

SUBJECT: DISTRICT WELLNESS POLICY

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 wellness committee includes, but is not limited to, representatives from each of the following groups:

- a) Parents;
- b) Student(s);
- c) Staff (including a school nurse when available);
- d) The District's food service program;
- e) The School Board;
- f) School administrators; and
- g) Members of the public.

The District Wellness Committee will assess current activities, programs and policies available in the District; identify specific areas of need within the District; develop the policy; and provide mechanisms for implementation, evaluation, revision and updating of the policy. The Wellness Committee is established to represent the local community's perspective in developing the wellness policy for the District.

Goals to Promote Student Wellness

Taking into account the parameters of the School District (academic programs, annual budget, staffing issues, and available facilities) as well as the community in which the District is located (the general economy; socioeconomic status; local tax bases; social cultural and religious influences; geography; and legal, political and social institutions) the Wellness Committee recommends the following District goals relating to nutrition education, physical activity and other school-based activities:

Nutrition Education

The District will provide nutrition education to facilitate the voluntary adoption of healthy eating habits and other nutrition-related behaviors conducive to health and well-being by establishing the following standards for:

- a) Classroom teaching:

Nutrition instructional units at all levels will highlight the natural appeal of healthy eating and emphasize the value of a healthy diet in maintaining good health. Health curriculums at each grade level will be developed and implemented upon completion.

The school garden and the greenhouse are tools that can be utilized to help students appreciate and value healthy food.

The district strives to extend the nutrition curriculum in place in the Junior and Senior High health classes to the meal service in the cafeteria and to all foods available on school premises. There will be a purposeful integration of nutritional information taught in health class and information provided in the school cafeteria.

Skills based nutrition education such as menu planning, reading nutrition and fact labels will be done in health class. Nutritional diversity (alternative diets) will be introduced where possible.

The benefits of hand washing before meals will be taught/reviewed in the classroom.

- b) Education, marketing and promotion links outside the classroom:

The Torchlight and school website will be used to promote healthy eating and school nutrition.

- c) Fundraising activities:

In general, the district will encourage fund-raising activities which are congruent with sound nutritional practices. School functions will market healthy food choices at an equal or lesser cost than unhealthy choices.

Advertising to students for the sake of a particular food product or company is discouraged, unless the focus of such advertising is clearly and primarily the furtherance of the nutritional goals of this policy.

Over the next three to five years (3-5 years), the district will substantially reduce the amount of unhealthy food offered through a fundraising activity.

- d) Teacher training:

In order to build a school wide focus on sound nutritional practices and create the opportunity for positive role modeling, the district will consider options for nutrition-related training and/or wellness activities for the staff during available professional development time. Training will be offered to food service workers to help them promote and market healthy choices. Short informational pieces will be done during professional development days by district/BOCES personnel as time permits.

Staff will model healthy eating and physical activity when possible.

Staff will be actively discouraged from using **Foods of Minimum Nutritional Value¹** as rewards.

Physical Activity

The District will provide opportunities for every student to develop the knowledge and skills

for specific physical activities, to maintain physical fitness, to regularly participate in physical activity, and to understand the short-term and long-term benefits of a physically active and healthy lifestyle.

The Wellness Committee has determined that the following standards are necessary to achieve this goal:

The District will continue to support staff development activities that progressively update this curriculum.

Every student will be physically educated – that is, shall develop the knowledge and skills necessary to perform a variety of physical activities, maintain physical fitness, regularly participate in physical activity and value and enjoy physical activity as part of a healthy lifestyle.

a) Physical education graduation requirements:

High School students are required to take a ½ credit (PE every other day for a total for 40 minutes a day) of physical education each year, completing 2 physical education credits by the end of their senior year. If a student fails physical education, they will “double up” their classes the following year, taking PE every day for approximately 40 minutes.

b) Physical education class requirements:

Marathon Central Schools has established (2004) a sequential, developmentally appropriate curriculum with specific learning goals and objectives for physical education that are consistent with the State of New York standards, and with the national standards that define what students should know and be able to do.

Kindergarten through 3rd grade are mandated to reach 120 minutes of exercise per week (30 minutes every day), 4-6th grade strives to exercise 120 minutes (3 days per week) and high school for 40 minutes every other day (2-3 times a week).

Adaptive physical education is available for students per their individualized education plan. Students who are temporarily debilitated and/or out per a physicals note will be given alternate physical activities when possible.

Marathon will not give physical education credit to students involved in sports. Sports and academic activities may not take the place of physical education classes.

c) Staff training/certification for physical education:

The physical education program will be taught by certified physical education teachers and include all students in kindergarten through twelfth grade, including students with disabling conditions and students in alternative education programs.

All coaches will be board approved and will have completed all requirements mandated

by the Commissioners' regulations for certification.

d) Physical activity outside physical education classes:

The district will, where possible, encourage increased physical activity as part of the daily routine outside of physical education classes. Recess monitors/teachers will periodically be provided with training in this area.

Students at the elementary level shall be encouraged to participate in physical activity during recess for at least 30 minutes each day.

Just as the nutrition education goals of Part I are intended to permeate other relevant course curricula, the benefits of being physically active shall be linked wherever possible with instruction in science, health, or other classes about human growth, development, and physiology.

Other School-based Activities

The District wishes to establish a school environment that presents consistent wellness messages and is conducive to healthy eating and physical activity for all. In order to present a coordinated school approach where District decision-making related to nutrition and physical activity encompasses all aspects of the school, the Wellness Committee has determined that the following standards are necessary to achieve this goal:

a) Federal School Meal Programs:

The District will participate to the maximum extent practicable in available federal school meal programs [School Breakfast Program, National School Lunch Program, Summer Food Service Program.

The Marathon Central School District will act, first and foremost, to ensure that no student in school is hungry. All students will be encouraged to take part in the Marathon breakfast and lunch programs.

The Free and Reduced Breakfast and Lunch Meal program will be administered in a fashion that neither discriminates nor stigmatizes.

b) Access to school nutrition programs:

Nutritional information will be made available to students and the school nurse for all school meal choices. This information will be made available to parents upon request.

Nutrikids provides student pin numbers to each student which allows them to pay without the stigma of free, reduced or full price. Parents can gain access to this information via My School Bucks.

Culturally sensitive meals will be provided when possible. The cafeteria works with the school nurse and students to provide meals that meet special dietary needs.

c) Meal environment:

In addition to nutritional standards established above, the Marathon Central School District will be attentive to the influence of the physical surroundings on students' eating experiences. Pleasant, sanitary facilities, with hand-sanitizing capability and drinking water within the room (water pictures), remain priorities. Students and staff will have access to free, safe, and fresh drinking water throughout the school day.

Hand washing will be encouraged before consumption of food.

The District will, whenever adjustments to transportation or class schedules are necessary, protect time for students to eat breakfast and consider the timing of lunch schedules to minimize wasted time and optimize student learning throughout the day. Students will be given 15-20 minutes to eat breakfast in the high school and 20 minutes in the elementary school.

d) After-school programs for students:

Box lunches are available for students to purchase wishing to participate in after school activities at the high school level. Elementary school after school activities will provide healthy snacks when feasible.

e) Community access to District facilities for physical activities:

The District encourages groups and individuals within the school community to disseminate information to students, staff, parents, that will increase awareness of both the goals of this policy and the benefits of a healthy lifestyle. These efforts could include, but are not limited to, the inclusion of nutrition or fitness information in school or classroom newsletters or the district website, special features in the *Torchlight*, pursuit of grant money for school fitness programs and equipment, planning for relevant classroom guest speakers, and wellness activities for staff and students.

We provide facility access to students, families, staff, and the community for physical activity through the fitness center, access to hallways for walking at the elementary school, adult basketball, youth leagues, etc.

g) Sustainable food practices:

In the elementary school, a school garden and the green house may be utilized to teach students how to grow food that they can consume.

Nutrition Guidelines

The District Wellness Committee will recommend which nutrition standards will be established for **all** foods available on school campus during the school day based upon the unique needs of the student body and the community. The goal is to encourage healthy lifelong eating habits by providing foods that are high in nutrients, low in fat and added sugars, and of moderate portion size.

Nutritional Values of Foods and Beverages

- a) Reimbursable school meals served at school will minimally meet the program requirements and nutrition standards of the National School Lunch Program.
(see website: http://www.access.gpo.gov/nara/cfr/waisidx_05/7cfr210_05.html)

An effort will be made to discourage the availability of **Foods of Minimum Nutritional Value¹** in both schools during meal periods, and during classroom activities, field trips, after-school programs, and extracurricular activities. Staff members will be encouraged to use food as an occasional reward, replacing snack foods with reward foods when possible.

Recognizing that economic pressure is necessary to create fundamental change in the nutritional content of prepared foods, the district will seek opportunities to encourage suppliers to provide foods from which hydrogenated oils and trans-fats have been eliminated.

- c) Nutrition information for products sold on campus will be readily available near the point of purchase.

Non-food fundraisers will be encouraged.

Food or beverage contracts

Cafeteria vending machines are stocked by cafeteria staff and follow school lunch guidelines. Other vending machine content will be reviewed on an annual basis.

Vending machines, snack bars, school stores, concession stands, and other food outlets

Access to vending machines, snack bars, school stores, concession stands, and other food outlets on school property outside of the cafeteria will be limited to the following times: before and after school at the high School and before and after meal time at the elementary school.

Assurance

Guidelines for reimbursable school meals shall not be less restrictive than applicable federal regulations and guidance issued pursuant to the Child Nutrition Act and the Richard B. Russell National School Lunch Act, as those regulations and guidance apply to schools.

Implementation and Evaluation of the Wellness Policy

In accordance with law, the District's wellness policy must be established by July 1, 2006; and the District will ensure school and community awareness of this policy through various means such as publication in District newsletters and/or the District calendar. Further, professional development activities for staff and student awareness training will be provided, as appropriate, on the goals of the District's wellness program, including activities/programs for the development of

healthy eating habits and the incorporation of physical activity as part of a comprehensive healthy lifestyle.

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. Accordingly, the Superintendent shall designate one or more staff members within the District or at each school as appropriate to have operational responsibility for ensuring that the District meets the goals and mandates of its local wellness policy. Designated staff members may include, but are not limited to, the following personnel:

- a) Administrators;
- b) School health personnel including the school nurse, the health and/or physical education teacher and a certified teacher/counselor also certified in health; and
- c) School Food Service Director.

These designated staff members shall periodically report to the Superintendent on the District's compliance with the wellness policy (or, if done at the building level, to the School Principal) and the Superintendent shall inform the Board of such findings. 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. That report will be provided to the School Board and also distributed to the wellness committee, parent-teacher organizations, Building Principals, and school health services personnel within the District. The report shall also be available to community residents upon request.

These designated school officials will also serve as a liaison with community agencies in providing outside resources to help in the development of nutrition education programs and physical activities.

Evaluation and feedback from interested parties, including an assessment of student, parent, teacher, and administration satisfaction with the wellness policy, is essential to the District's evaluation program. Further, the District shall document the financial impact, if any, to the school food service program, school stores, or vending machine revenues based on the implementation of the wellness policy.

District schools will provide nutrition education and physical education, with an emphasis on establishing lifelong habits of healthy eating and physical activity, and will establish linkages between health education and school meal programs, and with related community services. Communication with and training for teachers, parents, students, and food service personnel will be an integral part of the District's implementation plan.

To the extent practicable, students and parents shall be involved in the development of strategies designed to promote healthy food choices in the school environment; and the school cafeteria will provide a variety of nutritionally sound meal and beverage choices. The school will encourage students' active, age appropriate participation in decisions regarding healthy lifestyles and choices. Positive reinforcement such as letters of recognition and acknowledgment will be utilized as a means to encourage healthy eating patterns among the student population. In addition, the school will share information about the nutritional content of meals with parents and students; such information may be made available on menus, a website, or such other "point-of-purchase" materials.

Assessments of the District's wellness policy and implementation efforts may be repeated on an annual basis, but it is recommended that such assessment occur no later than every three (3)

years, to help review policy compliance, assess progress, and determine areas in need of improvement. The District, and individual schools within the District, will, as necessary, revise the wellness policy and develop work plans to facilitate its implementation.

Child Nutrition and WIC Reauthorization Act of 2004, Public Law 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

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