

SUBJECT: DISTRICT WELLNESS POLICY

The South Seneca Central School District is committed to creating environments that promote and protect the learning community's health, wellbeing, and ability to learn by supporting healthy decision making, nutritious eating and physical activity.

The District Wellness Committee is representative of the entire school community including students, families, physical education staff, health education and/or family consumer science staff, the District's food service program, health, counseling and support services, and building and maintenance personnel. It shall utilize the coordinated school health approach in wellness policy implementation and related best practices. School community members shall be provided opportunities to give feedback on wellness goals. The Superintendent of Schools or designee shall ensure that all schools are meeting the requirements of the established wellness policy.

The District Wellness Committee shall 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. The District Wellness Policy addresses:

- a) Goals for nutrition promotion and education, physical activity, and other school-based activities that promote student wellness.
- b) Nutrition guidelines to promote student health and reduce childhood obesity for all foods available in each school.
- c) Inclusion of parents, students, representatives of the school food authority, teachers of physical education, school health professionals, the school board, school administrators, and the general public to participate in the development, implementation and review and update of the local wellness policy.
- d) Plan to inform and update the public (including parents, students, and others in the community) about the content and implementation of local wellness policies.
- e) Periodic evaluation and measurement of the extent to which schools are in compliance with the local wellness policy, the extent to which the local education agency's local wellness policy compares to model local school wellness policies, and the progress made in attaining the goals of the local wellness policy, and make this assessment available to the public.

Goal #1 -- Nutrition Education

The South Seneca Central School District believes that the primary goal of nutrition education is to influence students' eating habits. Through increasing nutrition knowledge and skills the District shall help children to make healthy eating and physical activity choices. Nutrition education must be

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appropriate for students' ages, reflect students' culture, integrated into all subject areas and provide opportunities for students to practice skills and make learning fun. The nutrition education curriculum must be easily assimilated into the instructional program and foster lifelong healthy eating.

- a) Students in grades Pre-K through 12 will receive nutrition education that is integrated into the total school program and that teaches the skills needed to adopt healthy eating behaviors (such as reading food labels and menu planning).
- b) ~~The nutrition education program may work with the school meal program to develop school gardens and use the cafeteria as a learning lab. Staff may provide USDA resources such as gardening curriculum from Team Nutrition.~~ The nutrition education curriculum will use the school garden as a teaching tool.
- c) The District will provide adequate training, as feasible, for the personnel providing nutrition education.
- d) The District shall ensure the implementation of nutrition education activities that involve parents, students and the community. Schools shall link nutrition education activities with the coordinated school health program.
- e) Nutrition education will be provided to parents. This may be in the form of handouts, such as Nutrition Nuggets with school menus, the school website, articles and information provided in District or school newsletters, presentations that focus on nutrition and healthy lifestyles, and any other appropriate means available to reach parents.
- f) Staff shall be encouraged to model healthy eating and physical activity as a valuable part of daily life.
- g) ~~Display and advertising of foods with minimal nutritional value shall be strongly discouraged on school grounds.~~ Marketing on the school campus will be limited to those products that are allowed to be sold according to the district's Smart Snacks nutrition standards. The advertising of foods and beverages that are not available for sale in district schools will not be advertised on any school property. The District prohibits ALL advertising of food and beverages that cannot be sold during the school day/do not meet Smart Snack nutrition standards and specifically prohibits this advertising on school property (signs, banners, scoreboards, etc), where food is purchased (food displays, vending machines, food and beverage containers, and coolers), and on the school

website. The District discourages participating in fundraising or corporate incentive programs that promote a message inconsistent with our goals for a healthy school community.

Goal #2 -- Physical Education (PE) and Physical Activity

The South Seneca Central School District believes that the primary purposes of physical activity in school are to provide opportunities for all students to develop the knowledge and skills for multiple physical activities; to promote a healthy level of physical fitness in students; to ensure students' regular participation in physical activity; and to teach students the lifelong benefits of a physically active and healthful lifestyle.

- a) Students shall be provided opportunities for physical activity throughout the day inclusive of but not limited to physical education classes, daily recess periods, intramurals, interscholastic athletic competition and the integration of physical activity into the academic curriculum. Each school shall provide at least one physical activity break for every 60 minutes of academic instruction daily. Training for teachers on activities that incorporate physical activity throughout the day may be provided

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annually. Classrooms shall incorporate, where possible and appropriate, short breaks that include physical movement. The District shall seek to provide training opportunities and resources to teachers to support this effort.

- b) The District may collaborate with community agencies to provide opportunities for students to participate in physical activities before and after school as well as to and from school. Intramural and before school offerings should be maintained to accommodate all grades and be an option for all students.
- c) Parents and guardians shall be encouraged by the school to support their children's participation in physical activities and to be physically active role models.
- d) ~~The physical education staff shall submit for approval a K through 12 comprehensive curriculum/ program aligned with the template provided by the New York State Education Department (NYSED) and will review it annually with recommendation for revision as necessary. The plan shall be resubmitted every three to five years regardless of the need for revisions.~~ The school district's comprehensive, standards-based physical education curriculum identifies the progress of skill development in grades Pre-K-12. Physical education curriculum revisions will follow a formally established periodic review cycle congruent with other academic subjects. To the extent possible, all students Pre-K through 12 will be scheduled for physical education instruction in accordance with state law and regulations and NASPE recommendations. Student progress shall be assessed at all grade levels based on the goals and learning objectives aligned with the NYSED physical education learning standards. Schools will provide physical education that teaches the skills for lifelong physical fitness and fosters lifelong habits of physical activity.
- e) To the extent possible, District schools will follow NYSED regulations when scheduling physical education classes for all students. To the extent possible all elementary students shall receive 120 minutes per week of physical education instruction throughout the school year. All 7-12 grade students will be scheduled to the extent possible not less than three times per week one semester and two times per week in the other semester, or a comparable time each semester based on schedule.
- f) Student/teacher ratios are addressed in the Physical Education Plan and shall be followed to the extent possible.

- g) The physical education program shall be provided adequate space and equipment and conform to all applicable safety standards.
- h) Physical Education shall be taught by certified physical education teachers; adaptive PE programs shall be taught by certified instructors.
- i) Physical Education teachers, as well as other teachers, shall receive professional development on a yearly basis.
- j) All students are required to participate in physical education. Students cannot be given physical education credit for participation in sports or other activities. Sports and academic activities may not take the place of physical education.
- k) ~~Supervised and active recess time should be provided to all students within each school day at all elementary schools.~~ The elementary school shall provide at least 20 minutes of active daily recess to all elementary school students. The District shall seek to provide training opportunities and resources to staff to support this effort.
- l) Physical activity may not be assigned as a consequence of poor behavior or punishment for any reason. (Example, running laps or jogging around the playground.)
- m) The school district believes that recess and other opportunities for physical activity are an essential part of the school days. Teachers are encouraged to find alternatives to withholding recess and other physical activity.

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- n) The District shall seek to promote the use of school facilities outside of school hours for physical activity programs offered by community-based organizations and for use by staff for their wellness efforts, including a supervised weight room available after school for staff and students. All schools will develop a comprehensive physical activity program that addresses family and community engagement in physical activity, and provide a wide-range of offerings. All schools will develop joint-use agreements with community partners in order to provide expanded physical activity opportunities for all students and community members.
- o) Each school will promote walking and biking to school when feasible. They shall partner with local government and community based agencies to support active transport to school to implement a comprehensive active transport program, such as the Safe Routes to School Program.

Goal #3 -- Dining Environment

- a) The District shall provide meal environments that are safe, clean and large enough to ensure all students have access to school meals with minimal wait time. Appropriate supervision shall be provided in the cafeteria and rules for safe behavior shall be consistently enforced. Students shall be provided a pleasant environment in which to eat lunch. Special accommodations for food allergies shall be made.
- b) The District shall operate under USDA regulations for school food programs (e.g., School Breakfast Program, National School Lunch Program, Special Milk Program, and Summer Food Service Program). ~~The district shall make every effort to offer school breakfast.~~ All schools will provide breakfast through the USDA School Breakfast program.
- c) The District shall encourage all students to participate in the school meals program and protect the identity of students who receive free or reduced meal prices. The cafeterias are cashless- all students, regardless of the type of payment they make for school meals, or the food being purchased (meal or a la carte) are given a code to enter at the cash register. Schools must serve students a reimbursable meal, regardless of whether the student has money to pay or owes money. Applications for free/reduced meals are sent home to all families at the beginning of the school year. The application is also available on the district website.
- c) The District shall increase participation in school meal programs by providing taste testing of healthy new foods being introduced on the menu, scheduling morning bus routes to allow

students to arrive at school in time to eat breakfast and offering opportunities for students to provide input on local, cultural, and ethnic favorites. Additionally, students are prohibited from leaving campus for lunch unless they receive prior approval from the building principal.

- d) The District shall strive to ensure that adequate time (minimum of 20 minutes) to eat lunch and breakfast (minimum of ten minutes) is provided for students to enjoy eating healthy foods with friends during the school day.
- e) The District shall ensure that lunch time shall be as near to the middle of the school day as possible.
- f) The District shall strive to ensure that 20 minutes of physical activity opportunities are available for all students either before or after lunch. For secondary students, this activity may occur by moving between classes.
- g) Food rewards or incentives should not be used in classrooms to encourage student achievement or desirable behavior. Staff may use alternate sources as incentives to achieve desired outcome. **We strongly recommend staff use physical activity as a reward when feasible, such as extra recess.** Pizza parties may be planned with the food service staff to create a reimbursable meal or scheduled outside of meal times.
- h) The healthiest choices, such as salads and fruit, shall be prominently displayed in the cafeterias to encourage students to make healthy choices.

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- i) Education materials/food marketing shall be free of brands and illustrations of unhealthful foods.

Goal #4 -- Standards for USDA School Meals

- a) ~~School meals are required to meet specific standards (e.g., 4 fruits and/or non-fried vegetables per day; only 1% and fat-free or flavored milk served; at least half of grains are whole grain; eliminates trans fats, using low fat versions of foods or low-fat cooking methods). Milk sold as part of the school meals program shall be limited to 1%, and skim including flavored milk.~~ The district will be in compliance with all federal and state nutrition standards for all food served in schools. All food and beverage items sold to students during the school day will meet the USDA school meal and Smart Snacks in school nutrition standards.
- b) School meals will include fresh, locally-grown foods in school meals from farms engaged in sustainable practices whenever possible and these foods will be promoted in the cafeteria.
- c) The District shall ensure that professional development in the area of food and nutrition is provided for food service managers and staff. The USDA Professional Standards and Local Nutrition Programs are followed to ensure that professional development in the area of food and nutrition is provided for food service directors, managers, and staff. New and current food service directors must have at least 12 hours; new and current managers must have at least 10 hours; new and current staff must have at least 6 hours.
- d) The District shall share and publicize information about the nutritional content of meals with staff, students and families.

Goal #5 -- Nutrition Standards for Competitive (outside of school meals) and Other Foods and Beverages

The Healthy, Hunger-Free Kids Act of 2010 requires USDA to establish nutrition standards for all foods sold in schools. All foods not procured and processed by the food service staff must be reviewed by the Cook/Manager or Food Service Director for compliance. The District shall ensure all school based entities and programs be operated in compliance with USDA minimum nutrition standards and serving sizes for all foods and beverages sold to students during the school day (see nutrition standards here: http://www.fns.usda.gov/sites/default/files/allfoods_summarychart.pdf).

- a) The District encourages food and beverages served at class parties and other school celebrations in schools ~~and while attending before/aftercare on school grounds~~ meet the same USDA minimum nutrition standards ~~and serving sizes~~ as listed above. A list of foods that fall under the Smart Snacks guidelines will be shared with teachers and families at the beginning of the year and listed on the District website to help offer ideas for class parties and other celebrations.
- b) The District requires that all food and beverages served to students in before/aftercare will meet Smart Snacks Standards. Snacks sold to children during after school programs will meet the same nutrition standards as food sold during the school day.
- c) The District discourages the provision and sale of foods and beverages containing non-nutritive sweeteners and containing caffeine.
- d) The District shall ensure there is access to free drinking water throughout the school day to all students and staff. Water fountains or water filling stations are available in and/or near the cafeteria and area accessible during the meal periods.
- e) ~~The District shall establish systems to regulate food sold for fundraising in compliance with USDA Smart Snacks standards (see link here: <http://www.gpo.gov/fdsys/pkg/FR-2013-06-28/pdf/2013-15249.pdf>) and NYSED memo Sep 16, 2014: Smart Snacks Standards and Fundraisers.~~
All fundraisers held during the school day must meet Smart Snacks. There are no exemptions.
- f) Marketing on school campuses will be limited to those products that are allowed to be sold according to the district's Smart Snacks nutrition standards.

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To encourage wellness, the District may implement other appropriate programs that help create a school environment that conveys consistent wellness messages and is conducive to healthy eating and physical activity. Such activities may include, but are not limited to, health forums or fairs, health newsletters, parent outreach, employee health and wellness activities, reviewing food marketing and advertising in school, hosting or promoting community-wide events, and offering wellness-related courses.

- a) The District shall monitor all schools' fundraising activities in an effort to promote a healthy learning environment. To support children's health and school nutrition education efforts, school fundraising activities shall not encourage the sale of food. However, if foods are sold, immediately consumable foods may not be sold during the school hours of 7:45 a.m. to 3:15 p.m. If a fundraiser does involve food, there should be healthy food choices.
- b) ~~The District shall provide opportunities for ongoing professional training and development for all staff in the areas of nutrition and physical education to the extent that is feasible.~~ The school district shall provide all physical education teachers with annual professional development opportunities that are focused on physical education/physical activity topics and competencies specific for physical education teachers.
- c) The District shall make a focused effort to collaborate with the community in an effort to ensure access to District-owned physical activity facilities open for use by students and the community outside of school hours.
- d) The District shall encourage all school staff, parents, and community members to serve as role models in practicing healthy eating habits and being physically active in school, at home and in the community.
- e) The District shall provide information and outreach materials about programs such as Food Stamps and Women, Infants, and Children (WIC) to students and parents.
- f) The District shall encourage all students to participate in school meals program such as the National School Lunch, snacks for after school program, and School Breakfast programs.

Implementation

The Superintendent shall designate one person as the District Wellness Coordinator to be responsible for ensuring that the provisions of this policy are carried out throughout the District.

Evaluation

The District Wellness Coordinator shall report annually to the Board on the implementation of this policy according to the following plan:

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- a) The District Wellness Committee shall convene two times annually to review data (student health impact) on student wellness and childhood obesity, as well as to develop, implement and assess the District wellness policy and related practices. The Wellness Committee shall facilitate efforts to measure the implementation and effectiveness of this policy by conducting a variety of surveys, data collections, etc. The purpose of these activities is to provide input to the Board of Education Policy Committee.
- b) Based on this data, the District Wellness Committee shall make recommendations to revise and/or to create new objectives and policy.
- c) Each School's Shared Decision Making Team shall review the Wellness Policy annually, create an implementation plan, as well as make suggestions and recommendations for improvement.
- d) All amendments to the Wellness Policy shall be reviewed at the building level and then forwarded to the District Wellness Committee for input. The Wellness Committee shall forward recommendations to the Superintendent for consideration with final approval from the Board of Education.
- e) Recordkeeping: the records required to be retained would include:
 - 1. A written local school wellness policy;
 - 2. Documentation demonstrating compliance with community involvement requirements;
 - 3. Documentation of the triennial assessment of the local school wellness policy;
 - 4. Annual local school wellness policy progress reports for each school under its jurisdiction; and
 - 5. Documentation to demonstrate compliance with the public notification requirements.
- f) Plan for Reporting Annual Reports: Use the District website address for policy, school's progress, summary of events relating to wellness policy implementation and name,

position, title and contact information of the designated local agency coordination school wellness program.

- g) Triennial Reviews: The District shall measure and make available to the public an assessment on the implementation of the local school wellness policy, including:
 - 1. An indication of the extent to which schools under the jurisdiction of the LEA are in compliance with the local school wellness policy;

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2. An indication of the extent to which the local school wellness policy compares to model local school wellness policies; and
3. A description of the progress made in attaining the goals of the local school wellness policy.

Child Nutrition and WIC Reauthorization Act of 2010, "Healthy, Hunger-Free Kids Act", Public Law 111-296
Richard B. Russell National School Lunch Act, 42 USC §§ 1758(t)(1); 1766(a)
Child Nutrition Act, 42 USC § 1779
7 CFR § 210.10; 210.11

Adopted: 5/13/09

Revised: 1/11/12; 6/24/15