

POLICY

2006

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Instruction

Adopted 10.23.06

***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. Children need access to healthful foods and opportunities to be physically active in order to grow, learn and thrive. Obesity rates have doubled in children and tripled in adolescents over the past two decades and physical inactivity and excessive calorie intake are the predominant cause of obesity. Obese children are twice as likely to become obese adults. 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:

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I. Nutrition Education

The District will provide nutrition education defined as “any set of learning experiences designed to facilitate the voluntary adoption of eating and other nutrition-related behavior conducive to health and well-being (ADA 1996) by establishing standards for classroom teaching, by promoting educational links outside of the classroom, and by offering resources and opportunities for continuing professional as needed to deliver effective and accurate nutrition education information. The primary goal of nutrition education is to influence students’ eating behaviors.

II. Physical Activity

The District will provide opportunities for every student to develop the knowledge and skills for specific physical activities, to maintain students’ physical fitness, to ensure students’ regular participation in physical activity, and to teach students’ the short-term and long-term benefits of a physically active and healthy lifestyle.

The Wellness Committee has determined that the standards necessary to achieve this goal include formal physical education, supplemental physical activity during the school day, physical activities before and after school, and professional development opportunities for staff and coaches.

III. 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, and National School Lunch Program] to the maximum extent practicable. All students are offered the opportunity to participate in breakfast and lunch.

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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. Every effort is made to eliminate any social stigma attached to, and prevent the overt identification of, students who are eligible for free and reduced-priced meals.

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.

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.

IV. 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. Students' lifelong eating habits are greatly influenced by the type of food and beverages available in their daily environment.

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.

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Nutritional Values of Foods and Beverages

- a) Reimbursable school meals served at school will minimally meet the program requirements and nutrition standards of the School Breakfast program and the National School Lunch Program.
- b) Food and beverage of minimal nutritional value will have limited availability on the school campus. The District Wellness Committee has established healthy snack guidelines for foods available on school campus during the school day. 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.
- c) Nutrition information for products sold on campus will be readily available near the point of purchase.
- d) Every effort will be made to encourage healthy snacks during the school days for parties, celebrations, school activities, etc. Vending machines will only operate after the last lunch period with the exception of staff room machines, and the water only vending machines. Snack bars, concession stands, and food related fund raising will take place only after the academic school day.
- e) Celebrations and rewards should include non-food rewards as well as foods with nutritional value that promote students' health and well-being.

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.

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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.

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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