



WELLNESS POLICY REVISED 8/17/16

WESTERN NEW YORK MARITIME CHARTER SCHOOL

The Western New York Maritime Charter Schools believes that the welfare of our students is paramount and to that end it is our sincere responsibility to promote health and wellness in all of our students. We will endeavor to fight the nationwide rising trend of childhood and teenage obesity within our community by educating students, parents and stakeholders about the benefits of good nutrition and physical activity. Further, we believe that healthy children make better learners so it would behoove us to establish a positive relationship between nutrition education and food choices offered in school; aiding our students in making healthy food choices.

Current Practices

We further believe that our school community already evidences support for good health and wellness as:

1. WNYMCS health curriculum includes important, consistent and accurate information about nutrition;
2. Our physical education curriculum emphasizes individual skill development and

fitness, as well as team sports; Cadets also participate in Extra Military Instruction (advance exercise EMI)

3. Opportunities to participate in physical activity are available through physical education classes, intramural activities, interscholastic athletics, marching band, and fundraising activities for charitable organizations. Opportunities for physical activity are also available through family fitness, events continuing education offerings, and City of Buffalo Recreation programs.
4. Adult athletic coaches, whether school employees or community volunteers, encourage healthy lifestyles;
5. Teachers are role models by participating in physical activities, and EMI.
6. We allow no sale of soda from vending machines at all.

Goals and Objectives

We realize, however, that as a school community, we must continue our efforts to improve our children's health in the areas of nutrition education and physical activity.

Goal #1 Improve Nutrition Education/Choices

Objectives

- a.) Inform parents about Food Service requirements: food choices; how food choices are categorized; minimum requirements
- b.) In physical education classes military instruction is incorporated with physical activity;
- d.) Ensure that nutrition education in the health curriculum is accurate and current; NYS Standards for Health and Safety will be incorporated into daily classroom instruction 7-12. Students 7-12 will receive nutrition education that provides information needed

to maintain a healthy lifestyle. Nutrition education will be a comprehensive program that transcends, is integrated, and reinforced across all curricular areas. Instruction should be focused on the importance of various food groups; caloric, sugar, and fat intake; healthy eating/cooking; and the relationship between a balanced diet and regular exercise as it relates to a lifelong healthy lifestyle.

- e.) Purchase more nutritious food for cafeteria as vendors make it available;
- f.) Purchase healthier food choices and age-appropriate serving sizes for vending machines as they become available;
- g.) Encourage alternatives to in-school candy sales as fundraisers, considering physical activities instead and athletic apparel sales
- h.) Encourage alternatives to food as a reward (e.g. pizza parties); i.e., discount tickets to community venues such as roller skating, bowling, drawings for gift certificates.

Goal #2 Increase Physical Activity

Objectives

- a.) Physical education graduation requirements:

NYS requirements state that students in grades 9-12, students must receive one quarter credit per semester (one half credit per year), totaling 2 units of physical education, which is mandated for graduation.
- b.) Enlist parent help to ensure that children engage in 60 minutes per day of physical activity. Include safety education when promoting physical activity; i.e., wearing helmets and appropriate footwear, avoiding hot sun;

d.) Use physical activities and healthy eating challenges for character-building at the at both schools..

Implementation

Implementation activities and responsibilities will be undertaken by committee members and other staff.

Evaluation

This committee will meet annually to measure the success of its goals and to update objectives and activities.

Assurance

Guidelines for reimbursable school meals shall not be less restrictive than applicable federal regulations and guidance issued to the Child Nutrition Act and the Richard B. Russell National School Lunch Act, as those regulations and guidance apply to schools.