

## HONEOYE CENTRAL SCHOOL'S DISTRICT WELLNESS POLICY (Revised 3/2010)

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) Teachers
- c) Students
- d) The District's food service program
- e) The School board
- f) School administration
- 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 District Wellness Policy.

### **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 relating to nutrition, physical activity, and other school based activities:

## Nutrition

### Education

The District will provide nutrition education in kindergarten through twelfth grade health education and family consumer science. This nutrition education will encourage the voluntary adoption of healthy eating habits and other nutrition-related behaviors conducive to long-range health and well being. Health education will include an understanding in the following areas:

- a) Nutrition
  - i. The Food Pyramid, including the 5 food groups (Dairy, Fats and Oils, Fruits and Vegetables, Grains, Meats, Beans, and Proteins)
  - ii. Well balanced meals
  - iii. Proper serving size
  - iv. Healthy/unhealthy eating habits
- b) Decision Making
  - i. Package labels and contents
  - ii. Food-related advertisements
  - iii. Mind/Body connection through proper nutrition
  - iv. Healthy, appropriate snacking
- c) Disease Prevention
  - i. The digestive system
  - ii. Eating disorders
  - iii. Healthy ways to manage weight
  - iv. Role of regular exercise
  - v. Appropriate food safety and sanitation skills
- d) Resource Management
  - i. Visual reminders for students
  - ii. Access to valid health information through various mediums

### Standard Alignment

<b>Standard 1: Personal Health and Fitness</b>
Students will have the necessary knowledge and skills to establish and maintain physical fitness, participate in physical activity, and maintain personal health.
<i>Elementary Health Education</i> – Students will understand human growth and development and recognize the relationship between behaviors and healthy development. They will understand ways to promote health and prevent disease and will demonstrate and practice positive health behaviors.
<i>Middle/High School Health Education</i> – Students will understand the benefits of regular exercises that increase overall fitness. They will understand the components that develop fitness. Students will understand the role of exercise in increasing stroke volume and maintaining blood pressure readings within the normal range.
<i>Family and Consumer Science</i> – Students will understand the relationships among diet, health, and physical activities, evaluate their own eating patterns, and use appropriate technology and resources to make food selections and prepare simple meals.

**Standard 2: A Safe and Healthy Environment**

Students will acquire the knowledge and ability necessary to create and maintain a safe and healthy environment.

*Elementary Health Education* – Students will be able to properly identify safety rules used in home, school, and community. Students will also be able to identify precautions that they should take to maintain safety and well being. Students will demonstrate their ability to advocate for their health in unsafe situations.

*Middle/High School Health Education* – Students will be able to identify and assess emergency situations. They will also be able to describe how to respond to common emergencies with first aid treatment.

*Family and Consumer Science*

**Standard 3: Resource Management**

Students will understand and be able to manage their personal and community resources.

*Elementary Health Education* – Students will understand the influence of culture, media, and technology in making decisions about personal and community health issues. They will know about and use valid health information, products, and services. Students will advocate for healthy families and communities.

*Middle/High School Health Education* – Students will understand how informed decisions and personal choices can affect physical, mental, social, and emotional health.

*Family and Consumer Science* – Students will understand the resources available to them, make informed decisions about the use of those resources, and know some ways to increase resources.

**Outcomes**

*Students will be able to:*

- a) Utilize the Food Pyramid to guide healthy eating habits
- b) Implement healthy eating habits to avoid diseases related to diet
- c) Understand the digestive process and eating habits that enhance its functioning
- d) Plan nutritious meals
- e) Identify what influences a person's food choices
- f) Complete a meal/fitness analysis
- g) Compare/contrast diets
- h) Create food labels/understand label reading
- i) Prepare a meal planner/grocery list
- j) Prepare a healthy snack
- k) Apply food safety and sanitation principles

## **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.
- b) All food service full-meal offerings will meet or exceed the program requirements and nutrition standards of the National School Breakfast and Lunch Program.
- c) Nutrition guidelines consistent with USDA standards (Food Based Menu Planning Chart) shall be established for all foods offered by the district's food services department or contracted vendors. Whole grain foods will be provided.
- d) Nutrition information for products sold on campus will be available near the point of purchase.

### **Snacks, Parties, Celebrations, and Food Rewards/Punishments**

Healthy food choices will be encouraged in classrooms for rewards and/or party treats. The District will discourage students from sharing their foods or beverages with one another during meal or snack times, given concerns about allergies and other restrictions on some children's diets.

### **Food or Beverage Contracts**

Any future contracts must meet the guidelines established within the Wellness Policy.

## **Physical Activity**

The District will provide 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 by establishing the following program expectations:

- a) Every student K-12 will receive regular, age-appropriate, quality physical education that meets or exceeds New York State requirements.
- b) Physical education classes and physical activities outside physical education classes will be designed to build student interest and proficiency in the skills, knowledge, self-discipline, and attitudes necessary to appreciate and enjoy the benefits of a healthy lifestyle.
- c) Through the use of adaptive physical education and modified physical education classes, all students with special needs will receive instruction with appropriate physical activities.

Additional, specific details regarding the procedures set in place by the district to meet the above identified standards are available in the Honeoye Central School's *Physical Education Plan* adopted 6/2009.

The Wellness Committee has determined that the following standards are necessary to achieve the above stated goal and program expectations:

- a) Physical education requirements – Middle/High School:
  - i. All students will meet the New York State requirements and earn the two full credits (half credit for four years) necessary for graduation.
  - ii. Students in grades 6-12 will participate in at least one hundred (100) minutes of class instruction per week, as per the district's *Physical Education Plan*.
- b) Physical education requirements – Elementary School:
  - i. K-5 students will participate in at least 120 minutes of class instruction per week, including a 45 minute class period providing physical activity and other elements of the elementary PE curriculum, taught by a health, art, or music teacher. The curriculum and activities for this class will be developed in collaboration with the elementary PE staff.
  - ii. K-5 students will participate in movement breaks (physical activity) during transition periods in their classrooms on a daily basis.
- c) Physical activity outside physical education classes:
  - i. Outdoor lunch recess will be provided for students in grades 1-5 (weather permitting) on a daily basis in the spring and fall months, and once per week per grade level during winter weather months.
  - ii. It is recommended that all K-3 homerooms provide daily recess time (outdoor recess is preferred, weather permitting).
  - iii. All 4<sup>th</sup> & 5<sup>th</sup> graders will be offered before-school intramural opportunities. All 6<sup>th</sup>-12<sup>th</sup> graders will be offered after-school intramurals.

### **Other School Based Activities**

To ensure a school environment that presents consistent wellness messages and is conducive to healthy eating and physical activity for all, the Wellness Committee has established the following guidelines:

- a) Meal Programs:
  - i. Federal School Meal Programs: The District will participate to the maximum extent practicable in available federal school meal programs, including the School Breakfast Program, National School Lunch Program, and, if applicable, the Summer Food Service Program.
  - ii. Access to Free/Reduced Lunch Program: The District will utilize the school newsletter, district calendar, and district website to share eligibility requirements. The Free/Reduced Lunch form will be printed on the reverse side of the monthly menu and will be readily available in each office. Building principals and staff members will work to inform families of this program.

- b) Meal Environment:
  - i. Meals will be prepared and served in a clean and pleasant setting. Students will have at least twenty minutes (20) [after sitting] to eat their meal. Fully staffed, there will be four (4) trained cafeteria monitors during elementary lunch and at least two additional school staff members during middle school and high school lunch to supervise students in the cafeteria.
  - ii. The Food Service Director and staff will follow all New York State health and food safety guidelines including the New York State HACCP (Hazard Analysis Critical Control Point) guidelines.
- c) YMCA School Program(s) for students:
  - i. YMCA staff will offer a nutritious snack for children in the before-school program. Staff and children will follow appropriate hygiene and food safety procedures. (This would be appropriate for any after-school programs offered.)
  - ii. Food preferences for personal, religious, cultural, or medical reasons will be accommodated.
- d) Student Wellness Day:
  - i. Student Wellness Day will be offered every other year.
  - ii. Workshop sessions may include: healthy cooking, balanced nutrition, stress management, physical exercise, disease awareness, and overall health management.
- e) Community Access and Communication:
  - i. The District will work with the Richmond Recreation Department to offer after-school use of the Fitness Room (available to staff and community members). Richmond Recreation will also be allowed to utilize the facility for other physical activities (e.g. team events, aerobics classes).
  - ii. The District will utilize the school's web page and newsletter to share wellness information.

## **Professional Development**

The district supports the emotional and physical well being of all staff. A staff that is supported both emotionally and physically will enhance the educational experience for students. This will occur through:

- a) Continued curriculum alignment (K-12)
- b) Opportunities to learn ways to improve content, content delivery, and current nutritional changes
- c) Participation in local, state, and national conferences whenever possible
- d) Teacher training:
  - “Wellness day” activities for K-12 staff will be offered every other year. Teachers will be provided with the most current, relevant health information through various presentations.
- e) CPR/AED training:
  - Physical education teachers, coaches, and appropriate/interested staff members will be provided with opportunities for ongoing CPR/AED training.

## **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.

## **Implementation and Evaluation of the Wellness Policy**

In accordance with law, the District's Wellness Policy was established by July 1, 2006. 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 continue 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 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 and the health and/or physical education teacher
- c) School Food Service Director
- d) Building Wellness Team

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 the District-Wide compliance with the District's Wellness Policy based on input from the staff. The 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.

The 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.

The District 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. 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 acknowledgement 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, the school's web page, 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 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 Section 108-265 Section 204  
Richard B. Russell National School Lunch Act  
42 United States Code (USC) Section 1751 ET esq.  
7 Code of Federal Regulations (CFR) Section 210.10  
Honeoye Central School's *Physical Education Plan*  
[http://www.access.gpo.gov/nara/cfr/waisidx\\_05/7cfr210\\_05.html](http://www.access.gpo.gov/nara/cfr/waisidx_05/7cfr210_05.html)

Adopted