

SUBJECT: SCHOHARIE CENTRAL SCHOOL 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 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) Teachers;
- d) The District's food service program;
- e) The School Board;
- f) School administrators; and
- g) Members of the public.

Mission Statement/Philosophy

Schoharie Central School is committed to providing a program that provides access to healthy foods and the opportunity to become physically fit in order to promote a healthy body and academic excellence. This philosophy is in accordance with Public law 108-265, The Child Wellness and WIC Reauthorization Act of 2004. It is our belief that individuals who adopt a healthy lifestyle have better attendance, a better self-image and perform assigned duties more effectively. Since obesity rates are on the rise, adopting healthy life choices are now of great importance.

Section 204 of Public Law 108-265, the federal Child Nutrition and WIC Reauthorization Act of 2004, mandates that all school districts participating in a program authorized by the Richard B. Russell National School Lunch Act (42 United States Code Section 1751 et seq.) or the Child Nutrition Act of 1966 (42 United States Code Section 1771 et seq.) establish a local school wellness policy by July 1, 2006.

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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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 Standards:**

In compliance with New York State Health and Family and Consumer Science standards all students will be educated in the following elements of good nutrition:

- diet and technologies for safe and healthy food preparation
- how to select a variety of healthy foods
- how to read and comprehend food labels.
- risks associated with obesity.
- how to design and implement a healthy diet.
- understanding the metabolism concept and how to maintain a healthy weight during their lifetime.

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

The Schoharie Central Community shall provide consistent nutrition messages school-wide. (i.e. in the cafeteria and district newsletter) that will promote healthy eating habits and behaviors. School-based marketing of brands promoting predominantly low-nutrition foods and beverages is discouraged. The promotion of healthy foods, including fruits and vegetables, whole grains and low-fat dairy products are encouraged.

c) **Fundraising activities:**

All groups that engage in fundraising activities are encouraged to choose alternatives to food. Ideas include other activities such as the following:

- Flower sales, candles sales, magazines, Avon, Spirit Wear, etc. will be promoted.
- Activity based fundraisers (example; hop-a-thon, human chess, walk-a-thon, read-a-thon, marathon basketball, etc.) will also be promoted.

If food fundraising activities are selected, groups are expected to include healthy food options that are within the "Choose Sensibly Guidelines" (See page 6 of 8) Examples of this are as follows:

- Cookie sales might include a fresh fruit option such as apples or oranges.
- Chocolate sales might include nuts as an option.

Fundraisers that do not meet these standards are discouraged for sale.

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Direct Donation Option: It is understood that fundraisers are a necessary component of many clubs and organizations. With this in mind, all groups are encouraged to provide a direct donation option in addition to the purchase of food. Alternative suggestions are as follows, depending on the product offered for sale:

- The monetary donation would be accepted by the club and the club, in turn, donates the food product to a local food pantry.
- The monetary donation would be accepted by the club and the club, in turn, would send the food product to our troops overseas.

Ultimately, we must remember that the key to healthy fundraising is to be creative and flexible.

- d) **Teacher training:** Schoharie Central School supports staff professional development to educate staff in New York State Standards; health and nutrition laws and policy; healthy food choices for the classroom; fundraising; and promotion of fitness and wellness through the schools' wellness day. For example: School-wide Wellness Day, Wellness Policy education, educating staff through "Choose Sensibly" guidelines, etc.

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 in conjunction with New York State has determined that the following standards are necessary to achieve this goal:

- Schoharie Central School Physical Education will meet all NYS standards.
- Students will be required to obtain two (2) credits in Senior High Physical Education, One (1) credit of Jr. High Physical Education and seven (7) years of Elementary Physical Education for graduation.
- Students will receive 120 minutes of Physical Education during the six-day cycle with a goal of achieving an accelerated heart rate during those classes.
- The school will provide activities and classes for special needs students.
- Schoharie Central School will provide staff training for teachers and coaches through the availability of CPR and First Aid training, clinics, conferences and coaching courses.

Schoharie Central School will encourage students to be active outside Physical Education classes through the use of intramurals, sports, recess, and after-school programs where students will be encouraged to meet the F.I.T. (frequency, intensity and time) Principle. The F.I.T. Principle is a program that requires students to exercise three times per week, reaching and maintaining their target heart rate for 20 minutes.

Students will be encouraged to walk/bike to school. To help facilitate this activity, SCS has provided crossing guards and new and improved sidewalks and bike racks.

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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 and National School Lunch Program]

Meals served through the National School Lunch and Breakfast Programs will

- be appealing and attractive to children;
- be served in clean and pleasant settings;
- meet, at a minimum, nutrition requirements established by local, state, and federal statutes and regulations;
- offer a variety of fruits and vegetables;
- serve a variety of milk including low-fat (1%) and fat-free milk and nutritionally-equivalent non-dairy alternatives (when required, as defined by USDA); and
- ensure that half of the served grains are whole grain.

The District should engage students through taste-tests of new entrees and surveys, in selecting foods sold through the school meal programs in order to identify new, healthful, and appealing food choices. Information about meals and new food items will be made available on menus, the Schoharie Central School website, on cafeteria menu boards, or other point-of-purchase materials.

b) **Access to school nutrition programs:**

Breakfast: To ensure that all children have breakfast, either at home or at school, in order to meet their nutritional needs and enhance their ability to learn, the District will, to the extent possible:

- operate the School Breakfast Program.
- arrange bus schedules and utilize methods to serve school breakfasts that encourage participation, including "grab-and-go" breakfast, or breakfast during morning break or study hall.
- notify parents and students of the availability of the School Breakfast Program.
- encourage parents to provide a healthy breakfast for their children through newsletter articles, take-home materials, or other means.
- promote the eating of breakfast either at home or at school in Elementary Classrooms during the New York State Education Department's annual Think Breakfast promotion.

Free and Reduced-priced Meals: The 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 will utilize electronic identification and payment systems and promote the availability of school meals to all students.

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c) Meal environment:

- The District will provide students with at least 10 minutes to eat after sitting down for breakfast and 20 minutes after sitting down for lunch and schedule meal periods at appropriate times; e.g., lunch should be scheduled between 10:30 a.m. and 1 p.m. Scheduling of tutoring, club, or organizational meetings or activities will not occur during mealtimes, unless students may eat during such activities.
- Lunch periods will follow recess whenever possible (in elementary school), and students will be provided hand washing or hand sanitizing before meals and snacks when possible. The School Nurse will take reasonable steps to accommodate tooth-brushing regimens of students with special oral health needs; (e.g. orthodontics or high tooth decay risk).

d) Classroom environment:

In an effort to model healthy behavior the District will provide students with the knowledge to make healthy lifestyle choices. Schoharie Central School faculty, staff and parents are encouraged to:

- Limit the use of snacks, treats, and party foods that do not promote wellness.
- Encourage appropriate portion control during student activities.
- Avoid the association of food with love, comfort, or value.
- Use alternative rewards as often as possible and avoiding withdrawal of "treats" as punishment. An appropriate use of food might be snacks that promote wellness offered as part of a party by the entire group.

The District will supply parents, faculty, and staff, with lists to help in the selection of healthy snacks for celebrations and parties, as well as suggestions for alternative rewards and fundraising.

e) After-school programs for students:

After school programs in the elementary building operate with wellness in mind. Programs like Tuesday Tutoring and 4-H include snacks like milk or juice with nuts and raisins for a treat. Activities that extend beyond a half-hour usually provide time for children to run and play. Students that participate in after school activities in the Jr. / Sr. High School may have access to healthy snacks provided by school sponsored organizations.

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- f) Access to District facilities for physical activities and education (students, staff and community):

SCS provides students, community, and parents with multiple venues for physical activities outside the school day. Some of these activities may include: dances, fun night, System Soccer, Varsity Club activities, after school 4-H Program, Little Indians Basketball, Pee Wee Wrestling, Little League Baseball, Alumni Basketball, Interscholastic Sports, and Intramural, to name a few.

- SCS faculty and staff have access to the gymnasium, track, and weight room to support activities.
- SCS offers adult education programs such as: coaching programs, CPR, and AED training.
- SCS staff wellness opportunities include Wellness Day, health screenings, and access to facilities

- g) Community involvement:

Community members and parents are an integral part in devising and implementing the wellness policy. The SCS policy will be presented to students, staff and the community through venues such as: The district newsletter, district website, press release, classroom, bulletin boards, staff meeting, and classroom education.

- h) Sustainable food practices:

The District will participate in Farm-to-School initiatives and programs whenever possible. Produce from local farms and orchards will be incorporated into menu and ala carte choice when available and affordable.

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 meet the minimum program requirements and nutrition standards of the National School Lunch Program.

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Ala carte snacks sold in the cafeteria, in vending machines, in student stores, snack bars, concession stands, parties, celebrations, food-related fundraising, and food rewards/punishments will include a variety of choices whenever possible. Items that meet the New York School Nutrition Association Choose Sensibly Guidelines will be available whenever possible.

- b) The Choose sensibly Guidelines are as follows:
- 7 grams of fat or less.
 - 2 grams of saturated fat, or less.
 - 15 grams or less of sugar.
 - 360 milligrams or less of sodium.
 - Foods will contain one serving per package.
 - Fruits and vegetables -- a choice of at least two fruits and non-fried vegetables will be offered for sale at any location where foods are sold on campus. Such items could include, but are not limited to: (canned fruit, fresh fruit & vegetables, fruit-based drinks, frozen fruit juice bars or dried fruit or vegetables).
- c) The Choose Sensibly requirements for beverages:
- All low fat milks, including low fat flavored milks are acceptable.
 - Juice drinks must contain at least 25% real juice.
 - Beverages with 10 milligrams or less of caffeine.
 - Water or flavored water shall not contain added sugar, artificial sweeteners or caffeine.
- d) Food and beverages sold individually (i.e. foods sold outside of the reimbursable school meals such as vending machines, cafeteria a la carte (snack lines), fundraising, school store, etc.) will meet and extend to the end of the school day, the New York State Education Law (Chapter 647 of Laws of 1987). The Law prohibits the sale of all candy and soda (including soda water, water ices (excluding water ices containing fruit or fruit juices), chewing gum, hard candies, jellies and marshmallow candies, fondants (soft mints and candy corn), licorice, spun candy (cotton candy) and candy coated popcorn), from the beginning of the school day until the end of the last scheduled meal period in all parts of the building, in all schools.

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.

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Implementation and Evaluation of the Wellness Policy

In accordance with law, the District's wellness policy was 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.

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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 foods 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_5.html