

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 follows the ASCD Whole School, Whole Community, Whole Child (WSCC) model. <http://www.ascd.org/programs/learning-and-health/wsc-model.aspx>. The District has established a Health and 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) District Health/Wellness Coordinator
- (b) Parents
- (c) Students
- (d) The District's Food Service Program
- (e) The School Board
- (f) School Administrators
- (g) Members of the Public

The Health and Wellness Committee is established to represent local community's perspective in developing the wellness policy for the District.

The District Health and Wellness Committee will assess current activities, programs, and policies available in the District; identify areas of need within the District; develop a wellness policy; and provide mechanisms for implementation, evaluation, revision, and updating of the policy. The council will meet once a month throughout the school year with specific dates, time, and location advertised on the district webpage, in addition to school mailings and various social media, inviting members of the community to join the committee. Teachers, students, parents, administrators, and allied health professionals are encouraged to attend.

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 communities 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 District Health and Wellness Committee recommends to the District Administration and Board of Education goals relating to nutrition education, physical activity, and other school-based activities.

SUBJECT: DISTRICT WELLNESS POLICY (Cont'd.)

The Clyde-Savannah Central School District promotes healthy schools by supporting wellness, good nutrition, and regular physical activity as a part of the total learning environment. The District supports a healthy environment where children learn and participate in positive dietary and lifestyle practices. By facilitating learning through the support and promotion of good nutrition and physical activity schools contribute to the basic health status of children. Improved health optimizes student performance and will best insure that no child is left behind. The NYS Department of Education requires local educational agencies to create a District Health Committee. The Clyde-Savannah District Health and Wellness Committee is responsible for developing, implementing, monitoring, reviewing, and recommending revisions to the policy as necessary. The District Wellness Policy will include but is not limited to the following:

NUTRITION

School Meals

All meals provided through the National School Lunch, Breakfast Programs, and Extended day programs (<https://www.fns.usda.gov/nslp/national-school-lunch-program-nslp>) will:

- Meet or exceed minimum nutrition requirements established by local, state, federal statutes and regulations;
- Be appealing;
- Be served in a clean and pleasant setting;
- Offer a variety of fruits and vegetables to include seasonal fresh foods;
- Serve only low fat (1%) and fat free milk and nutritionally-equivalent non-dairy alternatives; and
- Ensure that all of the served grains are 100% whole grain;
- Allow for faith, cultural, and life style menu choices daily and upon request.

Free and Reduced Price Meals

Clyde-Savannah Central School District will make every effort to eliminate any social stigma attached to, and prevent the overt identification of, students who are eligible for free and reduced price school meals. Toward this end, schools may utilize electronic identification and payment systems, provide meals at no charge to all children regardless of income, promote the availability of school meals to all students; and/or use nontraditional methods for serving schools meals.

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- Applications for free and reduced priced meals are sent home to all families at the beginning of the school year. The application is also made available on the district website, in school building offices, and by request.

Breakfast

- Clyde-Savannah Central School District will-operate the USDA School Breakfast program in all schools.
- Clyde-Savannah Central School District will, to the extent possible, arrange bus schedules and utilize methods to serve school breakfasts that encourage participation.
- Clyde-Savannah Central School District will notify parents and students of the availability of the School Breakfast Program.
- Clyde-Savannah Central School District will encourage parents to provide a healthy breakfast for their children through newsletter articles, take-home materials, or other means.

School Meal Times and Scheduling

- All Schools:
 - Will provide students with at least 10 minutes to eat after sitting down for breakfast and 20 minutes after sitting down for lunch;
 - Should schedule meal periods at appropriate times. As reasonably possible, when building a master schedule, all efforts should be made to schedule lunch between 11:00 a.m. and 1:00 p.m.;
 - Will ensure appropriate supervision in the cafeteria and rules for safe behavior are enforced at all times;
 - Should not schedule tutoring, club, or organizational meetings or activities during mealtimes, unless students may eat during such activities;
 - Will not permit students to leave campus for the purpose of obtaining lunch;
 - Will assure students are aware of the availability of water during meals times and supervisory staff will allow students to access water throughout the meal period
 - Will provide students access to hand washing or hand sanitizing before they eat meals or snacks;
 - Will share and publicize information about the nutritional content of meals with students and parents, and
 - Should take reasonable steps to accommodate the tooth-brushing regimes of students with special oral health needs.

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- **Elementary Schools:** The school food service program will approve and provide all food and beverage provided to students in elementary schools. Given young children's limited nutrition skills, food in elementary schools should be provided as balanced meals or as supplements to home-provided meals. If available, foods and beverages provided individually must comply with the "Smarts Snacks in Schools" rule initiated through the USDA:
<https://www.fns.usda.gov/cn/tools-schools-focusing-smart-snacks>
- **Junior/Senior High Schools:** All foods and beverages provided individually outside the reimbursable school meal programs during the school day, or through programs for students after the school day, are encouraged to follow the USDA Smart Snack Guidelines. (New York State defines the school day as midnight to 30 minutes beyond the scheduled school day. For CS Elementary-2:45 pm. For CS Junior/Senior High Schools- 3:15 pm)

Foods Sold Individually: (i.e., food sold outside of reimbursable school meals, such as through vending machines, cafeteria a la carte lines, fundraisers, bake sales, and school stores, etc.) should be encouraged to follow the USDA Smart Snack Guidelines: <https://www.fns.usda.gov/tn/guide-smart-snacks-school>

Beverages: All beverages sold in vending machines, school stores, etc. shall meet district nutrition standards for allowable beverages.

- **Not Allowed:** Soft drinks or soda, fruit based drinks that contain less than 100% fruit juice, beverages containing caffeine (excluding fat-free chocolate milk, which contains a trivial amount of caffeine) and energy drinks. Schools are encouraged to limit the sale of beverages to water, 100% juice, and milk.
- Students and staff should be provided access to drinking water throughout the day.

Foods

1. Be a "whole grain rich" grain product; or
 2. Have as the first ingredient a fruit, a vegetable, a dairy product, or a protein food; or
 3. Be a combination of food that contains at least ¼ cup of fruit and/or vegetable; or
 4. Contain 10% of the Daily Value (DV) of one of the nutrients of public health concern in the 2010 Dietary Guidelines for Americans (calcium, potassium, vitamin D, or dietary fiber).
- Foods must also meet several nutrient requirements:
 1. Calorie Limits
Snack Items: <200 calories

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- Entrée Items <350 calorie
- 2. Sodium Limits
 - Snack Items: <230 mg
 - Entrée Items: <480 mg
- 3. Fat Limits:
 - Total Fat: <35% of calories
 - Saturated Fat <10% of calories
 - Trans Fat: zero grams
- 4. Sugar Limit
 - <35% of weight from total sugars in foods

Fundraising Activities: To support children's health and school nutrition this policy encourages organizations to use non-food items or foods designed for delivery and consumption after school hours as fund-raisers. Fund-raising projects that include food items that do not adhere to the Smart Snacks in School guidelines will be discouraged from being sold or distributed during the course of the scheduled school day. The school district will make available a list of ideas that can be used as non-food and healthy fundraising options on the school's website:

Rewards: Food will be discouraged from being used as a reward.

Celebrations: Classroom celebrations should adhere to the following guidelines:

- **Elementary Pre-K-6:**

- 1. Each classroom is encouraged to have one birthday celebration day for all of the birthdays in that given month that do not adhere to the guidelines. Food items must be store purchased and children with special dietary needs may bring their own treat on that day. Beyond this once-a-month celebration, a list of acceptable snack items for classroom teachers will be provided to the school and to the parents by the start of the school year on the district website:

- 2. Any parent or teacher may provide a celebration using items off that acceptable list

Junior/Senior High School: Classroom celebrations are encouraged to adhere to the Smart Snacks in Schools guidelines, or you may purchase your snack items through the school's cafeteria. Faculty members are discouraged from providing any type of meal or meal alternative as a reward or classroom celebration.

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- **School Sponsored Events (such as but not limited to, athletic events, dances or performances):** The District encourages group sponsoring after school events to sell foods and beverages that meet the nutrition standards whenever possible without impeding on profitability of sales for the groups.

NUTRITION PROMOTION AND FOOD MARKETING

Nutrition Education and Promotion: The Clyde-Savannah Central School District aims to teach, encourage, and support healthy eating by students. The district will provide sequential and comprehensive skills and standards-based nutrition education and engage in nutrition promotion that:

- Is offered at each grade level in the elementary school, and as part of the students' health education class at the junior/senior high school, as part of a sequential, comprehensive, standards-based program designed to provide students with the knowledge and skills necessary to promote and protect their health;
- Is part of not only health classes, but is also encouraged to be incorporated into classroom instruction in subjects such as math, science, language arts, social sciences and elective subjects;
- Includes enjoyable, developmentally-appropriate, culturally relevant, participatory activities such as contests, promotions, taste testing, farm visits and school gardens;
- Promotes fruits, vegetables, whole grain products, low-fat, and fat-free daily products, healthy food preparation methods, and health-enhancing nutrition practices;
- Emphasizes caloric balance between food intake and energy expenditure;
- Links with school meal programs, other school foods and nutrition-related community services;
- Teaches media literacy with an emphasis on food marketing; and
- Includes nutritionally based training for teachers and other staff.
- Meets the USDA Professional Standards for State and Local Nutrition programs by ensuring that professional development in the area of food and nutrition is provided for food service directors, managers, and staff.

Wellness Promotion and Marketing

- Staff are encouraged to model healthy behaviors for students including healthy eating/drinking and physical activity
- Staff is encouraged to use physical activity as a reward

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- The use of physical activity as a punishment is prohibited
- Staff will not withhold movement breaks or other physical activities as a punishment
- Schools should encourage participation and promote physical activity for all students in after-school sports, intramurals, and other, non-competitive physical activity programs via school announcements, school newsletters, posters, etc.
- Students are encouraged to incorporate movement and activity into their daily schedules
Alternating weeks-120 minutes /week, 80 minutes/week
- Schools are encouraged to include families and the wider community in school sponsored wellness activities
- Nutrition and physical activity should be incorporated into select family events provided throughout the school year
- Opportunities for physical activity should be provided for families and community members
- Nutrition information and links to relevant resources in the community should be provided to families through newsletters, publications, health fairs, and other channels
- Feedback from parents is encouraged at stakeholder meetings
- The district encourages community and staff use of school facilities for indoor walking, swimming, use of the fitness room, outdoor fitness equipment, and track
- The advertising/marketing of foods and beverages that cannot be sold to students during the school day will be discouraged on all food/beverage containers sold or provided within the school, and will not be advertised on any media outlets within the school during the school day (PA system, computer screen savers, school publications, etc.)

PHYSICAL ACTIVITY

The school district's comprehensive, NYS standards-based physical education curriculum identifies the progression of skill development in grades K-12. Physical education curriculum revision will follow a periodic review cycle congruent to other academic subjects and be taught by certified physical education teachers.

(a) Physical education requirements:

- Junior/Senior High School: 2 credits - Alternating semesters, 120 minutes/week, 80 minutes/week
- Elementary School: at least 120 minutes of PE class each week and at least 15-20 minutes of recess for all grades at least once a day (preferably before lunch but will depend upon the classroom schedule)

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- Classes are taught by certified physical education teachers at a ratio of 1 staff: 25 students
- The Clyde-Savannah Central School District will provide:
 - Swimming instruction in physical education classes
 - Adaptive physical education for students whose IEP's indicate such
 - An alternative program for students who are medically exempt from physical education classes
- (b) Staff training:
 - (WSI) certification and Lifeguard training
 - Staff Professional development that is standards based
 - Current certification in first aid, CPR/AED certification
- (c) Physical activity outside physical education classes:
 - Programs and opportunity to increase physical activity before, during, and/or after the school day (other than physical education classes) are encouraged to be designed and implemented in each school building.
 - Teachers are encouraged to incorporate physical activity breaks for all K-12 students.
 - The school district should provide all teachers with professional development specific to the integration of physical activity into the classroom.
- (d) Schools will not allow students to be exempted from required physical education or substitute other school or community activities for required physical education class time or credit.

Implementation and Evaluation of the Wellness Policy

In accordance with section 204 of the Child Nutrition and Women, Infants, and Children Reauthorization Act of 2004 (PL 108-265) the District's wellness policy must be established by July 1, 2006. In accordance with the June 29, 2016 Final rule, the District must comply with the requirements of the provisions by June 30, 2017. The District will ensure school and community awareness of the 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 health lifestyle.

The District shall establish an annual 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 wellness policy leadership including one or more staff members within the District to meet the goals and mandates of its local wellness policy.

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Designated staff members may include, but are not limited to, the following personnel:

- a) Administrators – the Principal of each school is accountable for adhering to the wellness policy for their school
- b) School Health Personnel, including the school nurse and/or physical education teacher(s)
- c) School Food Service Director

These designated staff members shall report to the Superintendent on the District's compliance and implementation of the wellness policy yearly and the Superintendent shall inform the Board of Education of such findings. This annual progress report will be shared with district staff, and parents on the school webpage at www.clydesavannah.org. The report will include a link to the school wellness policy, a report for each school in the district that includes a summary of wellness activities and contact information for wellness committee members. The report will include an open invitation for interested parties to join the committee.

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 or vending machine revenues based on the implementation of the wellness policy.

Assessment of the District's wellness policy and implementation efforts will occur once a year to review policy compliance, assess programs, and determine areas in need of improvement. An accredited wellness assessment tool will be used to assess the wellness policy at least once every three years. The District will, as necessary, revise the wellness policy and implementation of the plan.

First Read: 05/17/2017

Revised: 09/13/2017, 11/18/2020; 08/11/2021

Adopted: 11/18/2020

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/waisidx05/7cfr21005.html>