

(X) Required

(X) Local

() Notice

DISTRICT WELLNESS

The Schodack Central School District is committed to providing a school environment that promotes and protects children’s health, well-being, and ability to learn by supporting healthy eating and physical activity. Therefore, it is the policy of the Schodack Central School District that:

- The school district will engage students, parents, teachers, food service professionals, health professionals, and other interested community members in developing, implementing, monitoring, and reviewing district wide nutrition and physical activity policies.
- All students in grades K-12 will have opportunities, support, and encouragement to be physically active on a regular basis.
- Foods and beverages sold during school hours will meet the nutrition recommendations of the U.S. Dietary Guidelines for Americans.
- Qualified child nutrition professionals will provide students with access to a variety of affordable, nutritious, and appealing foods that meet the health and nutrition needs of students; and will provide clean, safe, and a pleasant environment.
- To the maximum extent practicable, all schools in our district will participate in available federal school meal programs.
- Schools will provide nutrition education and physical education to foster lifelong habits of healthy eating and physical activity, and will establish linkages between health education and school meal programs, and with related community services.

The Schodack Central School District will use these as policy guidelines when making decisions that affect the well-being of students and staff. Any decisions that require the expenditure of funds will be made weighing the costs and benefits of each of those decisions.

Given the documented connection between proper nutrition, adequate physical activity and educational success, the Board of Education adopts the following goals and authorizes the following actions to provide district students with a school environment that promotes student health and wellness and reduces childhood obesity.

For purposes of this policy, “school campus” means all areas of district property accessible to students during the school day; “school day” means the period from the midnight before to 30 minutes after the end of the official school day; and “competitive food” means all food and beverages other than meals reimbursed under federal food programs available for sale to students on the school campus during the school day.

I. Foods and Beverages Available to Students on School Campus During the School Day

The Board recognizes that a nutritious, well-balanced, reasonably-portioned diet is essential for student wellness. To help students possess the knowledge and skills necessary to make nutritious food choices for a lifetime, the district shall ensure that all foods and beverages available in school promote good nutrition, balance, and reasonable portion sizes. The district shall ensure that all foods and beverages available for sale to students on the school campus during the school day meet or exceed the program requirements and nutrition standards found in federal regulations.

To accomplish this, the Board directs that the district contract food services company serve healthy and appealing foods and beverages at district schools, following state and federal nutrition guidelines, as well as safe food preparation methods.

A. School Meals – the district shall direct the food service provider to:

1. Include fruits, vegetables, salads, whole grains, and low fat items at least to the extent required by federal regulations.
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. Consider serving produce and food from local farms and suppliers.
5. Make free drinking water available at locations where meals are served.

B. Meal Scheduling – the district shall:

1. Provide adequate time to eat.
2. Schedule lunchtime between normal lunch hours (10 a.m. - 2 p.m.)
3. Shall not schedule tutoring, club, or organizational meetings or activities during mealtimes, unless students may eat during such activities.
4. Shall take reasonable steps to promote and encourage hand washing or hand sanitizing prior to meals and snacks.

C. Foods and Beverages Sold Individually (e.g., a la carte, vending machines, school stores) – the district shall:

1. Ensure that all such items meet the nutrition standards set in federal regulations for competitive foods regarding whole grains, fruits, vegetables, calories, fat, saturated fats, trans fats, sugar, sodium, and caffeine.
2. Permit the sale of fresh, frozen or canned fruits and vegetables, if processed pursuant to federal regulations, as exempt from the nutrition standards.
3. Work with existing vendors or locate new vendors that will comply with nutrition standards.

D. Fund-Raising Activities – the district shall:

1. Ensure that all fundraisers selling food or beverages to students on school campus during the school day meet the competitive foods nutrition standards set in federal regulations for whole grains, fruits, vegetables, calories, fat, saturated fats, trans fats, sugar, sodium, and caffeine.

2. Promote non-food items to sell, or activities (physical or otherwise) in which to participate.
3. Outside organizations (e.g., Parent groups, booster clubs) conducting fundraisers which take place off the school campus or outside the school day are encouraged to follow this policy.

E. School and Class Parties, Celebrations, and Events where food and beverages are provided, but not sold – the district shall:

1. This section applies to all school and classroom parties, snacks which have been brought in for the class or school, celebrations, food provided to learn about cultures or countries, and other events where food is provided but not sold.
2. Schools shall set guidelines for the frequency and content of classroom and school-wide celebrations where food and beverages are provided.
3. The district shall encourage the use of food and beverage items which meet the standards for competitive foods and beverages, promote non-food activities, and discourage foods and beverages which do not meet those standards, at celebrations.
4. Model the healthy use of food as a natural part of celebrations.

F. Marketing of Foods and Beverages

1. Any food or beverage that is marketed on school grounds during the school day must meet at least the federal nutrition standards for competitive items.
2. This restriction applies to all school buildings (interior and exterior), school grounds, school buses and other vehicles used to transport students, athletic fields, structures, parking lots, school publications, and items such as vending machines, equipment, posters, garbage cans, or cups.
3. Marketing includes all advertising and promotions: verbal, written, or graphic, or promotional items.
4. This restriction does not apply to personal opinions or expression, or items used for educational purposes.
5. This restriction applies to all purchases and contracts made after the effective date of this provision.

II. Physical Activity

Physical activity is an important factor in staying healthy and being ready to learn. The Board encourages every student to develop the knowledge and skills necessary to perform a variety of physical activities, to regularly participate in physical activity, and to appreciate and enjoy physical activity as an ongoing part of a healthy lifestyle. In addition, staff, families, and community are encouraged to participate in and model physical activity as a valuable part of daily life. The district's Physical Education program shall adhere to the curricular requirements of the Commissioner of Education and the New York State Learning Standards.

The SCSD believes that Physical Education and physical activity is an essential element of each school's instructional program. The primary goals for schools' physical activity components

are: to provide opportunities for every student to develop the knowledge, skills and attitudes necessary for specific physical activities to maintain students' physical fitness, to ensure students' regular participation in physical activity, and to teach students the short and long term benefits of a physically active and healthful lifestyle.

A. Physical Education Program

- Equips students with the knowledge, skills and attitudes necessary for life-long physical activity by influencing personal and social skill development and building confidence and competence in physical abilities.
- Physical Education classes shall incorporate the appropriate NYS Learning Standards.
- Aligns curriculum, instruction, and assessment.
- Students shall engage in physical education for at least the minimum number of hours or days per week under State requirements.
- Builds students' confidence and competence in physical abilities.
- Includes students of all abilities.
- Is taught by a certified physical education teacher trained in best practice physical education methods.
- Considers the effect class size has on the ability to conduct an effective physical education class.
- Keeps all students involved in purposeful activity of moderate intensity, and for duration of time (at least 50% of class time) that is sufficient to provide significant health benefits, subject to the differing abilities of all students.
- Have enough functional equipment and appropriate facilities for each student to actively participate.
- Students shall be supported in setting and meeting personal fitness goals that result in the achievement and maintenance of a health enhancing level of personal fitness.
- The performance or withholding of physical activity shall not be used as a form of discipline or punishment.

B. Physical Activity Programs

- Students shall be given opportunities for physical activity through a range of school programs including but not limited to, intramurals, interscholastic athletics, and clubs where appropriate.
- Physical activity should be integrated into the school day whenever possible.

C. In the Classroom

- Promote the integration of physical activity in the classroom, both as activity breaks and as part of the educational process (e.g., kinesthetic learning).
- If the district is under severe time or space constraints, consider meeting the state requirements for Physical Education through collaborative and integrative in-classroom activity, under the supervision of a Physical Education teacher.

D. Extracurricular Opportunities for Physical Activity

- Promote clubs and activities that meet the various physical activity needs, interests, and abilities of all students (e.g., walking, hiking and climbing, snowshoeing), including before and after school activities.
- The setting of extracurricular activity eligibility participation requirements does not constitute withholding opportunities.

E. Recess Program:

- Recess is in addition to regularly scheduled physical education class.
- Each school will provide proper equipment and a safe area for supervised recess.
- Permit scheduling recess before lunch.
- Recess will be held outdoors whenever possible, and indoors during the most inclement weather, at the discretion of the Building Principal.
- To the extent possible, school staff shall not withhold participation in recess from students, or cancel recess to make up for missed instructional time.
 - Each school shall encourage staff and parent/guardians to support children's participation in physical activity, to be physically active role models and to include physical activity in school and family events.

III. Nutrition Promotion and Education

The Board believes that nutrition promotion and education is a key component in introducing and reinforcing healthy behaviors in students. Nutrition promotion and education that teaches the knowledge, skills, and values needed to adopt healthy eating behaviors shall be integrated into the curriculum. Nutrition promotion and education information shall be offered throughout the school campus including, but not limited to, school dining areas and classrooms. Staff members who provide nutrition promotion and education shall be appropriately certified and trained. The district's broader Health Education program shall incorporate the appropriate New York State Learning Standards.

IV. Other School-Based Activities

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, limiting the use of food as a reward, reviewing food marketing and advertising in school, hosting or promoting community-wide events, and offering wellness-related courses in the district's adult education program.

A. Safe & Healthy Environment

The SCSD believes that a safe and healthy environment supports academic success for all students. Safer school communities promote healthier students. Healthier students do better in school and make greater contributions to their community.

- All SCSD school buildings, grounds, structures, buses and equipment shall meet all current health and safety standards; and be kept inviting, clean, safe and in good repair.
- The SCSD will continue efforts to keep school or district owned facilities open for use by students, parents and community members outside of school hours in promoting an active healthy lifestyle.
- All SCSD school buildings and offices shall maintain an environment that is free of tobacco, alcohol and prohibited substances.
- Safety procedures and appropriate training for students and staff shall always support personal safety, an environment free from harassment, and an environment free of a threat or act of violence.
- Each work site, school and classroom shall strive to maintain an environment where students, parents/guardians and staff are respected, valued, and accepted.

B. Counseling, Psychological & Social Services

The SCSD is committed to supporting programs for staff, students and their families that promote social and emotional well-being to optimize conditions for teaching and learning. Schools shall provide a supportive environment that includes the service of guidance counselors, school psychologists and social workers. Such an environment shall encourage students, families and staff to request assistance when needed and shall link them to school or community resources.

C. Health Services

Academic achievement will be supported by providing a broad scope of services from qualified health care professionals in the school health offices. An effective health care delivery system will strive to optimize the mental and physical health of student and staff.

- Primary coordination of services shall be through the Director of Pupil Personnel Services, the School Physician, and in collaboration with the District School Nurses.
- The SCSD shall collaborate with community health liaisons and resources to promote health and wellness for students, families, staff and community.
- Coordination and comprehensive programs of accessible health services shall be provided to students and staff and shall include, but not be limited to; nursing, first aid, communicable disease prevention, health screening, community health referrals, CPR/AED trainings, and other priority health education topics.

Please see policy 5420, Student Health Services.

D. Family, School & Community Partnerships

The SCSD believes in fostering solid family, school and community partnerships, as these partnerships positively impact student wellness.

- Family, student and community partners shall be included in wellness planning through representation on the School Health Advisory Committee.

- The diverse cultural make-up of the school community shall be valued in planning and implementing wellness activities.
- Community partnerships shall be developed and maintained as a resource for SCSD programs, projects, activities and events.
- The district shall actively support the involvement of students, families and staff in community health enhancing activities.

E. Staff Wellness

The SCSD is fully aware that a healthy staff can more effectively perform their duties and serve as powerful role models for healthy living. The district shall strive to move forward in providing information about wellness and healthy living education to their staff.

- All SCSD school buildings and offices shall maintain an environment that is free of tobacco, alcohol and prohibited substances.
- Each school and district site shall provide an accessible and productive work environment consistent with applicable occupational health laws, policies and rules.

V. Implementation

The Board shall designate the Assistant Superintendent for School Administration as District Wellness Coordinator responsible for ensuring that the provisions of this policy are carried out throughout the district. The Board also designates in each school, the principal or designee in each building as School Wellness Coordinator to ensure that the wellness activities and actions are being implemented at the building level.

VI. Monitoring and Review

The Assistant Superintendent for School Administration, as District Wellness Coordinator, shall report every three years to the Board and the public on the implementation and effectiveness of this policy. Every three years, the District Wellness Coordinator, in consultation with appropriate personnel and advisory committees, shall monitor and review the district's wellness activities to determine the extent that district schools are complying with this policy, how this policy compares to model wellness policies, and the progress made toward attaining the goals of this policy and whether this policy is having a positive effect on increasing student wellness and decreasing childhood obesity in the district. Based on those results, this policy, and the specific objectives set to meet its goals, may be revised as needed.

School Health Advisory Committee

The SCSD will create a School Health Advisory Committee that is a group of individuals representing the school, community, parents, students, school food service provider, school administrators, faculty and staff and health professionals. The Committee will support the mission of the SCSD to create, strengthen, and work within the existing school health framework to develop, implement, monitor, review, and as necessary, revise school nutrition and physical activity policies. The Committee supports the mission of the SCSD to promote the physical, emotional and social well-being of the students in the District by:

- facilitating access for students, staff, and parents to information promoting the physical, emotional, and social well-being of the students.
- encouraging, promoting, and providing opportunities that help promote the physical, emotional and social well-being of the students.

The Committee will also serve as a resource to school sites for implementation of such policies.

The district shall inform and update the public (including parents, students and others in the community) about the content and implementation of this wellness policy by posting this policy (and any updates) on the district website.

The district shall monitor and review the implementation and effectiveness of this policy. Monitoring may include, all or some of the following

1. Periodic informal surveys of Building Principals, classroom staff, and school health personnel to assess the progress of wellness activities and their effects.
2. Periodic checks of the nutritional content of food offered in the cafeterias for meals and a la carte items, and sales or consumption figures for such foods.
3. Periodic checks of the nutritional content of food available in vending machines, and sales or consumption figures for such foods.
4. Periodic checks of the amount of time students spend in Physical Education classes, and the nature of those activities.
5. Periodic checks of extracurricular activities of a physical nature, in the number of offerings and rates of participation by students.
6. Periodic checks of student mastery of the nutrition education curriculum.
7. Periodic completion of relevant portions of the CDC School Health Index.
8. Periodic review of data currently collected by the district, including:
 - a. attendance data, particularly absences due to illness;
 - b. test scores;
 - c. rates of suspension, discipline, and violent incidents;
 - c. physical education scores on flexibility, endurance, and strength (i.e., fitness test results);
 - d. student BMI (Body Mass Index) statistics, as collected in accordance with the State Department of Health efforts; and
 - e. revenues generated from vending machines and a la carte food items.
9. Periodic surveys of student/parent opinions of cafeteria offerings and wellness efforts.
10. Periodic review of professional staff development offered which focuses on student wellness.
11. NYSSBA's Student Wellness Assessment Checklist [*every three years*] to review the effectiveness of this policy.

VII. Recordkeeping

The district shall keep records as required by federal regulations, including documentation of the following: this policy; the district's community involvement activities described above; that the policy is made available to the public; the assessments done every three years; how the public is informed of the assessment results; and when and how the policy is reviewed and updated.

Cross-ref: 5420, Student Health Services

Ref: P.L. 111-296 (The Healthy, Hunger-Free Kids Act of 2010), §204 amending 42 USC §1758b
P.L. 108-265 (Child Nutrition and WIC Reauthorization Act of 2004), §204
42 USC §§1758(f)(1); 1766(a) (Richard B. Russell National School Lunch Act)
42 USC §1779 (Child Nutrition Act)
7 CFR §§210.10; 210.11; 210.12; 210.15; 210.18; 210.30 (National School Lunch Program participation requirements – nutrition standards for lunch and competitive foods; community involvement; recordkeeping; state review; local wellness policy)
7 CFR §§220.8; 220.12 (School Breakfast Program participation requirements – nutrition standards for meals and competitive foods)
8 NYCRR Part 135 (Health and Physical Education curricular requirements); §114.1 (School Breakfast Program Requirements)
Appeal of Phillips, 37 EDR 204 (1997) (dec. no. 13,843) (physical education requirements)
Appeal of Williams, 32 EDR 621 (1993) (dec. no. 12,934) (physical education requirements)

Adoption date: June 14, 2018