



Book	Medina CSD Policy Manual
Section	Section 5000: Non-Instructional/Business Operations
Title	District Wellness Policy
Code	5661
Status	Active
Adopted	September 11, 2012
Last Revised	July 10, 2018

SUBJECT: DISTRICT WELLNESS POLICY

The Medina Central School 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. Therefore, it is the policy of the Medina Central School District that:

- a. The School District will engage students, parents, teachers, food service professionals, health professionals, and other interested community members in developing, implementing, monitoring, and reviewing District-wide nutrition and physical activity policies.
- b. All students in grades K through 12 will have opportunities, support, and encouragement to be physically active on a regular basis.
- c. Foods and beverages sold or served at school will meet the nutrition recommendations of the US Dietary Guidelines for Americans.
- d. Qualified child nutrition professionals will provide students with access to a variety of affordable, nutritious, and appealing foods that meet the health and nutrition needs of students and will provide clean, safe, and pleasant settings and adequate time for students to eat.
- e. To the maximum extent practical, all schools in the District will participate in available federal school meal programs.
- f. The District will provide nutrition education and physical education to foster lifelong habits of healthy eating and physical activity, and will establish linkages between health education and school meal programs, with related community services.

Governance

District Wellness Committee

The Medina Central School District has established a wellness committee that meets at least four times per year to oversee and establish goals for school health and safety policies and programs, including the development, implementation, and periodic review and update of this district-level wellness policy. The District Wellness Committee will evaluate and make recommendations that reflect the specific needs of the District and its students.

The District will actively seek members for the District Wellness Committee through the use of email, newsletters, the District's website, the District's social media page(s), and/or advertisements.

The District Wellness Committee membership will represent all school levels, and include (to the extent possible), but not be limited to, representatives from the following groups:

- a. Parents and caregivers;
- b. Students;
- c. Physical education teachers;
- d. School health professionals;
- e. District food service program representatives;
- f. School Board;
- g. School administrators;
- h. General education teachers;
- i. Special education teachers;
- j. Supplemental Nutrition Assistance Program Education (SNAP-ED) coordinators; and
- k. Members of the public.

District Wellness Leadership

The following District officials are responsible for the implementation and oversight of this district-level wellness policy:

TBD, Assistant Principal, tbd@medinacsd.org

Mr. Mark Kruzynski, Superintendent, mkruzynski@medinacsd.org

These individuals will be referred to as District Wellness Coordinators throughout this wellness policy.

The District Wellness Coordinators will convene the District Wellness Committee, facilitate the development of and updates to this wellness policy, and serve as liaisons with community agencies. The District Wellness Coordinators will also work to ensure each school's compliance with this wellness policy.

Wellness Policy Implementation, Monitoring, Accountability, and Community Engagement

The District will develop and maintain an implementation plan to manage and coordinate the execution of this wellness policy. The plan delineates roles, responsibilities, actions, and timelines specific to each school. It also includes specific goals and objectives for nutrition standards for all foods and beverages available on the school campus, food and beverage marketing, nutrition promotion and education, physical activity, physical education, and other school-based activities that promote student wellness. In developing these goals, the District will review and consider evidence-based strategies and techniques. education, physical activity, physical education, and other school-based activities that promote student wellness. In developing these goals, the District will review and consider evidence-based strategies and techniques.

Annual Notification of Policy

The District will inform families and the general public each year, via the District website and/or District-wide communications, of information about this wellness policy, including, but not limited to: its implementation status, its content, and any updates to the policy. The District will endeavor to share as much information as possible about its schools' nutrition environment, including a summary of school events or activities relative to this wellness policy implementation. Each year, the District will also publicize the name and contact information of the District officials leading and coordinating the District Wellness Committee, as well as information on how the community may get involved with the District Wellness Committee.

Triennial Assessments

At least once every three years, the District will assess its compliance with this wellness policy. The triennial assessment will measure the implementation of this wellness policy, and include an assessment of:

- a. The extent to which schools in the District are in compliance with this wellness policy;
- b. The extent to which this wellness policy compares to model local school wellness policies; and

c. A description of the progress made in attaining the goals of this wellness policy.

The District's triennial assessment will be overseen by the District Wellness Coordinators.

The District will actively notify the public of the availability of the triennial assessment results.

Revisions and Updating the Policy

This wellness policy will be assessed and updated, at a minimum, every three years based on the results of the triennial assessment. This wellness policy may also be updated as District priorities change, community needs change, wellness goals are met, new health science, information and technology emerge, and/or new Federal or State guidance or standards are issued.

Evaluation and feedback from interested parties are welcomed as an essential part of revising and updating this wellness policy.

Community Involvement, Outreach, and Communications

The District will promote family and community involvement in supporting nutrition education in the schools and will encourage schools to provide students with opportunities to learn about how food is grown and raised in the community. The District is committed to being responsive to community input, which begins with awareness of this wellness policy. On an annual basis, the District will inform families and the public, in culturally and linguistically appropriate ways, of its content and implementation status, as well as any updates to this wellness policy. The District will make this information available via the district website and/or district-wide communications. The District will use these same means to inform families and the public on how to become involved with and support this wellness policy, as well as about the results of the triennial assessment.

Recordkeeping

The District will retain records to document compliance with the requirements of this wellness policy in the District Office and/or on the District's central computer network. Documentation maintained at this location includes the written wellness policy, records regarding reviews and updates to the policy, and documentation that demonstrates how stakeholders were informed of these changes.

Nutrition

The goal is to encourage healthy lifelong eating habits by providing foods that are high in nutrients, low in fat and added sugars, and of moderate portion size.

School Meals

Meals served through the school lunch and breakfast programs will:

- a. Be appealing and attractive to the students.
- b. Be served in clean and pleasant settings.
- c. Meet minimum nutrition requirements established by local, state, and federal statutes and regulations.
- d. Offer a variety of fruits and vegetables.
- e. Offer low-fat and fat-free milk.
- f. Ensure that 1/2 of the served grains are whole grain.

Child Nutrition Programs aim to improve the diet and health of school children, help mitigate childhood obesity, model healthy eating to support the development of lifelong healthy eating patterns and support healthy choices while accommodating cultural food preferences and special dietary needs.

Breakfast

The goal is to ensure that all children have breakfast, either at home or at school, in order to meet their nutritional needs and enhance their ability to learn:

- a. Schools will, to the extent possible, operate a school breakfast program.

- b. Schools that serve breakfast to students will notify parents and students of the availability of the school breakfast program.
- c. Schools will encourage parents to provide a healthy breakfast for their children through newsletter articles, take-home materials, or other means.

Free and Reduced Meals

Schools will make every effort to eliminate any social stigma attached to and prevent the overt identification of students who are eligible for free and reduced price school meals. Toward this end, schools may utilize electronic identification and payment systems, promote the availability of school meals to all students and or use nontraditional methods for serving school meals, such as "grab and go" or classroom breakfast.

Meal Times and Scheduling

Schools:

- a. Will provide students with at least ten minutes to eat after sitting down for breakfast and 15 minutes after sitting down for lunch.
- b. Should schedule meal periods at appropriate times.
- c. Should not schedule tutoring, club, or organizational meetings or activities during mealtimes, unless students may eat lunch during such activities.
- d. Will provide students access to encourage hand washing or hand sanitizing before they eat meals or snacks.

Sharing of Foods and Beverages

School should discourage students from sharing their foods or beverages with one another during meal or snack times, given concerns about allergies and other restrictions on some children's diets.

Elementary Schools

The food service program will approve and provide all food and beverage sales to students in elementary schools. Given young children's limited nutrition skills, food in elementary schools should be served as balanced meals. If available, food and beverages sold individually should be limited to low-fat milk, fruits, and non-fried vegetables.

Middle and High School

In middle and high school, all foods and beverages sold individually outside the reimbursable school meal programs should meet the following and portion size standards:

a. Beverages

Allowed: Water or seltzer water without added caloric sweeteners, fruit and vegetable juices and fruit based drinks that contain at least 50% fruit juice and that do not contain additional caloric sweeteners; unflavored low-fat or fat-free milk and nutritionally-equivalent nondairy beverages.

Not Allowed: Soft drinks containing caloric sweeteners, sport drinks, ice teas, fruit based drinks that contain less than 50% real fruit juice or that contain additional caloric sweeteners, beverages containing caffeine, excluding low-fat or fat-free chocolate milk.

b. Foods

A food item sold individually:

1. Will have not more than 40% of its calories from fat (excluding nuts, seeds, peanut butter, and other nut butters) and 10% of its calories from saturated and trans fat combined.
2. Will have not more than 35% of its weight from added sugars.
3. Will contain no more than 230 mg of sodium per serving for chips, cereals, crackers. French fries, baked goods, and other snack items will contain no more than 480 mg of sodium per serving for pastas, meats, and soups, and will contain no more than 600 mg of sodium for pizza, sandwiches, and main dishes.

A choice of a least two fruits and/or non-fried vegetables will be offered for sale at any location on the school site where foods are sold. Such items include, but are not limited to:

- a. Fresh fruits and vegetables;
- b. One hundred percent fruit or vegetable juice;
- c. Fruit-based drinks that are at least 50% fruit juice and that do not contain additional caloric sweeteners;
- d. Cooked, dried, or canned fruits (in light syrup); and
- e. Cooked, dried, or canned vegetables (that meet the above fat and sodium guidelines).

c. Portion Sizes

Limit portion sizes of foods and beverages sold separately to those listed below:

1. One and one-quarter ounces for chips, crackers, popcorn, cereal, trail mix, nuts, seeds, dried fruit, or jerky.
2. One ounce for cookies.
3. Two ounces for cereal bars, granola bars, pastries, muffins, doughnuts, bagels, and other bakery items.
4. Four fluid ounces for frozen desserts, including, but not limited to, low-fat or fat free ice cream.
5. Eight ounces for non-frozen yogurt.
6. Twelve fluid ounces for beverages excluding water.
7. The portions size of ala carte entrees and side dishes, including potatoes will not be greater than the size of comparable portions offered as part of school meals. Fruits and non-fried vegetables are exempt from portion size limits.

All schools within the District participate in the following federal Child Nutrition Programs:

- NSLP
- School Breakfast Program

District food service staff will periodically solicit feedback on the school breakfast and/or school lunch program(s).

Staff Qualifications and Professional Development

All school nutrition program directors, managers, and staff will meet or exceed hiring and annual continuing education and training requirements as specified in the USDA Professional Standards for School Nutrition Professionals. School nutrition personnel will refer to the USDA's Professional Standards for School Nutrition Standards website to locate relevant trainings. These trainings will be used in conjunction with those provided by Aramark. Training hours may be acquired in a variety of ways including WebEx's and webinars.

Water

To promote hydration, free, safe, unflavored drinking water will be available to all students and staff throughout the school day and throughout every school campus. The District will make drinking water available where school meals are served during meal times.

Competitive Foods and Beverages

All competitive foods will meet, at a minimum, the USDA Smart Snacks in School nutrition standards. The Smart Snacks in School nutrition standards aim to improve student health and well-being, increase consumption of healthful foods during the school day and create an environment that reinforces the development of healthy eating habits.

Competitive foods include all food and beverages available for sale to students on the school campus during the school day other than meals reimbursed through programs authorized by the Richard B. Russell National School Lunch Act and the Child Nutrition Act of 1966. This includes, but is not limited to, a la carte options in cafeterias, vending machines, school stores, and snack or food carts.

Foods and Beverages Provided, But Not Sold, to Students During the School Day

The District is committed to ensuring that all foods and beverages available to students on the school campus during the school day support healthy eating. Schools should encourage healthy snacks and limit celebrations that involve foods that do not meet nutrition standards for foods and beverages sold individually.

Fundraising

School-sponsored fundraisers conducted outside of the school day will be encouraged to support the goals of this wellness 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.

Foods and Beverages Available for Sale at Events Outside of the School Day

Foods and beverages offered or sold at school-sponsored events outside the school day should consider the nutritional standards for meals or for foods and beverages sold individually. Access to vending machines that do not meet the standards set for nutrition shall be limited to after school hours.

Food and Beverages Marketing in Schools

All foods and beverages marketed or promoted to students on the school campus during the school day will meet, at a minimum, the USDA Smart Snacks in School nutrition standards. Food marketing commonly includes oral, written, or graphic statements made for the purpose of promoting the sale of a food or beverage product.

The District is aware that certain posters, signs, and other durable equipment it employs may market foods and beverages in a way that is inconsistent with the aims of this wellness policy. While the immediate replacement of this equipment is not required, as the District replaces or updates this equipment over time, it will ensure its replacement and purchasing decisions reflect the marketing guidelines established by this wellness policy.

Nutrition Promotion

All instructional staff is encouraged to integrate positive health promotion themes into daily lessons when appropriate. The benefits of good health and physical activity should be emphasized.

Nutrition and health education should be encouraged through handouts, postings on the District website, newsletters, or presentations that focus on healthy lifestyles.

Nutrition Education

a. Fostering Lifelong Healthy Eating Habits

Students will receive nutrition education that is interactive and teaches the skills they need to adopt lifelong habits of healthy eating. Students will receive consistent nutrition messages throughout schools, classrooms and cafeterias.

b. Nutrition Education Curriculum

District curriculum standards and guidelines will include nutrition education aligned with the current New York State Learning Standards for Health, Physical Education, and Family and Consumer Sciences. The aim of the curriculum is for students to acquire knowledge and skills to understand and make healthful nutrition choices that contribute to growth and vitality and help prevent chronic disease. Nutrition education activities should be coordinated with the food service program, the core curriculum and the school health program, as appropriate. They should be enjoyable, developmentally-appropriate, culturally-relevant, and participatory. Staff members who provide nutrition education shall have appropriate training.

Physical Activity and Education

Physical Education

A quality physical education program is an essential component for all students to learn about and participate in physical activity. Physical activity should be included in a school's daily education program from grades pre-K through 12. Physical activity should include regular instructional physical education, co-curricular activities, and recess. Substituting anyone of these components for the other is not appropriate.

The School District will also adhere to the state requirements concerning the amount of time students receive Physical Education weekly.

The School District should provide a family activity program opportunity for families that need additional attention to their health. It should specifically be available to those families who have students that are identified through Physical Education, Health Education, medical exams, or other professionally run health appraisals as needing additional physical activity and education beyond that attained through the typical school day.

The schools should provide brief exercise breaks throughout the school day to enhance student focus and attention.

Teachers and other school personnel will not withhold physical education as punishment.

All physical education classes will be taught by certified physical education teachers. Student involvement in other activities involving physical activity (e.g., interscholastic or intramural sports) will not be substituted for meeting the physical education requirement.

The District should discourage extended periods (i.e., periods of two or more hours) of inactivity. When activities such as mandatory school-wide testing make it necessary for students to remain indoors for long periods of time, schools should give students periodic breaks during which they are encouraged to stand and be moderately active.

The District supports active transport to and from school, i.e. walking or biking. The District will encourage this behavior by securing storage facilities for bicycles and equipment and instructing students on walking and bicycling safety. The District strongly encourages the use of appropriate protective wear, such as helmets.

All schools may offer extracurricular physical activity programs before and after school when facilities are available, such as physical activity clubs or intramural programs. The middle school and high school will offer interscholastic sports programs.

Before and after school child care and enrichment programs will be encouraged to provide, verbally and through the provision of space, equipment and activities, daily periods of moderate to vigorous physical activity for all participants.

Other School-Based Activities that Promote Student Wellness

The Medina Central School should establish a school environment that presents consistent wellness messages and is conducive to healthy eating and physical activity for all. 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. **Access to school nutrition programs:** Schools will make every effort to eliminate any social stigma attached to, and prevent the over identification of, students who are eligible for free and reduced school meals. Toward this end, schools may utilize electronic identification and payment systems.
- b. **Meal environment:** The School District shall provide a clean, safe, environment for students. There shall be enough space and serving areas to ensure all students have access to school meals with minimum wait time. There shall be drinking fountains in all schools, so that students have access to water at meals and throughout the day. The school shall encourage student participation in school meal programs.
- c. **Marketing of food and/or beverage:** The School District will develop strategies to increase the appeal of healthful food and beverage items.
- d. **Sustainable food practices:** When economically feasible the School District will support environmentally friendly practices such as the use of locally grown and seasonal foods, school gardens, and non-disposable tableware.
- e. **Coordinated School Health approach:** The District believes it is important to send consistent messages to students about making healthy choices. The District, therefore, encourages school personnel and other adults to be positive, healthy lifestyle role models.

Community Partnerships

Community/Family involvement: The District will develop on-going communications with community and family to share information on health and nutrition topics.

Community Access to District Facilities for Physical Activities

Access to facilities for physical activity after school hours: The District will make efforts to keep school/District-owned facilities open for use by students, families, staff and community members after school hours.

Before and After-School Programs: The District may sponsor school-based physical activity and nutrition programs for students that occur before and after school hours.

Professional Learning

When feasible, the District will offer annual professional learning opportunities and resources for staff to increase knowledge and skills about promoting healthy behaviors in the classroom and school (e.g., increasing the use of kinesthetic teaching approaches or incorporating nutrition lessons into math class). Professional learning will help District staff understand the connections between academics and health and the ways in which health and wellness are integrated into ongoing district reform or academic improvement plans/efforts.

Adopted: 9/11/12

Revised: 7/10/18