

SUBJECT: DISTRICT WELLNESS POLICY

The District is committed to providing a school environment that promotes and protects children's health, wellness, and ability to learn life-long habits by fostering healthy eating and physical activity. The District has established a local wellness committee that meets at least four times per year to develop a proposed wellness policy for review and adoption by the administration and the Board of Education on both an annual review and triennial assessment basis. The District's wellness committee includes representatives from faculty, food service personnel, students, parents, the Board of Education and the community.

The District Wellness Committee will assess current district activities, programs and policies, identify specific areas of need, develop the policy and provide mechanisms for implementation, evaluation, revision and review of the policy.

Wellness Goals

The District wishes to establish a coordinated school approach where decision-making related to nutrition and physical activity encompasses all aspect of the school. To this end, the District Wellness Committee is recommending the following goals to promote student wellness:

a) School Environment

1. Provide an environment that is safe; that is physically, socially, and psychologically healthful; and that promotes healthy attitudes and behaviors.
2. Encourage school employees to model healthy lifestyles and behaviors and provide opportunities for school employees to improve their health through activities such as health assessments, health education and health-related fitness activities.

b) Health Instruction

1. Provide a sequential health education curriculum that is designed to motivate and help students maintain and improve their health, prevent disease and avoid health-related risk behaviors.
2. Provide nutrition, health and fitness information to parents in school communications, adult education and workshops.

c) Health Services

1. Provide a school health services program that is designed to ensure access or referral to primary health care services; foster appropriate use of health care services; prevent and control communicable disease and other health problems; and provide emergency care for illness or injury.

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2. Collaborate with community resources, school personnel and parents to respond more effectively to the health-related needs of students.
- d) Physical Education
1. Provide a sequential curriculum for grades pre-kindergarten through twelfth that involves moderate to vigorous physical activity; that teaches knowledge, motor skills, and positive attitudes; and that promotes activities and sports that all students enjoy and can pursue throughout their lives.
- e) Prevention Education/Counseling
1. Provide annual prevention education for students that addresses high-risk behaviors, life skills training, and awareness of child abuse and sexual harassment issues.
 2. Provide a program that ensures access or referrals to assessments, interventions, counseling and services for the academic, emotional and social health of students.
- f) Food Service
1. Provide a food service program that includes appealing choices of nutritious foods and encourages students to make healthy food choices.
 2. Assist in setting standards for food provided in lunch and breakfast programs, for school snacks, for school vending machines, for sports events and other school functions, for classroom parties, and for fundraising activities.
- g) Parent and Community Involvement
1. Engage families and community members as active participants in their children's education and as partners in helping students gain the knowledge and skills to make healthy life-long choices.
 2. Encourage parents and community members to model healthy lifestyles for our youth.

Nutrition Guidelines

The District Wellness Committee is recommending school programs that encourage healthy lifelong eating habits by providing foods that are high in nutrients, low in fat and added sugars, and moderate in portion size. Reimbursable school meals will minimally meet the nutrition standards of the National School Lunch Program. Guidelines for reimbursable school meals shall not be less restrictive than applicable federal regulations and guidance issued pursuant to the Child Nutrition Act

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and the Richard B. Russell National School Lunch Act.

Nutritional Values of Foods and Beverages

- a) Reimbursable school meals will minimally meet the nutrition standards of the National School Lunch Program.
- b) All foods sold, served or offered individually and outside of the reimbursable school meal, including vending machines, school stores, concession stands, cafeteria a la carte lines and fund raisers, will meet the standards for nutrient content and portion size. These standards will be altered as necessary to meet or exceed regulations included in the most current Healthy Hunger Free Kids Act of 2010 regulations, Child Nutrition and WIC Reauthorization Act and associated implementation timeline, and the NYS Standards for Nutritional Value of Foods and Beverages.

The district will adhere to NYS Standards and not sell or serve foods of minimal nutritional value in the student store, from a machine, or anywhere in the building from midnight until after final dismissal. Foods of minimal nutritional value include soda water, water ices (excluding ices containing fruit or fruit juice), chewing gum, hard candy, jellies and gums, marshmallow candies, fondants (soft mints, candy corn), licorice, spun candy (cotton candy), candy-coated popcorn and all other forms of candy.

In addition, only beverages without added sugar or artificial sweeteners will be sold in vending machines and throughout the school during the school day. Allowable beverages include water, 100% juice, and fat-free or 1% milk.

This section may be modified as the Healthy Hunger-Free Kids Competitive Food Regulations are instituted.

- c) The School Menu is distributed to parents and staff monthly.
- d) Nutrition information for products sold on campus will be readily available near the point of purchase.

The District Wellness Policy will be posted online and available to parents.

The District strongly discourages food as a reward / punishment under any circumstance. The District will consider other food options on holidays, cultural events and birthday celebrations. Exploration of cultural foods will be encouraged in alignment with curriculum.

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1% and fat-free white milk and fat-free chocolate milk will be available in the cafeteria with all school meals.

Vending machines, snack bars, concession stands, and other food outlets

Access to vending machines, snack bars, concession stands, and other food outlets on school property will be limited to AFTER the school day (defined as from midnight until the dismissal of school).

The marketing and promotion of healthy food choices is strongly encouraged.

The advertising and display of brand logos of unhealthy foods and beverages is strictly prohibited on school grounds and at school sponsored events during the school day and is strongly discouraged on school grounds and at school sponsored events after the school day ends.

Assurance

Guidelines for reimbursable school meals shall not be less restrictive than applicable federal regulations and guidance issued pursuant to the Child Nutrition Act and the Richard B. Russell National School Lunch Act.

Awareness, Implementation and Evaluation of the Wellness Policy

In accordance with law, the District's wellness policy must be established by July 1, 2006. The District will ensure school and community awareness of this policy through various means such as publication via District newsletters, the school website and other forms of parent communication. Further, professional development activities for staff and student awareness training will be provided, as appropriate, based on the goals of the District's wellness program.

School faculty and staff, in coordination with the school administration, will develop implementation plans for the goals recommended in the wellness policy. The District's Wellness Policy will be reviewed annually by the Wellness Committee to assess progress toward recommended goals by requesting and reviewing end of the year summary reports from those with responsibilities to meet policy goals. The District Superintendent will have the responsibility of assuring that faculty and staff members are compliant with their individual responsibilities for the implementation of this plan. The District's Wellness Policy, after review will be resubmitted for administration and Board of Education approval.

Adopted – April 12, 2018