

WELLNESS POLICY

- (a) Federal law (Public Law 108-265, the Child Nutrition and WIC Reauthorization Act of 2004, Section 204) requires school districts participating in the National School Lunch Program and/or School Breakfast Program to establish a local wellness policy to promote student wellness. This policy complies with the federal requirement.
- (b) The Superintendent of Schools, or his designees, shall have the operational responsibility for ensuring that the district carries out this policy. The Superintendent shall establish a plan for measuring implementation of this policy and for evaluating it over time, with parental input, to ensure that it meets the changing needs of the school community.
- (c) The district shall provide opportunities for professional training and development for food service staff and teachers in the areas of: (1) nutrition and nutrition education; (2) health education; (3) physical education; and (4) physical activity for students during the school day.
- (d) The district shall provide information and outreach materials about United States Department of Agriculture (USDA) Food Nutrition Service programs such as food stamps, and Women, Infants, and Children (WIC) to students and parents.
- (e) Physical education and physical activity should be essential elements of each school's instructional program.

Nutrition and School Meals

- (a) Nutrition guidelines for school lunches shall meet or exceed USDA guidelines and standards. Menu and product selection shall be developed with input from staff, parents and students. A la carte offerings to students shall be nutritious, shall meet or exceed federal recommended guidelines and shall be selected with input from staff, parents and students.
- (b) Ingredient and nutritional information about the lunch menu shall be made available to parents and students upon request, and shall be posted on the district website.
- (c) Nutrition guidelines for reimbursable school meals shall not be less restrictive than federal and state requirements.
- (d) The district shall provide a clean and safe meal environment for all students, including those with food allergies. The district shall provide sufficient dining space and serving areas so that students have adequate time to eat lunch.
- (e) Drinking fountains shall be accessible to students at meals and throughout the day.
- (f) The district shall protect the identity of students who are eligible for free or reduced price meals.

Foods and Beverages Available at School during the School Day

- (a) In addition to ensuring that reimbursable school meals meet state and federal program requirements and nutrition standards, the district shall establish guidelines, based on nutrition goals, regarding all foods and beverages sold or served to students during the school day, including refreshments served at celebrations and meetings.
- (b) Foods and beverages sold in vending machines and at concession stands on school grounds shall include nutritious choices.

Fundraisers and School Events

- (a) Fund raising activities involving food should offer nutritious choices.
- (b) When food items are sold or provided at school, nutritious choices shall be included.

Nutrition Education

- (a) Nutrition education should be interactive and teach the skills students need to adopt healthy eating behaviors, including the ability to understand and analyze food labels.
- (b) Nutrition services shall be available to support classroom activities, per faculty request.

Health Education

- (a) Healthy living skills shall be taught as part of the regular instructional program. The K-12 Health Education program, within a coordinated school health framework, shall provide the opportunity for all students to understand and practice concepts and skills related to health promotion and disease prevention.
- (b) The district shall provide for a sequential, standards based, skills driven, student centered health education program based upon New York State Standards, and shall encourage interdisciplinary instruction

Physical Education Program

- (a) The Physical Education program shall be designed to promote lifelong physical fitness, and shall meet or exceed state standards.
- (b) In accordance with New York State regulations:
 - (1) Students in kindergarten through grade five are required to participate for a minimum of 30 minutes, 3 days per week.
 - (2) Students in grades 6 through 8 are required to participate one period every other day throughout the year. In addition to physical education classes, intramural programs for grades 6 through 8 and modified sports for grades 7 through 9 shall be offered throughout the school year.
 - (3) Students in grades 9 through 12 are required to complete two full credits for graduation. In addition to physical education classes, intramural programs and interscholastic sports shall be offered throughout the school year.

Physical Activity Programs

- (a) Elementary students shall be provided daily recess periods. The denial of student participation in recess or other physical activities as a form of discipline or for classroom make-up time is strongly discouraged.
- (b) During the school day, students shall be given opportunities for physical activity in addition to those provided by physical education classes and daily recess periods for elementary school students. The integration of physical activity into the academic curriculum shall be encouraged.
- (c) Before and/or after school, students shall be given opportunities for further physical activity through a range of programs such as intramurals, interscholastic athletics, and clubs.

School Facilities for Student and Staff Use

- (a) School facilities shall be made available for use by students and staff outside of regular school hours, according to availability guidelines issued by the superintendent or his designees.
- (b) The district encourages and supports staff initiated wellness activities, and shall make school facilities available, both during the school day and outside of regular school hours, when such facilities are not in use for student programs and activities.

Adopted Sept. 5, 2006

(X) Required () Local () Notice