Sweet Home Central School District

Local Wellness Policy 2026-27

The Sweet Home Central School District is committed to providing a school environment that promotes and protects our students' health, well-being and the ability to learn by modeling healthy eating habits and encouraging regular physical activity. This wellness policy outlines the District's approach to ensuring environments and opportunities for all students to practice healthy eating and physical activity behaviors throughout the school day while minimizing commercial distractions. This wellness policy applies to all students, staff and schools in the District.

Definitions

For the purposes of this wellness policy:

a) School campus means all areas of the property under the jurisdiction of the District that are accessible to the students during the school day.
b) School day means the period from the midnight before, to 30 minutes after the end of the official school day.

GOVERNANCE

District Health & Wellness Committee

The District has established a health and wellness committee that meets at least four (4) times per year to oversee and establish goals for school health and wellness policies and programs, including the development, implementation, and periodic review and update of this district level wellness policy. The District Health and 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 Health and Wellness Committee through the use of email, newsletters, the District website, the District's social media outlets, and/or advertisements.

The District Health and Wellness Committee membership will represent all school levels, and include (to the extent possible), but not 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) Members of the public

District Wellness Leadership
The following District official(s) is/are responsible for the implementation and oversight of the district-level wellness policy:

~~**Director of Finance & Plant Services**~~ **Assistant Superintendent for Finance & Plant Services**
Director of Athletics and Health, Physical Education and Recreation

The contact information for this/these individual(s) is/are:
Districthealth@sweethomeschools.org

This/these individuals will be referred to as the District Wellness Coordinator(s) throughout this wellness policy.

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

WELLNESS POLICY IMPLEMENTATION, MONITORING, ACCOUNTABILITY & 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.

Annual Notification of the 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 its wellness policy implementation. Each year, the District will also publicize the name and contact information of the District official(s) leading and coordinating the District Health and Wellness Committee, as well as information on how the community may get involved with the District Health and 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 these goals of this wellness policy.

The following District official(s) is/are responsible for the managing of the District's triennial assessment:

- **Assistant Superintendent for Finance & Plant Services**
- **Athletic Director**
- **Food Services Director**

The contact information for this/these individual(s) is/are:
Districthealth@sweethomeschools.org

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

Revisions and Updating the Policy

The 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 reviewing and updating this policy.

Community Involvement, Outreach, and Communication

The District is committed to being responsive to community input, which begins with an awareness of this wellness policy. On an annual basis, the District will make this wellness policy available to families and the public. The District will also annually 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 public on how to become involved with and support this wellness policy, as well as 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, but is not limited to:

a) The written wellness policy;
b) Documentation demonstrating that this wellness policy has been made available to the public;
c) Documentation of efforts to review and update this wellness policy, including who is involved in the update and the methods the District uses to make stakeholders aware of their ability to participate on the District Health and Wellness Committee;
d) Documentation demonstrating compliance with the annual public notification requirements;
e) The most recent triennial assessment on the implementation of this wellness policy; and
f) Documentation demonstrating that the most recent triennial assessment results have been made available to the public

NUTRITION GUIDELINES

The District seeks to ensure all of its students obtain the knowledge and skills necessary to make nutritious food selections and enjoy life-long physical activity. To this end, the District sets forth the following goals relating to nutrition.

1. The District Food Services Department will take every measure to ensure that all food and beverages offered for student consumption meets federal, state and local regulations and guidelines.
2. The District will offer a variety of age appropriate healthy food and beverage choices for all educational levels, including food and beverage choices that meet the USDA Choose Sensibly Guidelines.
3. All food and beverages sold on campus will include a variety of age appropriate healthy foods. This includes vending machines, a la carte sales, student stores and beverage contracts.
4. The District will make food and beverage choices based on nutrition and not profit.
5. Whenever possible the district School Nutrition program shall strive to incorporate local foods into school meals, while also following mandated procurement policies.

<u>School Meals</u>
The District is committed to promoting student health and reducing childhood obesity by:

a) Serving meals that meet or exceed nutrition requirements established by local, state and federal laws and regulations. Minimum standards set forth by the USDA (National School Breakfast/Lunch Program) are:
    - 4 fruits and/or non-fried vegetable per day;
    - Only 1% and fat-free milk served;
    - All grains must be 51% whole grain;
    - Eliminates trans fats, using low fat versions of foods or low fat cooking methods

b) Ensuring all students have a scheduled lunch period;
c) Providing all students with adequate time (20 minutes) to consume meals;
d) Promoting healthy food and beverage choices;
e) Preparing meals that are appealing and attractive to students;
f) Serving meals in clean and pleasant settings;
g) Having lunch follow the recess period when possible to better support learning and healthy eating and;
h) Encouraging student participation in the federal Child Nutrition Programs.

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.

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

- National School Breakfast & School Lunch Program

The District also operates additional nutrition-related programs and activities, including:

- Farm to Schools
- Community Eligibility Provision Program (All buildings)

District food service staff will meet with students in grades 4-12 twice annually to 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. In order to locate the training that best fits their learning needs, school nutrition personnel will refer to the USDA's Professional Standards website.

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.

NUTRITION GUIDELINES FOR FOODS AVAILABLE ON CAMPUS DURING SCHOOL DAY, BUT NOT SOLD

The District Health and Wellness Committee supports nutrition standards of all foods sold or provided on our school campus outside USDA School Meals (competitive foods) during the school day. 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.

Nutrition Standards

The District is committed to ensuring that all food and beverages available to students on the school campus during the school day support healthy eating. The foods and beverages provided, but not sold, to students during the school day will meet or exceed the USDA Smart Snack in School Nutrition standards.

Class Parties and School Celebrations

Students will no longer be allowed to bring in food items to distribute to classmates for birthdays. Food can be brought in for other holiday and year-end celebrations, but must be from the pre-approved list below. Those items on the list are acceptable and peanut and tree nut free:

- Raisins
- Fruit or Vegetables (Pre-cut at the store)
- Pretzels (Rold Gold: rod and braided twists. Utz – all varieties)
- SmartFood white cheddar popcorn (Black bag)
- Prepackaged Rice Crispy Treats (blue package)
- Popsicles (no cream centers)
- Nabisco Oreos (blue or gold package only)
- Nabisco Teddy Grahams
- Pepperidge Farms Goldfish crackers (original flavor only)
- Barnum's Animal Crackers
- Organic Fruit Strips (Wegmans or Cliff)
- Cheez It -original and white cheddar
- Cheese Nips- original and white cheddar
- Keebler Club Snack Sticks -original and Honey Wheat
- Nabisco Crackers- Triscuit (original) and Wheat Thins
- ~~**Enjoy Life Baked Chewy Bars- Caramel Apple, Caramel Blondie, Cocoa Loco, Sunseed butter crunch**~~
- Enjoy Life Soft Baked Cookies- Chocolate chip, Double Chocolate Brownie, ~~**Gingerbread Spice**~~ **Snickerdoodle**
- Enjoy Life Enjoy Bites - Dark Raspberry, Dipped Banana, Sunseed Butter, **Cinnamon Spice**
- Jonny Pops Ice Cream Pops- several flavors

**Food Items brought in MUST be from this list

Fundraising

1. All foods and beverages available for sale to students through fundraisers on the school campus during the school day will meet, at a minimum, the USDA Smart Snacks in School nutrition standards.

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

1. The District is committed to ensuring that all foods and beverages available to students support healthy eating. When possible, the foods and beverages for sale at school-sponsored events outside of the school day will meet the USDA Smart Snack in School nutrition standards.

Food and Beverage Marketing in Schools

1. All food and beverages marketed to students during the school day on school campus will meet the USDA Smart Snack in School Nutrition Standards. The District is aware that certain signage may market foods inconsistent with this policy. While immediate replacement of signage is not required, as these items are replaced the District will look to purchase marketing materials consistent with this plan.

NUTRITION EDUCATION

1. Students in grades Kindergarten through 12 receive nutrition education that is interactive and teaches the skills they need to adopt a healthy lifestyle.
2. Nutrition education is available by grade level on the Food Service website for teachers and parents. The school cafeteria will continue to promote new menu items through taste tests, Harvest of the Month as well as in the classroom with coordination between food service personnel and teachers as requested.
3. Students receive consistent nutrition messages throughout schools, classrooms, cafeterias, homes and the community.
4. District health education curriculum standards and guidelines include both nutrition and physical education.
5. Nutrition is integrated into the core curricula when appropriate.
6. Schools link nutrition education activities with the coordinated school health program.
7. Teaching staff who provide nutrition education have the appropriate training. The District will provide appropriate nutrition education training for teachers and other staff if deemed necessary.
8. School Nutrition Program will follow all rules as outlined by the Healthier Hunger Free Kids Act of 2010; all Elementary Schools will continue to be enrolled as Healthier US School Challenge Schools.
9. District health and physical education teachers should provide a comprehensive (K-12) curriculum that follows New York State and National Health Standards. Those standards should be distributed to all teachers.
10. Nutrition education programs should include specific information relating to healthy body image, portion size, weight management and eating disorders.

PHYSICAL EDUCATION & ACTIVITY

1. Students are given opportunities for physical activity throughout the school day through activities including, but not limited to, physical education classes, health classes, daily recess periods for elementary students and integration of physical activity in the classroom as appropriate.
2. Health and Physical Education classes are taught by certified personnel.
3. Devise and implement strategies that continually meet the New York State mandate for physical education, including moderate/vigorous physical activity for 50% of physical education class time.
4. Devise and implement strategies to meet a requirement of student/teacher ratios of 30/1, when possible, in physical education classes in grade 6-12.
5. District physical education curriculum standards and guidelines will reflect both the New York State Learning Standards as well as the National Standards.
6. Students are given the opportunities for physical activity through both before and after school programs including physical activity clubs, intramurals and interscholastic athletics.
7. Activities or equipment are or equipment are adapted or modified to meet the needs of students who are temporarily or permanently unable to participate in the regular program of physical education. In doing so, the District will abide by the specific provisions in 504 Plans and/or individual education programs (IEP). To that end, the Committee on Special Education (CSE) will ensure that a certified physical education teacher participates in the development of the student's IEP, if the student may be eligible for adapted physical education.
8. Schools encourage parents to support their student's participation in physical activity, to be physically active role models and to include physical activity in family events. District will annually provide tips on incorporating physical activity into a healthy lifestyle via District newsletter.
9. District will provide training to teaching staff to enable promotion of enjoyable, lifelong physical activity among students.

OTHER SCHOOL BASED ACTIVITIES

1. The District will provide a clean and safe meal environment for students, faculty and staff.
2. Appropriate school personnel will be made aware of all students with food allergies. **Classroom menu choices and food allowed in the classrooms for meals will not conflict with these allergies. Because breakfast is eaten in elementary classrooms, all elementary schools will be nut-free for the 2026-27 school year.**
3. The District will ensure adequate time (20 minutes) for students to enjoy eating a healthy meal by providing adequate seating space and serving areas in school cafeterias **and classrooms when applicable**. Lunch will be served as close to the middle of the school day as possible.
4. The District prohibits the use of food as reward or punishment.
5. The District does not deny student participation in school recess or other physical activity as a form of punishment or classroom make-up time.

6. The District will ensure that elementary after school programs include regular physical activity and healthy eating habits.
7. School grounds and facilities will be made available to students, staff, community members and organizations, and agencies offering physical activity and nutrition programs consistent with District policy. Subject to provisions regarding conduct on school grounds and administrative approval of use by outside organizations.
8. The District will encourage all students to participate in school meal programs including the National School Lunch and School Breakfast programs and protect the identity of students who are eligible for free and reduced meals.
9. The District will provide families information about Food Nutrition Services Programs such as SNAP and WIC.
10. The district will provide water fountains and **water bottle filling stations** in all student eating areas.
11. The District will continue to explore / maintain its involvement in the Community Eligibility Provision (CEP) Program which allows schools to serve breakfast and lunches at no cost without collecting free and reduced meal applications.
12. The District will continue to explore its involvement in an annual summer meal program for our students.

PUBLIC NOTIFICATION

1. The Wellness Policy will be available to the public via the District website, Food Service webpage, calendar & handbook and newsletter.
2. This plan must be reviewed by building level administrators at opening faculty meetings.

MONITORING / REVIEW

1. The Superintendent or designee will ensure compliance with established district-wide nutrition and physical activity wellness policies.
2. School Food Service staff will ensure compliance with nutrition policies within school food service areas.
3. The District Wellness Policy will be reviewed each year by both the District Policy Committee and Health and Wellness Committee. Each committee is comprised of parents, student's teachers, school nurses, administrators and school board members.