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SUBJECT: DISTRICT WELLNESS POLICY

The Board of Education of the Waterloo 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. The District 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 Board of Education;
- e) District Administrators;
- f) Community members;
- g) Teachers;
- h) School Nurses;
- i) Health/PE Staff;
- j) District Safety Coordinator;
- k) Counselors;
- l) Social Worker;
- m) Employee Wellness Coordinators.

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 evaluation, revision and updating of the policy. The Board of Education directs the Superintendent or his/her designee to develop administrative regulations for implementation of the policy through ongoing evaluation (CDC, NYS Department of Health, etc.) and communication.

Goals to Promote Student Wellness

Taking into account the parameters of the District (academic programs, annual budget, staffing issues and available facilities) as well as the community (the general economy, socioeconomic status, local tax based, social cultural and religious influences, geography, and legal, political and social institutions) the Wellness Committee and the Board of Education encourage a holistic approach to student and staff wellness that is sensitive to individual and community needs. Waterloo Central School District encourages all adults to model healthy eating and physical activity behaviors.

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The Waterloo Central School District promotes healthy schools by supporting wellness, good nutrition and regular physical activity as part of the learning environment. The link between nutrition and learning is well documented. Improved health optimizes student performance potential and well-planned school nutrition programs have been shown to positively influence students' eating habits. All students shall be provided with the knowledge and skills necessary to make nutritious food choices and physical activity options for lifelong health and well-being. The goals relating to nutrition education, physical activity and other school-based activities shall make effective use of school and community resources and equitably serve the needs and interests of students and staff, taking into consideration differences in cultural norms.

Nutrition Education Goals

The District will provide nutrition education to facilitate the voluntary adoption of healthy eating habits and other nutrition-related behaviors conducive to health and well-being to foster lifelong habits of healthy eating and physical activity.

Classroom Teaching

- a) Teachers will follow Federal and NY State health education curriculum standards and guidelines and link nutrition education activities with the District Health Education program outcomes. Health Education instruction will develop knowledge, skills and attitudes which empower individuals to examine alternatives and make responsible health-related decisions for lifelong wellness.
- b) Teachers are encouraged to integrate nutrition education and physical activity in all classes.
- c) The Health and Physical Education teachers will incorporate instruction on healthy body image and weight management into their instruction.
- d) Waterloo Central School District Physical Education Plan: [WaterlooCSDPEPlan-UpdatedFall2023-2024.pdf \(finalsite.net\)](#)

Education, Marketing and Promotion Links Outside the Classroom

- a) Nutrition education will be offered in the cafeteria through the display of posters, monitors, virtual menu boards, etc. Please use the following link to the Waterloo Central School District website: <http://www.schoolnutritionandfitness.com/index.php?sid=2202112114212076>
- b) Students and parents will receive positive, motivating messages (newsletters, nutrition tidbits on menu, etc.) about healthy eating.
- c) Schools will promote healthy food choices and will not allow advertising that promotes less nutritious food choices on the Waterloo Central School District campus.

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- d) Students will be asked for input and feedback through the use of student surveys, and attention will be given to their comments.
- e) Healthy eating will be promoted in the food choices available at school meetings and student functions.
<http://www.schoolnutritionandfitness.com/index.php?sid=2202112114212076&page=smartsnacks>
- f) Promote increased participation in the school meal program through practices that eliminate perceived and actual barriers to students' enrollment in food subsidy programs (free and reduced).
- g) Wellness Committee members will be recruited via district publications, website and lunch menu notifications and/or building newsletters.
<http://www.schoolnutritionandfitness.com/index.php?sid=2202112114212076&page=wellnesspolicy>

Fundraising Activities

- a) The Waterloo Central School District expects organizations to use non-food items or foods designed for delivery and consumption after school hours as fundraisers. Please use the following link to the Waterloo Central School District website:
<http://www.schoolnutritionandfitness.com/index.php?sid=2202112114212076&page=smartsnacks>
 - If a booster club, parent organization, or any other group holds a fundraiser of foods, particularly those that do not follow District Nutrition Standards, must hold pick-up of food items 30 minutes after the end of the school day.
 - Pick-up of food items will occur on the last school day of the week, prior to the weekend or a school break to limit the likelihood of unapproved foods returning to school.
- b) All fundraising projects are expected to follow the District Nutrition Standards, regulation 5661R.
[http://district.schoolnutritionandfitness.com/waterloocsd/files/-%205661R%20-%20Nutritional%20Guidelines%20\(reg\).pdf](http://district.schoolnutritionandfitness.com/waterloocsd/files/-%205661R%20-%20Nutritional%20Guidelines%20(reg).pdf)
- c) All fundraising activities must be approved by the building principal.

Physical Activity

The Waterloo Central School District will make every effort to provide 60 minutes of physical activity per day for every student. Opportunities will be provided 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. Federal and New York State standards with respect to physical activity will be adhered to. Students

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will be given access to physical activity during the school day through recess, Physical Education classes and the integration of physical activity into the academic curriculum. Recess will be accessible to all students. In addition, students will be given opportunities for physical activity through a range of after-school programs including interscholastic and intramural athletics. The Fitness Center is available to secondary students as well as other school and community members.

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The Wellness Committee has determined that the following standards are necessary to achieve this goal:

- a) Physical Education graduation requirements: 2 units of credit.
- b) Physical Education class requirements: Minimally, all students are required to have daily physical education for 120 minutes per week. Grades K-3 are required to have daily physical education and grades 4-6 are required to have physical education three days per week for a minimum total of 120 minutes per week. See [Commissioner's Regulation 135](#).
- c) Staff training/certification for physical education: In addition to NYS Teacher Certification it is recommended that all Health and PE teachers hold current CPR/First Aid/AED certification. Professional development opportunities that allow health and PE professionals to remain current as well as develop new instructional units are encouraged.
- d) Physical activity outside physical education class: Students will be encouraged to engage in physical activity including the three components of well-balanced exercise: endurance training, strength training and flexibility training. CDC Healthy Schools: <https://www.cdc.gov/healthyschools/physicalactivity/guidelines.htm>

The Waterloo Central School District community has access to the Fitness Center, school playgrounds, Tom Coughlin Stadium, and canal walking trails, etc.

Other School-Based Activities

The Waterloo Central School District wishes to 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) Nutrition 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 by providing foods that are high in nutrients, low in fat and added sugars, and of moderate portion size.

- b) Federal School Meal Programs

Reimbursable school meals served at school will minimally meet the program requirements and nutrition standards of the National School Lunch Program (NSLP), National Breakfast Program (NBP) and Summer Feeding Program.

<http://www.cn.nysed.gov/national-lunch-program>

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Meals served through the NSLP, NBP and the Summer Feeding Program will:

1. Be appealing and attractive to students;
2. Be served in a clean and pleasant setting; and
3. Meet, at minimum, nutrition requirements established by local, state and federal statutes and regulations.

Schools will share information about the nutritional content of meals with parents and students. Such information is available on menus, a website, on cafeteria menu boards, or other point of purchase materials.

<http://www.schoolnutritionandfitness.com/index.php?sid=2202112114212076&page=menus>

c) Breakfast Time

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:

1. All schools will provide a breakfast through the USDA School Breakfast Program;
<https://fns-prod.azureedge.net/sites/default/files/sbp/SBPfactsheet.pdf>
2. Schools will, to the extent possible, arrange bus schedules and utilize methods to serve school breakfasts that encourage participation;
3. Schools that serve breakfast to students will notify parents and students of the availability of the School Breakfast Program (through menu and website).
4. Schools will encourage parents to provide a healthy breakfast for their children through newsletter articles, take-home materials, District website or other means.
<http://www.schoolnutritionandfitness.com/index.php?sid=2202112114212076&page=goodbreakfast>

d) 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.

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e) Meal Times and Scheduling

1. Will provide students with at least ten minutes to eat after sitting down for breakfast and fifteen minutes after sitting down for lunch.
2. Will schedule meal periods at appropriate times, to the extent possible, between 10:45 a.m. and 1 p.m.
3. Will schedule lunch periods around recess periods (in elementary schools);
4. Will provide students access to hand washing or hand sanitizing before they eat meals.
5. Students and staff will have access to drinking fountains throughout the school day.

f) Qualifications of Food Service Staff

Qualified nutrition professionals will administer the school meal programs. As part of the school district's responsibility to operate a food service program, we will provide continuing professional development for all nutrition professionals in schools. Staff development programs will include appropriate certification and/or training programs for school lunch directors, school supervisors, and cafeteria workers, according to their levels of responsibility.

g) Sharing of Food and Beverages

Schools will 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.

Guidelines for Competitive Foods (Insert 5661R)

Nutritional Values of Foods and Beverages

a) Vending Machines

1. Vending machines where student meals are served or eaten shall not include carbonated beverages but will include water at the secondary level.

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2. Snack vending machines shall be nutritious and meet federal recommended guidelines. All foods served (the period from the midnight before to 30 minutes after the end of the official school day) will be run through the Smart Snack Calculator for compliance verification.
- b) Guidelines for Food and Beverages Offered to Students at School Functions
 1. At any school functions during the school day (parties, celebrations, receptions, etc.) healthy food choices will be available to students.
 - a) The use of foods as learning incentives will not be practiced.
 - b) Staff are encouraged to explore other options of celebrations that do not include food. A list of options can be found here:
<https://acrobat.adobe.com/link/review?uri=urn:aaid:scds:US:156a7b28-cf30-32e1-9d27-7495486e1b74>

Child Nutrition and WIC Reauthorization Act of 2004, Public Law Section 108-265 Section 204
Richard B. Russell National School Lunch Act, 42 United States Code (USC) Section 1751 et seq.
7 Code of Federal Regulations (CFR) Section 210.10

NOTE: Refer also to Policy #5660 -- School Food Service Program (Lunch and Breakfast)
Refer to policy re: 5661R – Fundraising During the School Day #7420