

SUBJECT: DISTRICT WELLNESS POLICY**Mission Statement**

Healthy eating patterns are essential for students to achieve their full academic potential, full physical and mental growth, and lifelong health and well-being. Healthy eating is demonstrably linked to reduced risk for mortality and development of many chronic diseases as adults. Schools have a responsibility to help students and staff establish and maintain lifelong, healthy eating patterns. Well-planned and well-implemented school nutrition programs have been shown to positively influence students' eating habits.

All students shall possess the knowledge and skills necessary to make nutritious and enjoyable food choices for a lifetime. In addition, staff are encouraged to model healthy eating and physical activity as a valuable part of daily life. The Cuba-Rushford Central School District shall prepare, adopt, and implement a comprehensive plan to encourage healthy eating and physical activity. This plan shall make effective use of school and community resources and equitably serve the needs and interests of all students and staff, taking into consideration differences in cultural norms.

Nutrition Education Goals

All students in the Cuba-Rushford School District will receive nutrition education that is interactive and teaches the skills they need to develop healthy eating behaviors. Beginning with the 2006-07 school year, all instructional staff will be encouraged to integrate nutritional themes into daily lessons when appropriate. The health benefits of good nutrition, based on sound scientific principles and research, should be emphasized. These nutritional themes include but are not limited to:

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|------------------------------------|--|
| a) Knowledge of food guide pyramid | i) Healthy diet |
| b) Healthy heart choices | j) Food labels |
| c) Sources and variety of foods | k) Major nutrients |
| d) Guide to a healthy diet | l) Multicultural influences |
| e) Diet and disease | m) Serving sizes |
| f) Understanding calories | n) Proper sanitation and food handling |
| g) Healthy snacks | o) Identify and limit junk food |
| h) Healthy breakfast | |

The District Wellness Policy reinforces nutrition education to help students practice these themes in a supportive school environment.

Parent Nutrition Education:

- a) Nutrition education will be provided to parents beginning at the elementary level. The goal will be to continue to educate parents throughout the middle and high school levels.

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- b) Nutrition education may be provided in the form of handouts, postings on the District website, District newsletter, or presentations that focus on nutritional value and healthy lifestyles.

Physical Education Goals

The physical education program shall be designed to stress physical fitness and encourage healthy, active lifestyles. The physical education program shall consist of physical activities of at least moderate intensity and for a duration that is sufficient to provide a significant health benefit to students, subject to the differing abilities of students.

Physical Activity:

At least fifteen (15) minutes daily should be scheduled and encouraged for all students grades Pre-K through 5 to participate in recess.

In keeping with New York State physical education standards, all students in grades K through 5 shall have at least one hundred twenty (120) minutes of physical instruction each week. All students in grades 6 through 12 shall have a minimum of eighty (80) minutes of physical instruction one week, followed by a minimum of one hundred twenty (120) minutes the next week.

As a graduation requirement, all high school students must have successfully completed two (2) credits in physical education.

All physical educators will be encouraged to keep up to date on athletic trends by attending workshops, conferences, etc.

Students will be afforded the opportunity and encouraged to take advantage of community-based and school-based activities, including sports, wellness, fitness, and fun programs.

Nutrition Standards School Wide

Nutrition guidelines that require the use of products that are high in fiber, low in added fats, sugar, and sodium, and served in appropriate portion sizes consistent with USDA standards shall be established for all foods offered by the District's Nutrition Services Department or contracted vendors. Menu and product selection shall utilize student, parent, staff and community advisory groups whenever possible.

- a) Skim, 1%, and 2% milk will be offered.
- b) Offer at least one (1) fresh fruit and vegetable daily to be offered with al la carte items.

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- c) Use of one (1) whole grain food item for both breakfast and lunch.
- d) Al la carte items should mirror these standards as much as possible.
- e) Provide training for cafeteria staff to assist in health emergencies.
- f) Nutrition education collaboration between teachers and food service personnel.
- g) Standardization of cafeteria offerings in all buildings.
- h) All reimbursable school meals shall not be less restrictive than regulations allow.
- i) All fundraising projects and concession stands will be expected to make every effort to follow the District's Nutrition Standards when determining the items being sold. Examples could include pretzels, fresh fruit, bottled water, low-fat granola bars, etc.

At school functions (parties, celebrations, receptions, festivals, sporting events, etc.), healthy food choice options should be made available to students. Some suggested foods are listed below to include on refreshment-tables, price lists, etc.:

- a) Raw vegetable sticks/slices with low-fat dressing or yogurt dip
- b) Fresh fruit and 100% fruit juices
- c) Frozen fruit juice pops
- d) Dried fruits (raisins, banana chips, etc.)
- e) Trail Mix (dried fruits and nuts)
- f) Dry roasted peanuts, tree nuts, and soy nuts (not coconut or palm nuts)
- g) Low-fat meats and cheese sandwiches (use low-fat mayonnaise in chicken/tuna salads)
- h) Party Mix (variety of cereals, nuts, pretzels, etc.)
- i) Low-sodium crackers
- j) Baked corn chips and fat-free potato chips with salsa and low-fat dips (Ranch, French Onion, bean, etc.)

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- j) Low-fat muffins, granola bars, and cookies
- k) Angel food and sponge cakes
- l) Flavored yogurt and fruit parfaits
- m) Jell-O and low-fat pudding cups
- n) Low-fat ice creams, frozen yogurts, sherbets
- o) Low-fat and skim milk products
- p) Pure ice cold water

Foods to avoid - consume only occasionally (recommended no more than once per month):

- a) Carbonated and caffeinated beverages (soft drinks, tea, and coffee)
- b) High sugar content candies and desserts
- c) High fat foods (fried foods such as French fries, fatty meats, most cheeses, buttery popcorn)
- d) High sodium foods (luncheon meats, cheese, chips, salty popcorn, pickles)
- e) Items that contain large amounts of high-fructose corn syrup

In selecting food items to offer, keep in mind the numerous students and adults who are on special diets and whose consumption of sugar, fat, sodium, etc. is restricted.

The use of foods of minimal nutritional value as learning incentives should not be practiced, and healthy food choices or non-food items should be substituted. Examples of foods with minimal nutritional value include:

- a) Soda water - any carbonated beverage (even water). No product shall be excluded from this definition because it contains discrete nutrients added to the food, such as vitamins, minerals, and protein.
- b) Water ices - frozen, sweetened water, such as "...sicles" and flavored ice, with the exception of products that contain fruit or fruit juices.

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- c) Chewing gum - any flavored products from natural or synthetic gums and other ingredients that form an insoluble mass for chewing.
- d) All candies - any processed foods made predominantly from sweeteners or artificial sweeteners with a variety of other ingredients, including powdered drink mix (i.e., Kool-Aid).
- e) Certain chips and snack foods - any which contain more than nine (9) grams of fat per serving.

Organizations operating concessions at school functions should include at least some healthy food choices in their offerings. It is recommended that groups market these healthy options at a lower profit margin to encourage selection by students.

Goals for Other School-Based Activities Designed to Promote Student WellnessHealthy and Safe Environment:

A healthy and safe environment for all before, during, and after school supports academic success. Safer communities promote healthier students. Healthier students do better in school and make greater contributions to their communities.

- a) School buildings and grounds, structures, buses, and equipment shall meet all current health and safety standards, including environmental air quality, and shall be kept inviting, clean, safe, and in good repair.
- b) Schools and District offices shall maintain an environment that is free of tobacco, alcohol, and other drugs.
- c) Safety procedures and appropriate training for students and staff shall support personal safety and a violence and harassment-free environment.
- d) Each work site, school, and classroom shall work to create an environment where students, parents/guardians, and staff are respected, valued, and accepted, with high expectations for personal behavior and accomplishments.

Social and Emotional Well-Being:

Programs and services that support and value the social and emotional well being of students, families, and staff build a healthy school environment.

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- a) Each school shall provide a supportive environment that includes guidance, counseling, and school social work services that encourages students, families, and staff to request assistance when needed, and that links them to school or community resources.
- b) Students shall be provided the skills to express thoughts and feelings in a responsible manner and give and receive support from others.
- c) Students shall be taught to understand and respect the differences in others and how to build positive interpersonal relations.
- d) Students and staff shall be encouraged to balance work and recreation and helped to become aware of stressors that may interfere with health development.

Health Services:

An effective health-care delivery system that promotes academic achievement by providing a broad scope of services from qualified health-care providers will improve the mental and physical health of students and staff.

- a) Primary coordination of health services shall be through a trained school health-care practitioner with the support and direction of the Cuba-Rushford School District and the Allegany County Health Department.
- b) The Cuba-Rushford School District shall collaborate with community liaisons and resources to promote health and wellness for students, families, staff, and community.
- c) A coordinated program of accessible health services shall be provided to the students and staff and shall include violence prevention, school safety, communicable disease prevention, health screening, including Body Mass Index (BMI), and community health referrals, as well as immunizations, parenting skills, first aid, and other priority health education topics.

Family, School, and Community Partnership:

Long-term effective partnerships improve the planning and implementation of health promotion projects and events within each school and throughout the community.

- a) Family, student, and community partners shall be included on an ongoing basis in school and District wellness planning processes.
- b) The equality and diversity of the school and District community shall be valued in planning and implementing wellness activities.

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- c) Community partnerships shall be developed and maintained as a resource for school and District programs, projects, activities, and events.
- d) Schools and the District shall actively develop and support the engagement of students, families and staff in community health-enhancing activities and events at the school or throughout the community.

Staff Wellness:

The District and each work site shall provide information about wellness resources and services and establish a staff committee to assist in identifying and supporting the health, safety, and well being of site staff.

- a) Each school and District site shall be in compliance with drug, alcohol, and tobacco free policies.
- b) Each school and District site shall provide an accessible and productive work environment free from physical dangers or emotional threat that is as safe as possible and consistent with applicable occupation and health laws, policies, and rules.
- c) Employees shall be encouraged to engage in daily physical activity during the workday as part of work breaks and/or lunch periods, before or after work hours in site-sponsored programs.
- d) The District shall continue its all-staff informative and preventive wellness program through an approved provider.

Measurement and Evaluation

- a) The School Wellness Committee of each building shall be composed of parents and school District staff as determined by the Committee.
- b) The SWC members from each campus will conduct a review of their respective campuses in the fall semester of each year to identify areas of improvement. These groups will report their findings to the campus principal and develop with him/her a plan of action for improvement.
- c) The SWC will hear reports from each campus group after each review period. Before the end of each school year, the committee will recommend to the Superintendent any revisions to the Student Wellness Plan it deems necessary.
- d) The SWC, via the Food Service Director, will report quarterly to the Superintendent the progress of the committee and the status of compliance by the campuses.

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- e) The three (3) School Wellness Committees will meet with the District Wellness Committee annually by June 1 of each year to make recommendations and evaluate ongoing progress of the policies and plans.

Policy ReviewMonitoring:

The Superintendent or designee will ensure compliance with established District-wide nutrition and physical activity wellness policies. In each school, the principal or designee will ensure compliance with those policies in his/her school and will report on the school's compliance to the school district Superintendent or designee.

School food service staff, at the school or district level, will ensure compliance with nutrition policies within school food service areas and will report on this matter to the Superintendent (or if done at the school level, to the school principal). In addition, the District will report on the most recent USDA School Meals Initiative (SMI) review findings and any resulting changes. If the District has not received an SMI review from the state agency within the past five (5) years, the District will request from the state agency that an SMI review be scheduled as soon as possible.

The Superintendent or designee will develop a summary report every three (3) years on District-wide compliance with the District's established nutrition and physical activity wellness policies, based on input from schools within the District. That report will be provided to the school board and also distributed to all school health councils, parent/teacher organizations, school principals, and school health services personnel in the District.

Policy Review:

To help with the initial development of the District's wellness policies, each school in the District will conduct a baseline assessment of the school's existing nutrition and physical activity environments and policies. The results of those school-by-school assessments will be compiled at the District level to identify and prioritize needs.

Assessments will be repeated every three (3) years to help review policy compliance, assess progress, and determine areas in need of improvement. As part of that review, the District will review our nutrition and physical activity policies, provision of an environment that supports healthy eating and physical activity, and nutrition and physical education policies and program elements. The District, and individual schools within the District, will, as necessary, revise the wellness policies and develop work plans to facilitate their implementation.

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Non-Instructional/Business
Operations

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Child Nutrition and WIC Reauthorization Act of 2004
[Public Law Section 108-265 Section 204](#)
Richard B. Russell National School Lunch Act
[42 United States Code \(USC\) Section 1751 et seq.](#)
Child Nutrition Act of 1966
[42 United States Code \(USC\) Section 1771 et seq.](#)
[7 Code of Federal Regulations \(CFR\) Section 210.10](#)

Adopted: 10/24/06

