

**POLICY: 5641 Non-Instructional/Business**  
**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) Students;
- b) The District's Food Service Program;
- c) Physical Education Teachers;
- d) School Health Professionals;
- e) School Administrators;
- f) Others as deemed appropriate by the Wellness Committee and Administration

The District Wellness Committee will review current activities and programs available in the District; identify specific areas of need within the District; develop the appropriate policy; and provide mechanisms for implementation, triennial evaluation, revision, and updating of the policy.

The Superintendent will designate a school official to convene the Committee for policy development, updates, and compliance with the policy.

**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 base; social, cultural, and religious influences; geography; and legal, political, and social institutions) the Wellness Committee recommends the following District goals relating to nutrition education and promotion, physical activity, and other school-based activities:

Nutrition Education and Promotion

The District will model and encourage healthy eating by all students.

a) Instruction

Nutrition instruction will follow all applicable New York State Standards and guidelines as defined by Part 100 Regulations and address the following:

- Teaching consistent, scientifically-based nutrition messages throughout the school, classroom, cafeteria, community and media
- Providing nutrition knowledge including: benefits of healthy eating; reflecting on personal eating habits; encouraging the consumption of a variety of foods, including fruits, vegetables, and whole grains
- Including the school cafeteria which serves as a “model for healthy eating” by allowing for nutritious and healthy food choices
- Providing enjoyable, developmentally appropriate, culturally relevant, participatory activities (i.e., contests, field trips, presenters, and professional development topics)
- Adequately preparing staff who participate in professional development activities in order to deliver an effective program

#### b) Promotion

- As appropriate, the District will promote nutrition education activities that involve parents, students, and the community
- The District will promote school and community awareness of this policy through various means (i.e., District website)
- The District may offer information to families to promote wellness/nutrition
- Marketing and advertising of only those foods and beverages that meet nutrition standards set forth by the Healthy, Hunger-Free Kids Act of 2010 Smart Snacks in School Rule.
- Parents will be encouraged to send in healthy classroom treats for celebrations

#### 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 following standards are necessary to achieve this goal.

- All physical education classes are taught or supervised by a certified physical education teacher
- The District will maintain an age-appropriate, sequential physical education curriculum consistent with national and state standards
- Graduation requirements to meet or exceed those in the Commissioner’s Regulations
- All students grades K through 12 will participate in physical education class requirements that meet or exceed the Commissioner’s Regulations
- In addition to physical education classes, elementary students will be provided with additional physical activity (i.e., outdoor recess, in-class movement activities)

## Other School-Based Activities

### a) Federal School Meal Programs

- The District will participate to the extent practicable in available federal school meal programs. Food served through these programs will meet all applicable federal and state standards.
- Food Service Director and food service staff participate in required annual training to meet USDA standards.

b) Access to School Nutrition Programs- The District will ensure that all eligible students have access to free/reduced meals in a non-stigmatizing manner.

c) Community Access to District Facilities for Physical activities- The District offers the Community Walking Trail at the elementary building and outdoor facilities for use, including track and tennis courts. Community groups may request use of facilities for physical activities. All individuals on school grounds are expected to follow expectations of the District Code of Conduct when using facilities.

d) Community Partnerships- Consideration for programs outside of the classroom will be determined by curriculum, partnerships with agencies, community services and service learning projects

e) Extracurricular Activities- A variety of extracurricular opportunities are offered to students.

## **Nutrition Guidelines**

The District Wellness Committee will follow the nutrition standards established by the USDA 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 providing foods that are high in nutrients, low in fat and added sugars, and of moderate portion size.

## **School Meals**

All schools within the District participate in the USDA child nutrition program including the National School Lunch Program (NSLP) and School Breakfast Program (SBP). All reimbursable school meals will meet the program requirements. Nutrition standards are available at: <http://www.fns.usda.gov/school-meals/nutrition-standards-school-meals>

All food and beverage items sold outside of the school meal program, including vending machines, school stores, and cafeteria ala carte items must meet nutrition standards by the Healthy, Hunger-Free Kids Act of 2010 Smart Snacks in Schools Rule (see “A Guide to Smart Snacks in School” July 2016).

## **Fundraising**

- a) All food items sold during the school day will meet nutritional requirements as indicated through the Healthy, Hunger-Free Kids Act of 2010 Smart Snacks in Schools Rule.
- b) Fundraiser food and beverages may not be sold in competition with the school meal program.
- c) School-sponsored fundraisers outside of the school day are exempt from the Smart Snacks in Schools Rule.
- d) All fundraisers need approval by administration prior to being conducted.

## **Implementation and Evaluation of the Wellness Policy**

In accordance with the law, The District's Wellness Policy must meet the requirements of the Healthy, Hunger-Free Kids Act of 2010. The District will ensure school and community awareness of this policy through various means such as publication in District newsletters, on the website, and/or in 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.

- a) The District shall establish an implementation and evaluation plan for the Wellness Policy in order to monitor effectiveness of the policy and the possible need for further modification over time. Accordingly, the Superintendent shall designate one or more staff members at each school to have 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: administrators, school nurses, health education teachers, physical education teachers, and school food service director. These designated staff members shall periodically report to the Superintendent or designee on the District's compliance with the Wellness Policy and the Superintendent or designee shall inform the BOE of such findings. These school representatives 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.
- b) The following will be assessed every three years:
  - 1.1 Compliance with the policy
  - 1.2 Progress in reaching goals
  - 1.3 Alignment with federal and state regulations

Evaluation and feedback from interested parties, including student, parent, teacher, and administration input with the Wellness Policy is essential to the District's evaluation program.

Such information shall inform the development, implementation, review, and updating of the policy.

c) Information from the triennial assessment and policy updates will be provided to the Board of Education (BOE), Wellness Committee members, parent-teacher organizations, building principals, and school health services within the District. Printed copies are available to community residents upon request.

### **Recordkeeping**

The following will be maintained in the Albion Central Schools District Office:

- a) The written Wellness Policy
- b) Documentation of annual public notification
- c) Most recent triennial assessment of the Wellness Policy
- d) Documentation that most recent assessment is available to the public