

Book: Policy Manual
Section: 6000: Students
Title: WELLNESS POLICY
Number: 6470
Status: Active
Adopted: May 3, 2006
Last Revised: April 5, 2017
Last Reviewed: June 20, 2019

The TST BOCES School district, hereinafter referred to as 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 Parents Wellness Committee may include, but is not limited to, representatives from each of the following groups:

Students, Parents, Teachers (K-12) and para professionals, Members of the Districts School Food Authority, The School Board, School Administrators, Members of the public, Grounds and Maintenance, Teachers of PE, Health and/ or Family Consumer Sciences

The District Wellness Committee will assess and recommend goals, as needed, to the Board of Education relating to the promotion of school and community wellness in the following areas:

Nutrition Education

Standards for Federal Child Nutrition Programs and School Meals

Nutrition Standards for Competitive and other Foods and Beverages

Physical Activity and Physical Education

Wellness Promotion and Marketing

Implementation, Evaluation and Communication of District Wellness Policy

Nutrition Education

The District will model and encourage healthy eating by all students by engaging in nutrition education and promotion by:

- Nutrition education will be integrated within the comprehensive health education curriculum and other instructional areas, as appropriate, and taught at every grade level, K through 12. Nutrition education will follow applicable New York State Standards and be designed to help students acquire:

1. Nutrition knowledge, including, but not limited to the benefits of healthy eating; essential nutrients; nutritional deficiencies; principles of healthy weight management; the use and misuse of dietary supplements; and safe food storage, handling, and preparation.

2. Nutrition-related skills, including, but not limited to planning healthy meals; understanding and using food labels; critically evaluating nutrition information, misinformation, and commercial food advertising; assessing personal eating habits; and setting and achieving goals related to these concepts.

Standards for USDA Child Nutrition Programs and School Meals

- All students K-12 will have access to the USDA School Breakfast Program and School Lunch Program which will comply with or exceed USDA nutrition standards for reimbursable meals. (See link to standards here: <http://www.fns.usda.gov/school-meals/nutrition-standards-school-meals>)
- The District takes steps beyond those required by federal law/regulation to protect the privacy of students who qualify for free or reduced priced meals through the use of pin code or card swipe at point of purchase.
- The district will seek out and implement specific strategies to increase participation in school meal programs such as minimizing students leaving school during lunch periods, ensuring adequate time to eat (20 min for lunch and 10 min for breakfast), access to free drinking water during meals, and providing a pleasant, well supervised, clean environment with adequate seating and space
- The District will ensure annual training opportunities for food and nutrition services staff in accordance with USDA Professional Standards
- Nutrition information for school meals (e.g., calories, saturated fat, sodium, sugar) is available to students and parents as requested and on the District website
- District families are provided information about determining eligibility for free/reduced priced meals annually and are able to apply through district website
- District will make every effort to schedule recess (when offered) before lunch in elementary schools

Nutrition Standards for Competitive and Other Foods and Beverages

- The District will ensure all school based entities and programs be operated in compliance with USDA minimum nutrition standards and serving sizes for all foods and beverages sold to students during the school day (see nutrition standards here: http://www.fns.usda.gov/sites/default/files/allfoods_summarychart.pdf)
- The District encourages food and beverages served at class parties and other school celebrations in schools and while attending before/aftercare on school grounds meet the same USDA minimum nutrition standards and serving sizes as listed above; the Wellness committee will be a resource for best practices and recommendations
- The District discourages the provision and sale of foods and beverages containing non-nutritive sweeteners and containing caffeine to students.
- The District will ensure there is access to free drinking water throughout the school day to all students and staff.
- The District will establish systems to regulate food sold for fundraising in compliance with USDA Smart Snacks standards (see link here:

<http://www.gpo.gov/fdsys/pkg/FR-2013-06-28/pdf/2013-15249.pdf>) and NYSED memo Sep 16, 2014: Smart Snacks Standards and Fundraisers.

Wellness Promotion and Marketing

- The District encourages staff to model healthy eating/drinking and physical activity behaviors while not using food as a reward or physical activity as a punishment (providing or withholding)
- The District, with recommendations from the Wellness committee, will promote healthy food and beverage as well as physical activity options throughout all school environments including staff, student and family wellness activities that will include nutrition and physical activity component following the Coordinated School Health Model or similar
- The District encourages the restriction of marketing of food and beverages that cannot be sold to students during the school day:
 - on signs, scoreboards, sports equipment
 - in curricula, textbooks, websites used for educational purposes, or other educational materials, coupons/rewards for grades
 - on exteriors of vending machines, food or beverage cups or containers, food display racks, coolers, trash,
 - in advertisements in school publications, school radio stations, in-school television, computer screensavers and/or school-sponsored Internet sites, or announcements on the PA system

Physical Education and Physical Activity Goals

- There is a written physical education curriculum for grades K-12 that is aligned with NYSED physical education standards and meets minutes and frequency per week of physical education for each grade level group standard (K-3, 4-6, 7-12) with a teacher-student ratio for physical education classes comparable to all classes and provided by a certified PE teacher
- The District provides opportunities for physical education training for physical education teachers.
- The District does not allow physical education waivers, exemptions, or substitution requirements for K-12 students except when provided for in special education plan or medical note
- District will engage in the development, planning, and assessment of a comprehensive school physical activity program (CSPAP) plan at each school including active, supervised, daily recess (at least 20 minutes active) and physical activity breaks in the classroom (with training for staff).
- District will promote, through advisement of Wellness Committee, active transport options (walking and biking) for all K-12 students when feasible
- The District will consider, and if feasible, develop before and after school physical activity opportunities for all K-12 students

- The District will develop and promote joint or shared-use agreements for physical activity participation at all schools for staff, students, and community members to utilize school facilities.

Implementation, Evaluation and Communication

- The District has established an ongoing district wellness committee with community-wide representation who will plan for updating policy based on best practices, communicating with the public, engaging families to provide information and/or solicit input to meet district wellness goals (e.g., through website, e-mail, parent meetings, or events).
- The District has designated one district level staff member and one school level staff member as the building/ district official accountable for ensuring each school is in compliance through an annual assessment of SWP compliance/implementation/progress towards wellness goals that is reported annually to the school community (Board of Education, superintendent, principals, staff, students and parents)
- The District wellness policy, Annual reports, contact information for committee leaders, and ways to be involved will be available on the district website
- The district will identify one or more district officials who have the authority and responsibility to ensure that the school complies with this policy.

Adoption Date: May 3, 2006

Revision Date: May 6, 2015

Revision Date: April 5, 2017