

**Subject: DISTRICT WELLNESS POLICY**

The Schuylerville 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 Schuylerville Central School 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 Wellness Committee includes, but is not limited to, representatives from each of the following groups:

- a) Parents
- b) Students
- c) Physical Education teachers
- d) School health professionals
- e) The District's food service program
- f) The School Board
- g) School administrators

The Schuylerville Central School District Wellness Committee will also be responsible for assessing current activities, programs and policies available in the District, and providing mechanisms for implementation, evaluation, and revision of the policy. In so doing, the Wellness Committee will evaluate and make recommendations which reflect the specific needs of the District and its students.

**Goals to Promote Student Wellness**

The Schuylerville Central School District seeks to ensure all of its students obtain the knowledge and skills necessary to make nutritious food selections and enjoy life-long physical activity. To this end, the District sets forth the following goals relating to nutrition promotion and education, physical activity, and other school-based activities.

**Nutrition Promotion and Education**

- a) The Schuylerville Central School District believes that a hungry child cannot learn at his/her maximum potential. Academic performance and quality of life issues are affected by the choice and availability of good foods in our schools. Healthy foods support student physical growth, brain development, resistance to disease, emotional stability and ability to learn. Schuylerville Central School District will provide a comprehensive learning environment for developing and practicing lifelong wellness behaviors. Nutrition topics 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 instruction 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.

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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.
- b) Education, marketing, and promotion
1. As appropriate, the Schuylerville Central School District will support and promote proper dietary habits contributing to students' health status and academic performance.
  2. The Schuylerville Central School District will promote school and community awareness of this policy through various means, such as a publication on the District website.
  3. The Schuylerville Central School District will encourage and promote wellness through a variety of school related activities.
  4. The Schuylerville Central School District shall encourage all school's fundraising efforts to be supportive of healthy eating, whenever possible.
  5. Marketing and advertising on school campuses during the school day will be consistent with nutrition education and health promotion. As such, schools will restrict food and beverage marketing to the promotion of those foods and beverages that meet the nutrition standards set forth by the Healthy Hunger-Free Kids Act's Smart Snacks in School Rule.
- c) Additional provisions
1. Parents will be encouraged to send in healthy treats for classroom celebrations.
  2. The Schuylerville Central School District shall encourage the use of non-food items as rewards and prohibit the elimination of food as a punishment in the schools.

Physical Activity

- a) The Schuylerville Central School District will provide opportunities for every student to participate in physical education and to be involved in physical activities. The primary goals for schools' physical activity components are: to provide opportunities for every student to develop the knowledge, skills and attitude 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 healthy lifestyle.
- b) The Schuylerville Central School District will ensure that the following standards are met to achieve its goals relative to physical education and physical activity:
  1. The Schuylerville Central School District will have a Board-approved Physical Education Plan on file with the New York State Education Department that includes, at minimum:

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- (a) Program goals and objectives;
  - (b) The way in which students are to be scheduled for physical education, and the length of time provided for physical education daily, weekly, monthly, or yearly;
  - (c) Program activities offered at each grade level or each year of instruction; and
  - (d) Assessment activities for determining the students' performance toward the goals and objectives of the program.
2. The Schuylerville Central School District recognizes the importance of physical education classes in providing students with meaningful opportunities for physical exercise and development. Consequently, the District will ensure:
- (a) All physical education classes are taught or supervised by a certified physical education teacher.
  - (b) The physical education program will promote skill development in the areas of self-management, decision-making, planning and goal setting, communication and stress management.
  - (c) The physical education program shall consist of physical activities of at least moderate intensity and for a duration that is sufficient.
  - (d) The physical education program provides an opportunity for students to achieve success at their ability level. Students of all ability levels will have an understanding of the importance of exercise and physical activity and how it can affect their lifestyle.
  - (e) The physical education program provides adequate space and equipment for physical education and conforms to all applicable safety standards.
  - (f) A sequential physical education course of study consistent with national standards for physical education is implemented, with a focus on students' development of motor skills, movement forms, and health related fitness.
  - (g) A physical and social environment is provided that encourages safe and enjoyable activity for all students, including those who are not athletically gifted.
  - (h) Activities are adapted to meet the needs of students who are temporarily or permanently unable to participate in the regular program of physical education. In doing so, the Schuylerville Central School District will abide by specific provisions in 504 Plans and/or individualized education programs (IEP).
  - (i) All students, including students in need of adaptive physical education, will be encouraged to participate in physical fitness programs and competitions.

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3. All students will be required to fulfill the physical education requirements set forth in the regulations of the Commissioner of Education as a condition of graduating from the Schuylerville Central School District.
- c) All classroom teachers, and particularly those engaged in the instruction of K through 5 students, are strongly encouraged to incorporate into the school day short breaks for students that include physical activity, especially after long periods of inactivity. Additionally, elementary students shall be given daily recess periods weather permitting.
- d) Schuylerville Central School district recognizes the importance of physical activity and discourages the withholding of physical activity as a means of punishment.

Other School-Based Activities

Schuylerville Central School District is committed to establishing a school environment that is conducive to healthy eating and physical activity for all. The District will, therefore, adopt the following standards:

- a) Federal School Meal Programs
  1. Schuylerville Central School District will participate to the maximum extent practicable in available federal school meal programs (including the School Breakfast Program, National School Lunch Program, and Summer Food Service Program). Food served through these programs will meet all applicable federal and state standards.
  2. Schuylerville Central School District will ensure that food service directors, managers, and staff are provided with annual professional development in the areas of food and nutrition consistent with USDA Professional Standards for State and Local Nutrition Programs.
- b) Access to School Nutrition Programs

Schuylerville Central School District will utilize a system of student payment that ensures all eligible students have access to free/reduced meals in a non-stigmatizing manner.
- c) Meal Environment

Schuylerville Central School District will ensure:

  1. School dining areas have sufficient space for students to sit and consume meals.
  2. School dining areas are clean, safe, and pleasant environments that reflect the social value of eating.
  3. Enough serving areas are provided to ensure student access to school meals with a minimum of wait time.

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4. All students are provided with an opportunity for a scheduled lunch period.
  5. Lunch times are scheduled near the middle of the school day.
  6. Students are given adequate time to eat healthy meals.
  7. Students and staff have access to free, safe, and fresh drinking water throughout the school day and where school meals are served.
- d) Community Access to District Facilities for Physical Activities
- School grounds and facilities will be available to students, staff, community members and organizations, and agencies offering physical activity and nutrition programs consistent with District policy, including provisions regarding conduct on school grounds and administrative approval of use by outside organizations.
- e) Community Partnerships
- Schuylerville Central School District will continue relationships with community partners in support of this wellness policy's implementation. Existing and new community partnerships will be evaluated to ensure they are consistent with this policy and its goals.

**Nutrition Guidelines**

In an effort to encourage healthy life-long eating habits by providing foods that are high in nutrients, low in fat and added sugars, and of moderate portion size, the Schuylerville Central School District Wellness Committee will recommend nutrition standards to be set for all foods and beverages available on school campus. For purposes of this section, the school day is defined as the period from the midnight before, to thirty (30) minutes after the end of the official school day.

School Meals

School meals will, at a minimum, meet the program requirements and nutrition standards of the School Breakfast and National School Lunch Programs.

Fundraising

- a) All food and beverages sold as a fundraiser during the school day will meet the nutritional requirements listed in the USDA Healthy, Hunger-Free Kids Act "Smart Snacks in Schools" Rule.
- b) School-sponsored fundraisers conducted outside of the school day will be encouraged to support the goals of this policy by promoting the sale of healthy food items (fresh fruit and produce) and/or non-food items, such as water bottles, plants, etc., and by promoting events involving physical activity.

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- c) School administrators, with the assistance of the Schuylerville Central School District Wellness Committee, will create and promote a list of approved fundraising activities. All fundraisers taking place during the school day must be approved by the appropriate Building Principal prior to their being conducted.

Competitive Foods

- a) Competitive foods-which include all foods and beverages sold outside the school meal programs, on the school campus in student accessible areas, and at any time during the school day-will follow, at a minimum, the nutrition standards specified by the Healthy, Hunger-Free Kids Act. These standards will apply to all foods and beverages sold individually and outside of the reimbursable school meal, including vending machines, school stores and cafeteria a la carte lines.
- b) Additionally, the District will not sell foods of minimal nutritional value in the student store, from a machine, or anywhere in the building from the beginning of the school day until the end of the last lunch period. Prohibited foods include: soda water, water ices (excluding ices containing fruit or fruit juices), chewing gum, hard candy, jellies, gums, marshmallow candies, licorice, fondants (soft mints, candy corn), cotton candy and candy coated popcorn.

Foods and Beverages Sold or Served at Events Outside of the School Day

- a) All foods and beverages sold or served at school-sponsored events will be a single serving.
- b) At events where food and beverages are sold, 50% of items sold must meet the USDA Healthy, Hunger-free Kids Act "Smart Snacks in Schools" Standards.

**Implementation and Evaluation of the Wellness Policy**

- a) The Schuylerville Central School District will establish an implementation and evaluation plan for this policy in order to monitor its effectiveness and the possible need for modification over time. To this end, the District designates the following individuals to have operational responsibility for ensuring that the District meets the goals and mandates of this policy:

Superintendent of Schools

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Food Service Coordinator

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- b) These designated staff members will also serve as liaisons with community agencies in providing outside resources to help in the development of nutritional education programs and promotion of physical activities.

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- c) Schuylerville Central School District will annually report on the progress each of its schools has made toward meeting the goals of this policy. Such report will include:
1. The website address for the wellness policy and/or information on how the public can access a copy;
  2. A description of each school's progress in meeting the wellness policy goals;
  3. Contact information for the leader(s) of the Wellness Committee; and
  4. Information on how individuals can get involved in the Wellness Committee's work.

Such report will be provided to the Board of Education and also distributed to the Wellness Committee, parent-teacher organizations, Building Principals, and school health services personnel within the District. The report will be available to community residents upon request.

- d) Evaluation and feedback from interested parties, including an assessment of student, parent, teacher, and administration satisfaction with the wellness policy, are welcomed as an essential part of the District's evaluation program.
- e) Schuylerville Central School District will document the financial impact, if any, to the school food service program, school stores, and vending machine revenues based on the implementation of the wellness policy.
- f) Assessments of the District's wellness policy and implementation efforts will be repeated on a triennial basis. The assessment will include:
1. Compliance with the wellness policy;
  2. How the wellness policy compares to model wellness policies; and
  3. Progress made in attaining the goals of the wellness policy.
- g) The Schuylerville Central School District will, as necessary, revise this wellness policy and develop work plans to facilitate its implementation.

42 USC Section 1758b  
7 CFR Section 210.11  
79 FR 10693  
Education Law Section 915  
8 NYCRR Section 135.4

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