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***Required Policy**

SUBJECT: *DISTRICT WELLNESS POLICY

The 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 has 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 School Board
- e) School Administrators, and
- f) Members of the public

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 implementation, evaluation, revision and updating of the policy. The Wellness Committee is established to represent the local community's perspective in developing the wellness policy for the District.

Goals to Promote Student Wellness

Taking into account the parameters of the School District (academic programs, annual budget, staffing issues, and available facilities) as well as the community in which the District is located (the general economy; socioeconomic status; local tax bases; social cultural and religious influences; geography; and legal, political and social institutions) the Wellness Committee recommends the following District goals relating to health education, nutrition education, physical activity and other school-based activities.

Nutrition Education

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 by establishing the following standards:

Healthy living skills shall be taught as part of the regular instructional program, within a Coordinated School Health Framework, shall provide the opportunity for all students to understand and practice concepts and skills related to health promotion and disease prevention.

- a) The District shall provide for an interdisciplinary, sequential, standards-based, skills-driven, student-centered health education program based upon New York State Standards.
- b) In accordance to NYS Standards, students in the District shall receive instruction and practice based on the three Standards: Personal Health and Fitness; A Safe and Healthy Environment; and Resource Management.

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- c) In accordance to NYS, students shall receive instruction and practice to acquire and develop skills in self management, relationship management, communication, stress management, goal setting, decision making, and advocacy that enhance personal, family and community health.
- d) In accordance with NYS, students shall receive age-appropriate Functional Knowledge that includes, but is not limited to, the following: Physical Activity and Nutrition; Tobacco, Alcohol, and other Drugs; HIV/AIDS; Family Life/Sexual Health; Intentional Injury; Violence Prevention; Disease Prevention; first aid and other required health areas.
- e) In accordance with NYS regulations, the instruction shall be provided as follows: Grades Pre-K - 6 by regular classroom teachers; a certified health educator shall provide a ½ yr. Course of study in 7th or 8th grade; a certified health educator shall provide a ½ yr. Course of study in 11th grade. (If scheduling does not allow, students may be scheduled to take 11th grade health in 10th grade (due to VOTEC) or 12th grade.)
- f) Students shall have the opportunity to practice behaviors that enhance health and/or reduce health risks during the school day as part of before or after school programs.

Education, marketing and promotion links outside the classroom:

The District believes it must also establish standards or guidelines to address all foods and beverages sold or served to students, including those available outside of the school meal programs.

- a) The District makes decisions on these guidelines based on nutrition goals, not profit making.
- b) The District encourages participation in a “farm to school” program and sees value in buying local and buying fresh whenever possible.
- c) A la care offerings to students shall be nutritious and meet federal recommended guidelines and shall be selected with input from students, parents and staff.
- d) Foods and beverages sold as part of school-sponsored fundraising activities during the school day shall be nutritious and meet federal recommended guidelines.
- e) Refreshments served at celebrations and meetings during the school day shall be nutritious.
- f) Foods and beverages sold in snack bars on school campuses during the school day shall be nutritious and meet federal recommended guidelines.
- g) All snack and beverage vending and/or sales shall provide options high in fiber and low in sugar, fat and sodium.
- h) Foods and beverages sold through school vending machines that meet acceptable nutritional standards shall consist of the following:
 - Plain bottled water and approved flavored waters
 - Milk, as that term is defined in C.R.S. 25-5.5-101 and shall include but not necessarily be limited to chocolate milk, soy beverage, rice beverage and other similar dairy or nondairy beverage
 - One hundred percent fruit juices or fruit-based drinks composed of no less than fifty percent juice, without additional sweeteners
 - Nuts, seeds, dairy products, fresh fruits or vegetables, dried fruits or vegetables, and packaged fruits in their own juice

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- No more than 15% of any other food items may contain more than thirty-five percent of total calories from fat and not more than ten percent of those calories from saturated fat; and not more than thirty-five percent of its total weight in sugar.

Nutrition education occurring outside the classroom that links the classroom nutrition education program to the larger school community may include, but is not limited to: School Gardens; Positive Nutritional Posters; Wellness Day

Fundraising activities:

School fundraising activities that take place during the school day and involve food will use only foods that meet the nutrition and portion size standards for foods and beverages sold individually. Non-food related fundraisers should be encouraged by teachers and administrators in lieu of bake sales and candy sales. Fruit sales, t-shirt sales and other fundraising activities that avoid the sale of unhealthy food products should be explored. Schools will encourage fundraising activities that promote physical activity. Fundraising activities must be reviewed and approved by the Superintendent or designee.

Teacher Training:

The school district may provide opportunities for professional training and development for teachers in the area of nutrition.

Physical Activity

The District will provide opportunities for every student 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.

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

Physical education graduation requirements:

In order to graduate from the District, a student must complete or may exceed the requirements set forth in Part 100 of the Commissioner's Regulations. The Board of Education reserves the right to establish requirements for education that exceed the minimum standards as defined by the New York State Regents.

Physical education class requirements:

All K-12 students will participate in regularly scheduled physical education classes each week.

Staff training/certification for physical education:

The school district may provide opportunities for professional training and development for classroom teachers, physical education teachers, coaches, etc.

Physical activity outside physical education classes:

- Students are given opportunities for physical activity during the school day through daily recess periods for elementary school students, and the integration of physical activity into the academic curriculum.

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- The District will make efforts to keep school or district-owned physical activity facilities open for use by students outside school hours so that students are given opportunities for physical activity through a range of before- and/or after-school programs including, but not limited to, intramurals, interscholastic athletics, and physical activity clubs.
- The District Wellness Committee encourages the community to create ways for students to walk or bike safely to and from school. When appropriate, the District Wellness Committee will support the efforts of local public works, public safety, and/or police departments to make it safer and easier for students to walk and bike to school.
- The District encourages parents and guardians to support their children's participation in physical activity, to be physically active role models, and to include physical activity in family events.

Other School-based Activities

The 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:

Federal School Meal Programs:

The District will participate to the maximum extent practicable in available federal school meal programs [School Breakfast Program, National School Lunch Program (including after-school snacks), Summer Food Service Program, Fruit and Vegetable Snack Program, and the Child and Adult Care Food Program (including suppers)].

Access to school nutrition programs:

Each school shall encourage all students to participate in the school meals program. In particular, the school shall make efforts to ensure that families are aware of need-based programs for free or reduced-price meals and that eligible families are encouraged to apply. The program shall maintain the confidentiality of students and families applying for or receiving free or reduced-price meals.

Meal environment:

- The District shall provide a clean, safe, enjoyable meal environment for students.
- The District shall provide enough space and serving areas to ensure all students have access to school meals with minimum wait time.
- The District encourages students, teachers, and community volunteers to practice healthy eating and serve as role models in school dining areas.

Community access to District facilities for physical activities:

The District will make efforts to keep school or district-owned physical activity facilities open for use by the community and will encourage parents and guardians to support their children's participation in physical activity, to be physically active role models, and to include physical activity in family events.

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Community involvement:

The District will support parent's efforts to provide a healthy diet and daily physical activity for their children. The District Food Service Director and/or District Wellness Committee may offer healthy eating seminars for parents, send home nutrition information, post nutrition tips on school websites, and provide nutrient analyses of school menus. Schools should encourage parents to pack healthy lunches and snacks and to refrain from including beverages and foods that do not meet the nutrition standards for individual foods and beverages. The District Food Service Director will provide parents with a list of foods that meet the District's snack standards and ideas for healthy celebrations/parties, rewards and fundraising activities.

The District Athletic Director will provide information about physical education and other school based physical activity opportunities before, during and after the school day; and support parents' efforts to provide their children with opportunities to be physically active outside of school. Such supports will include sharing information about physical activity and physical education through a website, newsletter or other take-home materials, special events, or physical education homework.

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.

Nutritional Values of Foods and Beverages

Reimbursable school meals served at school will minimally meet the program requirements and nutrition standards of the National School Lunch Program.

http://www.access.gpo.gov/nara/cfr/waisidx_05/7cfr210_05.html

Food of minimal nutritional value on the school campus will be replaced with more nutritional options.

The Food Service Director will ensure that snack items meeting the guidelines established by the New York State School Nutrition Association's "*Choose Sensibly*" promotional campaign are available for purchase in each school cafeteria. Students should be encouraged to choose single-serve snacks that meet the "*Choose Sensibly*" nutritional profile, rather than those that contain higher grams of fat, sugar and sodium or contain more than one serving per container.

Nutrition information for products sold on campus will be readily available near the point of purchase.

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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, as those regulations and guidance apply to schools.

Implementation and Evaluation of the Wellness Policy

In accordance with law, the District's wellness policy must be established by July 1, 2006; and the District will ensure school and community awareness of this policy through various means such as publication in District newsletters and/or the District calendar. Further, professional development activities for staff and student awareness training will be provided, as appropriate, on the goals of the District's wellness program, including activities/programs for the development of healthy eating habits and the incorporation of physical activity as part of a comprehensive healthy lifestyle.

The District shall establish an implementation and evaluation plan for the wellness policy in order to monitor the effectiveness of the policy and the possible need for further modification over time. Accordingly, the Superintendent shall designate one or more staff members within the District or at each school as appropriate to have operational responsibility for ensuring that the District meets the goals and mandates of its local wellness policy. Designated staff members may include, but are not limited to, the following personnel:

- a) Administrators;
- b) School health personnel including the school nurse and the health and/or physical education teacher; and
- c) School Food Service Director.

These designated staff members shall periodically report to the Superintendent on the District's compliance with the wellness policy (or, if done at the building level, to the School Principal) and the Superintendent shall inform the Board of such findings. The Superintendent/designee shall prepare a summary report on District-wide compliance with the District's wellness policy based on input from schools within the District. That report will be provided to the School Board and also distributed to the wellness committee, parent-teacher organizations, Building Principals, and school health services personnel within the District. The report shall also be available to community residents upon request.

These designated school officials will also serve as a liaison with community agencies in providing outside resources to help in the development of nutrition education programs and physical activities.

Evaluation and feedback from interested parties, including an assessment of student, parent, teacher, and administration satisfaction with the wellness policy, is essential to the District's evaluation program. Further, the

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District shall document the financial impact, if any, to the school food service program, school stores, or vending machine revenues based on the implementation of the wellness policy.

District schools will provide nutrition education and physical education, with an emphasis on establishing lifelong habits of healthy eating and physical activity, and will establish linkages between health education and school meal programs, and with related community services. Communication with and training for teachers, parents, students, and food service personnel will be an integral part of the District's implementation plan.

To the extent practicable, students and parents shall be involved in the development of strategies designed to promote healthy food choices in the school environment; and the school cafeteria will provide a variety of nutritionally sound meal and beverage choices. The school will encourage students' active, age appropriate participation in decisions regarding healthy lifestyles and choices. Positive reinforcement such as letters of recognition and acknowledgment will be utilized as a means to encourage healthy eating patterns among the student population. In addition, the school will share information about the nutritional content of meals with parents and students; such information may be made available on menus, a web site, or such other "point-of-purchase" materials.

Assessments of the District's wellness policy and implementation efforts may be repeated on an annual basis, but it is recommended that such assessment occur no later than every three (3) years, to help review policy compliance, assess progress, and determine areas in need of improvement. The District, and individual schools within the District, will, as necessary, revise the wellness policy and develop work plans to facilitate its implementation.

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.](#)

Child Nutrition Act of 1966

[42 United States Code \(USC\) Section 1771 et seq.](#)

7 Code of Federal Regulations (CFR) Section 210.10

http://www.access.gpo.gov/nara/cfr/waisidx_05/7cfr210_05.html