

## **SUBJECT: WELLNESS**

The Seneca Falls Central School 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) District faculty and staff;
- d) Physical Education Teachers
- e) School Nurse(s)
- f) The District's food service program;
- g) The School Board;
- h) School administrators; and
- i) 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 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 offering the following standards for:

- a) Classroom teaching:

- \* should include a K-12 sequential, comprehensive, standards-based program designed to provide students the knowledge and skills necessary to promote and protect their health;
- \* should not be restricted to just health education classes, but classroom instruction needs to also occur in subjects such as math, science, language arts, social studies, and elective subjects;
- \* should promote fruits, vegetables, whole grain products, low-fat and fat-free dairy products, healthy food preparation methods, and health-enhancing nutrition practices;
- \* should emphasize caloric balances between food intake and energy expenditure (physical activity/exercise); and
- \* should include media literacy with an emphasis on food marketing;

The 'A Guidance Document for Achieving the New York State Standards for Health Education' that has been created to address the New York State Health Education Standards as well as the National Health Education Standards, shall be the guiding document for incorporating nutrition education in the District.

b) Education, marketing and promotion links outside the classroom

- \* should be consistent throughout the school, classroom, cafeteria, home, community and media; linking nutrition education activities with the coordinated school health program;
- \* should be enjoyable, developmentally-appropriate, culturally-relevant, participatory activities, such as contests, promotions, taste testing, farm visits, and school gardens; and
- \* should link with school meal programs, other school foods, and nutrition-related community services

c) Fund Raising activities

- \* should support children's health and school nutrition-education efforts (school fundraising of Food items will not take place during schools hours.)

d) Teacher Training

- \* Professional development for nutrition education should be provided for all teachers and staff.

## 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:

a) Physical education graduation requirements:

- \* The District policy states that 2 credits of physical education are required to graduate.

b) Physical education class requirements:

- \* Students in grades k-12, including students with disabilities, special health-care needs, and in alternative education settings, will receive regular physical education (or its equivalent of 120 minutes/week) for the entire school year.
- \* Students should spend at least 50 percent of physical education class time participating in moderate to vigorous physical activity
- \* Student involvement in other activities involving physical activity (e.g. interscholastic or intramural sports) should not be substituted for meeting the physical education requirement
- \* The New York State Learning Standards for Physical Education should be the guiding document for the Physical Education curriculum.

c) Staff training/certification for physical education:

- \* Physical Education should be taught by a certified physical education teacher.

d) Physical activity outside physical education classes:

- \* Students should be provided with a range of activities that meet the needs, interests, and abilities of all students, including boys, girls, students with disabilities, and students with special health-care needs.
- \* Students should be given opportunities for physical activity during the school day through daily recess periods and the integration of physical activity into the academic curriculum, preferably outdoors, during which moderate to vigorous

physical activity should be encouraged verbally as well as through space and equipment provisions.

- \* Students should be given opportunities for physical activity through a range of after-school programs including intramurals, interscholastic athletics, and physical activity clubs.
- \* Schools should work with the community to create an environment that is safe and supportive of students' physically commuting to and from school.
- \* Teachers and other school and community personnel will not use physical activity (e.g. running laps, push-ups) or withhold opportunities for physical activity (e.g. recess, physical education) as punishment.

### 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:

#### Nutrition:

The District will participate to the maximum extent practicable in the National School Breakfast, Lunch and Snack and Summer feeding program.

Meals served through the National School Lunch and Breakfast Program should:

- \* be appealing and attractive to students;
- \* a variety of healthy food choices will be offered
- \* be served in a clean and pleasant settings; and
- \* all meals and snacks served by the school food service operation with comply with state and federal laws and regulations; as well as meet USDA School Meals Initiative standards for reimbursable meals.

Schools should engage students and parents, through taste-tests of new entrees and surveys, in selecting foods sold through the school meal programs in order to identify new, healthful, and appealing food choices. In addition, schools should share information about the nutritional content of meals with parents and students. Such information could be made available on menus, a website, on cafeteria menu boards, or other point of purchase materials.

b) Access to school nutrition programs:

- \* Schools will, to the extent possible, arrange bus schedules and utilize methods to serve school breakfasts that encourage participation. Breakfast in the High School will be offered during cafeteria study hall.
- \* Schools will notify parents and students of the availability of the school nutrition programs.
- \* Schools will make every effort possible to eliminate any social stigma attached to and prevent the overt identification of students who are eligible for free and reduced-price school meals.
- \* Schools need to provide menu options that are culturally sensitive and address special dietary needs.

c) Meal environment: Schools

- \* should provide students with at least 10 minutes to eat after sitting down for breakfast and 20 minutes after sitting down for lunch;
- \* should schedule meals at appropriate times;
- \* should provide students access to hand washing or hand sanitizing before they eat meals or snack; and
- \* should take reasonable steps to accommodate the tooth-brushing regimens of students with special oral health needs.

d) Community access to District facilities for physical activities:

- \* Individuals should follow the District 'Facility Use' policy for accessing the buildings

e) Community involvement:

- \* Strategies will be developed for parents, teachers, school administrators, students, food service professionals, and community members to serve as role models in practicing healthy eating and being physically active, both in school and at home
- \* The Wellness Policy will be presented to district students, faculty, staff,

and administrators as well as parents and community members through class meetings, faculty & staff meetings, open houses, and posted on the district web site.

f) Sustainable food practices:

- \* Practices are under review and standards will be developed for environmentally-friendly strategies relating to food service in the schools.

## **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

- a) Reimbursable school meals served at school will minimally meet the program requirements and nutrition standards of the National School Lunch Program.
- b) Food of minimal nutritional value on the school campus will be replaced with more nutritional options by adhering to the following standards for nutritional value of foods and beverages:
  - 1) Calories will be less than or equal to 200 calories.
  - 2) Total Fat – Less than or equal to 35% of total calories of item.
  - 3) Total sugar – Less than or equal to 35% of products total weight.
  - 4) Whole grain – Whenever possible food products (recipes) should contain whole grain. The grains such as wheat, rice, oats, or corn are referred to as “whole” in the list of ingredients.
  - 5) Saturated Fat – Less than or equal to 10% of total calories.
  - 6) Tran Fats – Should equal zero.
  - 7) Portion size – Whenever possible nutritionally rich foods will be offered – those packaged with vitamins, minerals, fiber, and other nutrients but are low in calories.
  - 8) Fruits and vegetables -- a choice of at least 2 fruits and non-fried vegetables will be offered for sale at any location where foods are sold on campus. Such items could include, but are not limited to, fresh fruits and vegetables; 100% fruit or vegetable juice; fruit-based drinks that have at least 50% fruit juice and that do not contain

additional caloric sweeteners (listed above); cooked, dried, or canned fruits (canned in fruit juice or light syrup); and cooked, dried, or canned vegetables (that meet the above fat guidelines)

- 9) Beverages – Milk offerings with meals will be Skim, Fat Free Chocolate and Fat Free Strawberry Milk.
- 10) First ingredient of any snack item should be – Fruit, Vegetable, Dairy or a Whole Grain.
- 11) All Ala carte items will be run through the Smart Snack Calculator for compliance verification.
- 12) Nutrition information for products sold on campus will be readily available near the point of purchase.
- 13) Purchases from Vending machines will not occur 6 hours prior to or 1 hour after the end of the school day.
- 14) Standards for concession stands, parties, celebrations, and food rewards/punishment are under review and will be developed to meet the needs of each school building in the District.

## **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 and school website. 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

- c) education teacher; and  
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 District shall document the financial impact, if any, to the school food service program, 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.

#### Diversity Statement:

The Wellness Committee and Stakeholders shall carryout the items outlined in this policy with respect for the diversity of all the district's students, staff and families regardless of race, ethnicity, socio-

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Non-Instructional/Business Operations

economic status, family formation, religion, ability, gender, age, etc.

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 (US C) Section 1771 et seq.

7 Code of Federal Regulations (CFR) Section 210.10 [http://www.access.gpo.gov/nara/cfr/waisidx/05/7cfr21\\_0\\_05.html](http://www.access.gpo.gov/nara/cfr/waisidx/05/7cfr21_0_05.html)

O8-428 Model Wellness Policy

Washington State School Directors' Association sample policy for nutrition and fitness

Alliance for a healthier Generation Healthy Schools Program Framework

**Adopted: June 19, 2006**

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**April 10, 2010**

**October 3, 2014**