

Falconer Central School

Policy
2017 5661

Non-Instructional/Business
Operations

SUBJECT: DISTRICT WELLNESS POLICY

Mission Statement:

The mission of the Falconer Central School Health Advisory Council is to help the students, staff and community develop the knowledge, skills and behaviors necessary to promote positive health and wellness for optimal growth, learning and quality of life. To this end, the District has established a Wellness Committee. The Wellness Committee is established to represent the local community's perspective in developing the wellness policy for the District. The District's Wellness Committee includes, but is not limited to, representatives from each of the following groups:

- Parents
- Students
- The District's food service program
- The School Board
- School administrators
- Members of the public

The Wellness Committee is responsible for:

- Developing the District's Local Wellness Policy and making such policy recommendations for review and adoption by the Board of Education.
- Assessing current activities, programs and policies available in the District.
- Identifying specific areas of need within the District.
- Providing mechanisms for implementation, evaluation, revision and updating the policy.

Nutrition Education:

Nutrition education will be integrated, to the extent possible as recommended by the curriculum council, into areas of the curriculum such as math, science, language arts and social studies in all District buildings.

Staff responsible for nutrition education will be adequately prepared and participate in professional development activities to effectively deliver an accurate nutrition education program as planned. Preparation and professional development activities will provide basic knowledge of nutrition, combined with skill practice in program-specific activities and instructional techniques and strategies designed to promote healthy eating habits.

Adopted June 2, 2009
Revised June 6, 2017
Revised

SUBJECT: DISTRICT WELLNESS POLICY (Cont'd.)

Nutrition education will involve sharing information with families and the broader community to positively impact students and the health of the community. The District will provide information to families that encourage them to teach their children about health and nutrition and to provide nutritious meals for their families, with a special emphasis on a nutritious breakfast in order to prepare students for their school day.

Nutrition Promotion:

Healthy living skills shall be taught as part of the regular instructional program and provides the opportunity for all students to understand and practice concepts and skills related to health promotion and disease prevention. Each school shall provide for an interdisciplinary, sequential skill-based health education program based upon the state standards and benchmarks, and the District's student planning guide.

Physical Activity:

Physical activity will be integrated across curricula and throughout the school day. Staff are encouraged to incorporate movement as a part of their instruction.

Physical education courses will be the environment where students learn, practice and are assessed on developmentally appropriate motor skills, social skills, knowledge and cooperation skills. Policies ensure that state-certified physical education instructors teach all physical education classes.

Physical education includes the instruction of individual activities as well as competitive and non-competitive team sports to encourage life-long physical activity. Adequate equipment and facilities will be provided for all students to participate in physical education, and activities in accordance with NY Standards.

Time allotted for physical activity shall be in accordance with state standards. A daily recess period in Grades K-5, which is not used as a punishment or a reward, should be encouraged.

Information will be provided to families and community members to help them incorporate physical activity into their lives.

Other School Based Activities:

After-school programs will encourage physical activity outside of the normal school day by providing access, as available, to the school's facilities, obtainable upon the completion of a "building use request" form. Use of school facilities is subject to availability as first priority is given to school functions. The District will encourage families and community members to institute programs that support physical activity, fitness and health.

Local wellness policy goals are considered in planning all school-based activities (such as school events, field trips, dances, and assemblies). Suggestions and examples will be made available to the organizers of school groups as requested.

Support for the health of all students is demonstrated by hosting health clinics, health screenings, and helping to enroll eligible children in Medicaid and other state children's health insurance programs.

Adopted June 2, 2009
Revised June 6, 2017
Revised

SUBJECT: DISTRICT WELLNESS POLICY (Cont'd.)

Nutrition Guidelines:

Nutritional values of food and beverages sold and served during school hours:

- Reimbursable meals served at school will minimally meet the program requirements and nutrition standards of the National School Lunch & Breakfast Program.
- Snacks, beverages, and a la carte sales, will meet the nutritional standards as set forth in the Nutritional Standards for All Foods Sold in School as required by the healthy Hunger-Free Kids Act of 2010, also known as “Smart Snacks” .
- All sales to students occurring during school hours must follow the Nutrition Standards for All Foods Sold in School Guidelines.
- Parties, Rewards, etc. - Parents and teachers shall be made aware of the snack and beverage criteria. A list of healthy snack choices will be provided and encouraged. The district will only allow store bought refreshments for student consumption during school hours. Exceptions for educational activities will be subject to approval by the building principal.

Nutritional values of food and beverages sold after school hours:

- Fundraising after school hours by both student groups and outside organizations are required to include healthy options meeting the Nutrition Standards for All Foods Sold in School guidelines.

As role models for students, staff members should be conscientious to model behaviors during the school day that are consistent with what is being taught in the classrooms and expected of the students.

Vending:

Vending machines should have healthy choices available and students should be educated on how to make healthy decisions.

Fundraising:

Groups are encouraged to offer either nutritious items (fruit, trail mix, etc.) or non-food items (books, flowers, gifts, etc.) to raise funds. Any candy or food sales cannot occur during the school day, in competition with the school meal programs.

Because the District is striving to set an example and improve the health of students, staff, and the community, foods and beverages sold at District sponsored events should include healthy food choices. List of “Choose Sensibly” snacks and other menu ideas will be made available to organizers.

Eating Environment:

The National Association of State Boards of Education recommends that students should be provided adequate time to eat lunch, at least 10 minutes for breakfast and 20 minutes for lunch, from the time the student is seated. The District will schedule lunch periods as near the middle of the school day as possible and attempt to provide adequate time for consumption of meals and provide serving areas with regard to limiting wait time.

Hand washing is encouraged before eating, with easy access to hand washing facilities or hand sanitizer.

Adopted June 2, 2009
Revised June 6, 2017
Revised

Dining areas will be clean, safe, pleasant environments with enough space for seating all students during their lunch period.

Drinking fountains are available in each of the school buildings.

SUBJECT: DISTRICT WELLNESS POLICY (Cont'd.)

Child Nutrition Operations:

The child nutrition program will ensure that all students have affordable access to the varied and nutritious foods they need to stay healthy and learn well. The program should be financially self-supporting. However, the program is an essential educational support activity and therefore budget neutrality or profit generation should not take precedence over the nutritional needs of the students.

A food service director who is properly qualified, certified and/or credentialed according to current professional standards to administer the school food service program and satisfy reporting requirements will be utilized by the child nutrition program. All food service personnel shall have adequate pre-service training in food service operations.

The school will strive to increase participation in the available federal Child Nutrition programs (e.g., school lunch, school breakfast, after-school snack and summer food service programs).

The school cafeteria serves as a “learning laboratory” to allow students to apply critical thinking skills taught in the classroom.

A child’s need for nutrients should not end when school does. Parents share in the responsibility of providing varied and nutrient rich foods in the home.

Food Safety/Food Security:

Foods made available on campus need to comply with the state and local food safety and sanitation regulations. Hazard Analysis and Critical Control Points (HACCP) plans and guidelines are implemented to prevent food illness in schools.

For the safety and security of the food and facility access to the food service operations are limited to Child Nutrition staff and authorized personnel. For further guidance see the US Department of Agriculture food security guidelines.

Implementation and Evaluation of the Wellness Policy:

The District shall establish an implementation and evaluation plan for the wellness policy in order to monitor the effectiveness of the policy and the possible need for further modification over time.

The Superintendent or his/her designee will ensure compliance with established district-wide nutrition, food service areas, and physical activity wellness policies. In each school, the principal or his/her 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 his/her designee.

The Superintendent/designee shall prepare a summary report on District-wide compliance with the District’s wellness policy based on input from schools within the District

References:

Adopted June 2, 2009
Revised June 6, 2017
Revised

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
Healthy, Hunger-Free Kids Act of 2010

Adopted June 2, 2009
Revised June 6, 2017
Revised