

SUBJECT: WELLNESS POLICY*

The Sodus 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) The District's food service program;
- d) The School Board;
- e) School staff and administrators; and
- f) Members of the public.

The Sodus School 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 Sodus Central 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 establishing the following standards for:

- a) Classroom teaching:

During grades K through twelve, all students shall receive instruction that is designed to facilitate their attainment of the New York State learning standards in health education.

In addition to specifics relating to nutrition content of foods, instruction on healthy body image, weight management and eating disorders will be incorporated.

- b) Education, marketing and promotion links outside the classroom:

District and building newsletters and the district's website, FACEBOOK page, etc will provide periodic nutrition educational information. Nutrition education will occur outside the classroom that links the classroom nutrition education program to the larger school community (e.g., workshops, cafeteria-based nutrition programs).

- c) Fundraising activities: To support student's health and school nutrition, this policy encourages organizations to sell non-food items as fund raising options. **Fund-raising projects that sell food items not adhering to the SMART SNACKS IN SCHOOLS guidelines will not be allowed to be sold or distributed during the scheduled school day. The district will share a list of ideas that are available as non-food and healthy fund raising options.**

Advisors of clubs and organizations that provide food-related fundraising activities will give consideration to the nutritional impact of the products. Guidelines to assist the advisors will be developed, distributed and periodically reviewed.

- d) Teacher training:

Yearly Ongoing professional development will be integrated within the district's Professional Development Plan as it relates to the focus areas established through the Sodus Strategic Planning process. Healthy School Celebration guidelines will be available on online for staff to refer to

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) Students will meet the New York State physical education graduation requirements:

Students entering grade 9 until graduation must earn the equivalent of two units of credit in physical education to be eligible to receive a diploma. Quarter credits are earned per semester for a total of eight semesters. This accumulates to the two units of credit necessary to receive a diploma. A student who completes all diploma requirements in fewer than eight semesters is not required to continue enrollment in high school for the sole purpose of meeting the physical education requirements.

- b) Physical education will meet the requirements set forth by New York State:

All pupils in grades K-3 shall attend and participate in physical education on a daily basis. All pupils in grades 4 - 6 shall attend and participate in physical education not less than three times per week.

All pupils in grades 7 - 12 shall attend and participate in physical education for not less than three times per week in one semester, and not less than two times per week in the other semester.

Physical education classes will assist students in achieving the New York State standards for:

- Personal health and fitness
- A safe and healthy environment
- Resource management

The teacher-to-student ratio for physical education classes will be conducive to assisting all students in reaching the NYS standards for physical education.

Activities will vary in their level of intensity. Appropriate physical activities are provided for special populations based on needs.

- c) Staff training/certification for physical education:

All Physical Education teachers will meet New York State Certification requirements.

Ongoing professional development will be addressed through the district's Professional Development Plan.

- d) Physical activity outside physical education classes:

Intramurals, interscholastic athletics, before and after school programs, and recess will provide physical activities at varying levels of intensity. Opportunities to integrate physical activities into the classrooms will be encouraged.

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:

- a) 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)].

b) Access to school nutrition programs:

The Federal school meal programs will be administered through the Sodus School District Business Office. Every August, eligibility packets for free/ reduced price meals will be mailed to the residence of all enrolled students. Advertisements regarding the program will be published in the local newspapers. As new students enroll throughout the school year, the eligibility packets will be given to parents / guardians as a part of the registration process. An updated list of additional eligible students as provided by NYS Migrant Education Outreach Program will be maintained by the Sodus Schools Business Office.

Reasonable accommodations will be made for a student whose physician submits a letter outlining the student's special dietary needs for medical reasons.

Each building cafeteria will maintain a point of sale system which protects the individual student's privacy in a non stigmatizing manner.

c) Meal environment:

Meal timing and scheduling will encourage participation in the school nutrition programs. A physical environment conducive to proper eating habits will be maintained. Staff will be encouraged to create opportunities to eat with students.

d) After-school programs for students:

The after school programs held in the buildings of Sodus Central Schools provide snacks through the Child Nutrition program and adhere to the SMART SNACKS in Schools guidelines.. Students who attend these programs are provided opportunities to participate in some form of physical activities on a daily basis. This may range from sports, games, and swimming to age appropriate playground activities.

e) Community access to District facilities for physical activities:

Sodus School district facilities are made available to Community groups for physical activities. Group leaders can contact building main offices to obtain a facilities request form.

The Sodus School District Wellness Committee will explore and support staff wellness activities.

f) Community involvement:

The Wellness Committee will recruit and encourage community members to join in wellness activities. Public access to the Wellness Policy will be provided through the district website and the district's policy manual.

g) Sustainable food practices:

Efforts will be made to implement environmentally friendly practices relating to food service.

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.
http://www.access.gpo.gov/nara/cfr/waisidx_05/7cfr210_05.html
- b) Food of minimal nutritional value on the school campus will be replaced with more nutritional options by adhering to the RDA guidelines. Food service will at a minimum meet the nutritional requirements established by local, state and federal statutes and regulations for the nutritional value of foods and beverages.

A choice of at least two $\frac{3}{4}$ cup servings of fruits and non-fried vegetables will be offered with the lunches provided through food service. Fat free and / or low fat milk will be offered with each meal.

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

(A la carte, vending machines, student stores, snack bars, concession stands, parties, celebrations, food- related fundraising, and food rewards/punishments)

Celebrations that involve food during the school day should be limited. Consideration will be given to the timing and nutritional impact of those celebrations

Classroom Celebrations must adhere to the SMART SNACKS IN SCHOOLS guidelines

Elementary /Intermediate Students: One birthday celebration per month for each classroom may have a treat that does not adhere to the above guidelines. All treats must be store bought. Children with special dietary needs may bring in their own treat on that day. All other classroom celebrations must adhere to the SMART SNACKS guidelines, with parents and teachers selecting items off the acceptable list, that will be provided before the start of each school year.

Jr/Sr High School: All classroom celebrations will adhere to the SMART SNACKS in SCHOOLS guidelines. A list of acceptable snack items will be provided to parents and teachers before the start of every school year. Faculty members are discouraged from providing any type of meal or meal alternative as a reward or classroom celebration.

Food is highly discouraged to be used as a reward.

Food or beverage contracts

The Wellness Committee will provide the Superintendent with recommendations in regards to the

BOE First Reading: February 8th 2018

* Required Policy

SODUS CENTRAL SCHOOL DISTRICT POLICY

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Non-Instructional/Business
Operations

continuation of the district's vending company contracts.

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

Access to vending machines, snack bars, school stores, concession stands, bake sales, and other food outlets on school property will follow federal and NYS regulations. This means that from the* beginning of the school day until the end of the last scheduled meal period), no sweetened soda water, no chewing gum, no candy and no water ices except those which contain fruit or fruit juices shall be sold in the school. * As of 2010, NYS defines the school day as midnight to 30 minutes beyond the scheduled school day. For SCSD Elementary , that would be 3:30. For SCSD Jr/Sr High , that would be 3:25

Elementary Schools: If available, foods and beverages sold individually, must comply with the SMART SNACKS in SCHOOLS guidelines, as young children have limited nutrition skills to choose appropriately.

Jr/Sr High Schools: In Jr/Sr High School, all foods and beverages provided individually, outside the school meal programs will meet the following nutrition and portion standards.

Drinks:

Soft drinks/soda, fruit based drinks that contain less than **100 %** fruit juice, along with beverages containing caffeine, including energy drinks will NOT be allowed. Fat –free chocolate milk , which contains minimal amounts of caffeine, will be allowed.

Foods:

Be a “whole grain rich” product
Have as the first ingredient, a fruit, vegetable, dairy product or protein
Be a combination food, containing at least ¼ cup fruit or vegetable
Contain 10% of the ADA requirement for calcium, potassium, vitamin D or dietary fiber

Foods must also meet several nutrient requirements:

Snack

Contain < 200 calories
Contain <230 mg Sodium
Contain < 35% total fat of calories, < 10% of calories for saturated fat and ZERO grams of trans fats
Contain < 35% sugar

Entrée Item

Contain < 350 calories
Contain < 480 mg sodium
See guidelines above for Fat and sugar limits

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* Required Policy

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 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