

POLICY

Non-Instructional/
Business Operations

5661
1 of 7

Adopted 2.23.2015

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. Children need access to healthful foods and opportunities to be physically active in order to grow, learn and thrive.. Good health fosters student attendance, improved behavior and optimal learning.

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) Faculty;
- 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 nutrition education, physical activity and other school-based activities:

Continued

POLICY

Non-Instructional/
Business Operations

5661
2 of 7

Adopted 2.23.2015

SUBJECT: DISTRICT WELLNESS POLICY (Cont'd.)

Nutrition Education

The goal of nutrition education is to provide students in the Westhill Central School District (kindergarten through grade 12) with age appropriate nutrition education integrated into the curriculum and reinforced in the school environment that provides the knowledge base, attitudes, skills and behaviors necessary to adopt and maintain healthy life-long eating habits.

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.

a) Nutrition knowledge

- The food groups as described in the myplate dietary guidelines.
- Essential nutrients and the function of each.
- Planning for meals and snacks that include a variety of food, and meet nutritional needs.
- Safe food preparation, safe food handling and food storage.
- Healthy weight management, body image topics, and diabetes will complement physical education by reinforcing the knowledge and self-management skills needed to maintain a physically-active lifestyle and to reduce time spent on sedentary activities.

b) Assessing one's personal eating habits, include using the website, www.choosemyplate.gov, to help meet individual needs for nutrition and physical activity, and setting goals for improvement and achieving the goals.

c) Nutrition-related skills, include understanding and using food labels, critically evaluating nutrition information and food advertising, and basic food preparation skills.

Teacher Training

All staff members will receive a link to a copy of the District Wellness Policy. Staff responsible for teaching the nutrition education program for the Westhill Central School District will be professionally certified to teach Family and Consumer Science or Health. They may attend professional development conferences to become updated on new nutrition information and teaching strategies in those subject areas.

Continued

POLICY

Non-Instructional/
Business Operations

5661
3 of 7

Adopted 2.23.2015

SUBJECT: DISTRICT WELLNESS POLICY (Cont'd.)

Physical Activity

The District will make every effort to meet the statutory requirements of physical education in grades k-12. The District will provide opportunities for every student to develop the knowledge and skills for specific physical activities, to maintain physical fitness, to ensure regular participation in physical activity, and to teach students and the short-term, and long-term benefits of a physically active and healthy lifestyle. The health education teacher and family consumer sciences teacher will complement physical education by reinforcing the knowledge and self-management skills needed to maintain a physically active lifestyle and to reduce the time spent on sedentary activities.

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 in available federal school meal programs (i.e., School Breakfast Program, National School Lunch Program) to the maximum extent practicable. All students are offered the opportunity to participate in breakfast and lunch.

b) Access to school nutrition programs:

The School District promotes the availability of school meals to all students. Free/reduced price eligible students are provided full and confidential access to breakfast and lunch. Free and reduced applications will be sent home to families and made available on the district's website.

c) Meal environment:

School staff will attempt to create a physical environment conducive to proper eating habits. Meal timing and scheduling encourages the participation in the school nutrition program. The physical environment shall be pleasant, social, and supervised by staff.

Continued

POLICY

Non-Instructional/
Business Operations

5661
4 of 7

Adopted 2.23.2015

SUBJECT: DISTRICT WELLNESS POLICY (Cont'd.)

d) Community access to District facilities for physical activities:

The District will provide facility access to students, staff, and the community for physical activity per District guidelines. After school programs are encouraged to support the consumption of healthy snacks and provide opportunities for physical activity. Staff wellness, including good nutrition and physical activity habits, will be promoted.

e) Community involvement:

District communications, including the District website, will be used to publicize the Wellness Policy to keep the students, staff, and community informed.

Nutritional Promotion

The District will promote healthy food items including fruits, vegetables, whole grains and low-fat dairy products. Promotions will include monthly taste tests, posters and signage, highlighting healthy items on the menu during morning announcements, etc.

The healthiest choices, such as salads and fruit, will be prominently displayed in the cafeterias to encourage students to make healthy choices.

Healthy food options will be comparably priced.

Nutrition Marketing

The District will allow marketing and advertising of only those foods and beverages that meet the Smart Snacks in School nutrition standards.

Nutrition Guidelines

The Federal School Nutrition Standards will be implemented for all foods available in the district 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.

Continued

POLICY

Non-Instructional/
Business Operations

5661
5 of 7

Adopted 2.23.2015

SUBJECT: DISTRICT WELLNESS POLICY (Cont'd.)

Nutritional Values of Foods and Beverages

- a) Reimbursable school meals served at school will meet the program requirements and nutrition standards of the National School Lunch Program.
- b) All other foods sold during the school day will adhere to mandated requirements under the Healthy Hunger Free Kids Act of 2010.
- c) Nutrition information for products sold on campus will be readily available near the point of purchase.

Food or beverage contracts

- Food or vending company contracts must promote healthy alternatives.
- Eliminate soda; promote 100% fruit juices, milk and water.
- Vendors will be directed to the District Website for the Wellness Policy.

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

- Access to vending machines, snack bars, school stores and other food outlets on school property will be limited to outside the school day.
- Encourage all school sponsored events to offer healthy food and beverages that meet the nutrition recommendations.

Fundraising activities:

To support children's health and school nutrition-education efforts, school fundraising activities during the school day will meet nutrition and portion size standards for foods and beverages sold individually. Healthy food fund raisers such as fruit and citrus fruit sales are encouraged. Fundraisers that take place outside the school day do not need to meet the standards. Schools will encourage fundraising activities that promote physical activity.

Continued

POLICY

Non-Instructional/
Business Operations

5661
6 of 7

Adopted 2.23.2015

SUBJECT: DISTRICT WELLNESS POLICY (Cont'd.)

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

The Westhill Central School District will ensure school and community awareness of this policy through various means such as publication in District newsletters and calendars, the District website, other school materials, and at appropriate parent events. 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;
- 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.

Continued

POLICY

Non-Instructional/
Business Operations

5661
7 of 7

Adopted 2.23.2015

SUBJECT: DISTRICT WELLNESS POLICY (Cont'd.)

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.

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 108-265 Section 204
Richard B. Russell National School Lunch Act , 42 USC Section 1751 et seq.
Child Nutrition Act of 1966, 42 USC Section 1771 et seq.
7 CFR Section 210.10

Adoption Date: 2/23/2015