

SUBJECT: DISTRICT WELLNESS POLICY**Preamble**

Le Roy Central School 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 or has been reviewed or discussed by representatives from each of the following groups: Parents, School Board, School Administrators, Food Service Manager, and Teachers.

The District Wellness Committee will discuss current activities, programs and policies available in the District; identify specific areas of need within the District; 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 Wellness Policy shall include the following:

- a) Provision of nutrition education to facilitate the voluntary adoption of healthy eating habits and other nutrition related behaviors conducive to short and long term health and well-being.
- b) Encouragement of healthy lifelong eating choices.
- c) Participation in available federal school meal programs to meet the program requirements and nutrition standards of the National School Lunch Program, the Child Nutrition Act and the Richard B. Russell National School Lunch Act, as those regulations and guidance apply to schools.
- d) Opportunities for students to develop the knowledge and skills needed for lifelong physical fitness, and the benefits of regularly participating in physical activity, and to understand the short and long term benefits of a physically active and healthy lifestyle. This understanding should include the consequences of inactivity and a sedentary lifestyle.
- e) Provision of information about the policy to the school and community.
- f) Staff development and student awareness training as appropriate on this policy.
- g) Identification of appropriate staff to develop an implementation plan and an evaluation plan (every three years) for the policy.

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SUBJECT: DISTRICT WELLNESS POLICY (Cont'd.)**Nutrition Education**

The Board believes that nutrition education is a key component in introducing and reinforcing healthy behaviors in students. Nutrition education that teaches the knowledge, skills, and values needed to adopt healthy eating behaviors shall be integrated into the curriculum. This information shall be offered throughout the school campus including, but not limited to, school dining areas and classrooms. Staff members who provide nutrition education will be appropriately certified and trained. The district's broader Health Education program shall incorporate the appropriate New York State Learning Standards. The District promotes healthy schools by supporting wellness, good nutrition, and regular physical activity as a part of the total learning environment. 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 potential and ensures that no child is left behind. 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.

- a) Classroom teaching - The Le Roy Central School District will maintain a comprehensive curriculum approach to nutrition. All instructional staff will be encouraged to integrate nutritional themes into daily lessons when appropriate. The health benefits of good nutrition should be emphasized. When appropriate, instruction will include enjoyable, developmentally appropriate, culturally relevant, participatory activities, such as contests, promotions, taste testing, farm visits and school gardens. In addition, education will promote fruits, vegetables, whole grain products, low fat dairy products, safe and healthy food preparation methods, and health enhancing nutrition practices. There should be an emphasis regarding caloric balance between food intake and energy expenditure.
- b) Education, marketing and promotional links outside the classroom - These nutritional themes include but are not limited to: Knowledge of My Plate, Healthy Heart Choices, Sources and Variety of foods, Guide to a healthy diet, Diet and disease, Understanding calories, Identify and limit junk food.
- c) Fundraising Activities - All fundraising projects will strive to support healthy eating and wellness.
- d) Teacher Training - Staff training is provided according to the District's Professional Development Plan.
- e) Food service managers and staff will attend professional development.

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SUBJECT: DISTRICT WELLNESS POLICY (Cont'd.)**Physical Activity**

The Le Roy Central School 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 has determined that the following goals are necessary to achieve this goal:

- a) All students in K through 12 must take part in a physical education program that meets the New York State Education Department minimum time requirements.
- b) All students will be encouraged to engage in at least a minimum of thirty (30) minutes of vigorous activity daily.
- c) The Wellness Committee believes that, in order to achieve our goals, we must have the teachers, resources and equipment to successfully educate and keep our students active in a safe and healthy environment.
 1. Qualified teachers are hired to teach physical education and supervise physical activities in the District.
 2. All coaches will be certified in first aid, CPR and AED training.
 3. All physical education and health curricula will conform to the New York State standards.
 4. Students with special needs will receive the assistance needed to have a positive experience in physical education.

Other School Based Activities

The Le Roy Central School District wishes to establish a school environment that promotes wellness awareness 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 support this goal:

- a) The District and Wellness Committee will continue to partner with community groups such as the PTSO, local government agencies, and other interested community groups to continue to promote health and wellness in the school and community.

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- b) The District will continue to provide facility access to students and the community to promote wellness under the guidelines outlined in the use of facilities procedures.
- c) After-school programs for students housed in the District will incorporate physical activity, wellness education as well as promote healthy nutrition choices that are aligned with our school wellness philosophy.
- d) Extra-curricular programs for students in the District will incorporate healthy nutrition choices and wellness education that are aligned with our school wellness philosophy.
- e) The District will continue to promote researched-based programs that support a healthy and alcohol/drug/tobacco-free environment.

Nutrition Standards

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.

- a) School Nutrition Program and Vending: The full meal program and vending will follow USDA Healthy Hunger Free Kids Act guidelines. Ala carte items will meet the 2014 Smart Snack guidelines. Nutrition information will be provided upon request.
- b) Le Roy Central School currently uses the Alliance for a Healthier Generation School Beverage Guidelines. We will continually add and eliminate beverages to work towards meeting the IOM standards.
- c) Le Roy Central School District promotes the following concepts:
 - 1. Provision of fresh fruits, vegetables, salads, whole grains, and low fat items.
 - 2. Encourage students to try new or unfamiliar items.
 - 3. Make efforts to ensure that families are aware of need-based programs for free or reduced-price meals and encourage eligible families to apply.
 - 4. Continue to serve produce and food from local farms and suppliers.
 - 5. Students and staff will have access to free, safe and fresh drinking water throughout the school day.

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6. The District encourages healthy snacks at parties or celebrations.
- d) All full day students will be permitted to a lunch period of not less than twenty minutes, as well as a pleasant environment in which to eat breakfast and lunch.

Policy Assessment

The Le Roy Central School District will establish procedures to monitor and revise the wellness policy. These procedures will include designation of school officials to be responsible for implementation and evaluation of programs. Procedures will call for obtaining feedback from parents, students, faculty and health officials regarding the impact of programs on student health and attitudes. In addition the procedures for assessment will specify a report and distribution procedure.

Monitoring

- a) The Superintendent or designee will ensure compliance with established District-wide nutrition, physical activity and wellness policies.
- b) The Superintendent or designee will develop a process for ("charging") committees on an annual basis to study the wellness policy. An annual report will be presented to the school board about compliance, achievements, and plans for program enhancement.
- c) School food service staff will ensure compliance with nutrition policies within school food service areas and will report on this matter to the Business Administrator. In addition, the Food Service Manager will fulfill all NYS and USDA School Meals Initiative (SMI) review guidelines and report any deficiencies or changes to the Business Administrator.

Feedback

- a) The Superintendent or designee will be responsible for assessing the community feedback regarding the impact of this policy. In addition, an assessment of the activities and behaviors of students and other members of the school community will be conducted. Assessment might include, but will not be limited to survey and focus group discussions, student achievement reports, student food purchase reports, faculty/staff evaluation of program changes and achievements.

Report

- a) The Superintendent or designee will develop a summary report every three (3) years on District-wide compliance with the established wellness policies. That report will assess progress of health and wellness programs and based upon current research and State and National guidelines determine areas in need of improvement.

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- b) The report will be provided to the School Board and made available to other interested parties upon request.

Child Nutrition and WIC Reauthorization Act of 2004, Public Law Section 108-265 Section 204

Richard B. Russell National School Lunch Act, 42 USC Section 1751 et seq.

Child Nutrition Act of 1966, 42 USC Section 1771 et seq.

7 CFR Section 210.10

http://www.access.gpo.gov/nara/cfr/waisidx_05/7cfr210_05.html

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