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| Book         | Policy Manual  |
| Section      | Section 5000 - Non-Instructional / Business Operations |
| Title        | District Wellness Policy                               |
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| Status       | Active   |
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| Last Revised | October 26, 2016                                       |

The purpose of a Wellness Policy is to assist the Board of Education, Administration, and District Staff in creating a healthier school environment in order to support student achievement, as well as promote students making healthier choices for a lifetime. In addition, staff is encouraged to model healthy eating as a valuable part of a daily life.

The Board is committed to providing a school environment that promotes healthy choices for its students; educating its community on the positive impact that wellness can have relative to student achievement and to encourage regular physical activity in order to maintain good physical and emotional wellness.

Therefore, it is the policy of the Board of Education that:

- The District will engage students, parents, teachers, staff members, food service professionals, licensed professionals and other interested community members in developing, implementing, monitoring, and reviewing a district-wide Wellness Policy.
- Students will be encouraged and supported to seek the opportunity to be physically active on a regular basis.
- The District's Food Service Program will provide students with access to a variety of affordable, nutritious, and appealing foods that will assist parents in meeting the health and nutritional needs of their children, as well as meeting state and federal guidelines.
- Each school day the District will provide a clean and pleasant setting for students to eat lunch and will continue to monitor that students are allowed adequate time to eat lunch.
- To the extent practicable, all schools in our District will participate in the available Federal
- Schools Meal Programs including the School Breakfast Program and National School Lunch Program. The District will make every effort to eliminate any social stigma attached to students who are eligible.
- The District will continue to provide nutrition and physical education that promotes positive healthy eating choices, encourages physical activity and supports overall student wellness.
- The District will continue to provide health education, and school meal programs that provide students with the opportunity to make healthier choices in eating and physical activity.

### **Policy Regulations and Guidelines:**

To assist the Board in implementing its Wellness Policy the following regulations will be reviewed and may be used to implement and support the District's Wellness Policy:

#### **District Based Wellness Committee**

- The Wellness Committee will implement, monitor, and review the School Food Service Program and any Physical Activity Policies adopted by the District.
- The Wellness Committee may serve as a resource for Schools while the Wellness Policy is being implemented.
- The Wellness Committee will research various communication tools, events and support programs to provide parents, students and the community, along with information regarding the positive impact that healthy choices can have on their child's education and life.

### **Health Education**

- Continue to teach, encourage and support healthy choices by students.
- Integrate and promote nutritional concepts into various subject areas.
- Encourage students to start each day with a healthy breakfast.
- Share information with the community and parents to help encourage families to teach children about health and nutrition.

### **Physical Activity**

- Teachers will be encouraged to develop opportunities in lesson plans that promote physical education, physical activities, and nutrition education.
- In addition to scheduled physical education instruction, classroom teachers will compliment health, nutrition and physical education knowledge and reinforce self-management skills needed to maintain a physically active lifestyle.
- Elementary students will continue to receive supervised recess periods during the day, preferably outdoors, during which the District will encourage physical activity. When possible, recess may be scheduled before the student's lunch period.
- In accordance with National and State recommended guidelines, the District recognizes the benefits of providing students with at least sixty minutes of physical activity per day. Opportunities for physical activity may include: physical education classes, recess periods, interscholastic athletics, intramural sports, physical activity programs, as well as the opportunities for physical activity programs that parents provide for their children outside of the school day.
- Physical activity equipment will continue to be maintained and monitored for students' safety.
- The District will support parents' efforts to provide a healthy diet and daily physical activity for their children. The District will also provide information to assist them in ways to incorporate physical activity into their children's lives and provide information about physical education and other school-based physical opportunities before, during, and after the school day. The District will support parents' efforts to provide their children with opportunities to be physically active outside the school day.

### **Other School Based Activities**

- Students will be encouraged to adopt their own personal fitness plans and goals to create an environment that supports wellness.
- The District Wellness Policy goals may be considered when planning school-based activities such as school events, field trips, dances, and assemblies.
- In the effort to support student wellness, to the extent possible, the District will encourage fundraising activities that promote students making healthier choices.

### **Guidelines for Foods Available During the School Day**

- Food and beverages sold by the Food Service Program will offer a variety of healthy choices and should include selections that fall under the NYS Choose Sensibly Program and, as applicable, meet the USDA Smart Snacks in School nutrition standards. This includes vending machines, and ala cart sales.
- The Food Service Program will take every measure to ensure that the foods and beverages they serve meet the nutrition requirements established by local, state and federal regulations and guidelines.

- The Food Service Program shall be closely coordinated with the nutrition instruction to allow students to apply critical thinking skills taught in the classroom.
- The Food Service staff shall also work closely with those responsible for other components of the school health program to achieve common goals.
- All foods and beverages available for sale to students on the school campus during the school day shall meet or exceed the nutrition standards established by local, state, and federal regulation and guidelines.
- Teachers will continue to promote healthy choices for students' classroom snacks.

### **Food Safety and Environment**

- Food and beverages sold by the Food Service Program should comply with the local, state and federal food safety and sanitation regulations.
- The District will continue to:
  - Encourage children to eat breakfast. (continued)
  - Operate, if supported by the community, a School Breakfast Program.
  - If applicable, notify parents and students of the availability of healthy breakfast items.
- When possible, schools should not schedule tutoring, club, or organizational meetings or activities during mealtimes, unless students may be permitted to eat during such activities.
- Dining areas should be clean and have comfortable space for seating students.
- Students will be reminded and encouraged to wash their hands before eating.
- Food should not be used as a reward or a punishment for student behaviors, unless it is detailed in a student's Individualized Education Plan (IEP).
- Given concerns about sanitation, allergies and other restrictions on some children's diets students will be discouraged from sharing their foods or beverages with one another during meal or snack times.
- The District will continue to promote and encourage access to complete lunch meal for students.

### **Food Service Program**

- Continues to be an educational support activity and remain financially self-supporting.
- Will continue in its attempt to provide affordable access to a variety of nutritious foods that support healthy choices for student wellness.
- The District will continue to employ or contract a Food Service Director who is properly qualified, certified and/or credentialed to manage the School Food Service Program.
- School food service personnel shall have adequate training in food service operations and who are considered an integral part of the school community.
- The District will prevent the overt identification of students eligible for free and reduced price school meals.

### **Monitoring and Policy Review**

- The Superintendent, or the Superintendent's designee, will ensure compliance with established district-wide nutrition and physical activity wellness policies.
- The Food Service Director will ensure compliance with policies within school food service areas and will report on this matter to the Superintendent or the Superintendent's designee.
- The Superintendent or designee will develop a summary report every three years on District-wide compliance with the District's established nutrition and physical activity wellness policies, based on input from schools within the District. That report will be provided to the school board and also distributed to all

school health councils.

- The District will review our nutrition and physical activity policies; provision of an environment that supports healthy eating and physical activity; and nutrition and physical education policies and program elements. The District, and individual schools within the District, will, as necessary, revise the wellness policies and develop work plans to facilitate their implementation.

Last Modified by Leigh Noble on April 24, 2017