepted with high expectations for personal behavior and accomplishments.

Social and Emotional Well-Being. Programs and services that support and value the social and emotional well being of students, families and staff build a health school environment.

- (a) Each school shall provide a supportive environment that includes guidance, counseling, and school social work services that encourages students, families and staff to request assistance when needed and links them to school or community resources.
- (b) Students shall be provided the skills to express thoughts and feelings in a responsible manner and give and receive support from others.
- (c) Students shall be taught to understand and respect the differences in others and how to build positive interpersonal relations.

- (d) Students and staff shall be encouraged to balance work and recreation and helped to become aware of stressors, which may interfere with health development.

Health Services. An effective health care delivery system that promotes academic achievement by providing a broad scope of services from qualified health care providers will improve the mental and physical health of students and staff.

- (a) Primary coordination of health services shall be through a trained school health care practitioner with the support and direction of the Wyoming Central School District and the Wyoming County Health Department.
- (b) Wyoming Central School District shall collaborate with community health liaisons and resources to promote health and wellness for students, families, staff and community.
- (c) A coordinated program of accessible health services shall be provided to student sand staff and shall include violence prevention, school safety. Communicable disease prevention, health screening, community health referrals, and immunizations, parenting skills, first aid and other priority health education topics.

Family, School and Community Partnership. Long-term effective partnerships improve the planning and implementation of health promotion projects and events within each school and throughout the community.

- (a) Family, student and community partners shall be included on an ongoing basis in school and district wellness planning processes.
- (b) The equality and diversity of the school and district community shall be valued in planning and implementing wellness activities.
- (c) Community partnerships shall be developed and maintained as a resource for school and strict programs, projects, activities and events.

- (d) Schools and the district shall actively develop and support the engagement of students, families and staff in community health enhancing activities and events at the school or throughout the community.

Staff Wellness. The district and each work site shall provide information about wellness resources and services and establish a staff committee to assist in identifying and supporting the health, safety and well being of site staff.

- (a) Each school and district site shall be in compliance with drug, alcohol and tobacco free policies.
- (b) Each school and district site shall provide an accessible and productive work environment free from physical dangers or emotional threat that is as safe as possible and consistent with applicable occupation and health laws, policies and rules.

Creative Fundraiser: Alternatives to selling candy

Non-Food Items: Candles, Emergency kits for cars, Jewelry, Gift certificates, T-shirts/sweatshirts, flowers/bulbs and craft sale.

Activities: Gift wrapping, Walk-A-Thons, Car wash, Bike-A-Thon, Raffles, Treasure Hunt, and Jump-Rope-A-Thon.