

POLICY

2006

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Non-Instructional/Business
Operations

SUBJECT: DISTRICT WELLNESS POLICY

Preamble

Children need access to healthy foods and opportunities to be physically active in order to grow, learn, and thrive and good health fosters student attendance and education.

Heart disease, cancer, stroke, and diabetes are responsible for two-thirds of deaths in the United States, and major risk factors for those diseases, including unhealthy eating habits, physical inactivity, and obesity, often are established in childhood.

Thus, the Ellicottville Central School District is committed to providing school environments that promote and protect children's health, well-being, and ability to learn by supporting healthy eating and physical activity.

Therefore, it is the policy of the Ellicottville Central School District that:

- a) The school district will engage students, parents, teachers, food service professionals, health professionals, and other interested community members in developing, implementing, monitoring, and reviewing district-wide nutrition and physical activity policies.
- b) All students in grades K-12 will have opportunities, support, and encouragement to be physically active on a regular basis.
- c) The school district will work to ensure that foods and beverages sold or served at school will meet the nutrition recommendations of the U.S. Dietary Guidelines for Americans.
- d) To the maximum extent practicable, our district will participate in available federal school meal programs.
- e) The district will provide nutrition education and physical education to foster lifelong habits of healthy eating and physical activity.

To Achieve These Policy Goals

The ECS Wellness Committee, consisting of administrators, teachers, parents, students, cafeteria manager, and school nurse will develop, implement, monitor, review, and, as necessary, revise school nutrition and physical activity policies. The committee also will serve as a resource for implementing these policies.

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SUBJECT: DISTRICT WELLNESS POLICY (Cont'd.)**Nutritional Quality of Foods and Beverages Sold and Served on Campus**

The district will work to ensure that all foods made available on campus will comply with the current USDA Dietary Guidelines for Americans:

- a) Vending Machines
- b) A la carte
- c) Beverage contracts
- d) Fundraisers
- e) Concession stands
- f) Student Stores
- g) School parties/celebrations

Food providers will take every measure to ensure that student access to foods and beverages meets federal, state and local laws and guidelines. Food providers will offer a variety of age appropriate healthy food and beverage selections for the elementary, middle and high school.

Nutrition information for products offered in snack bars, a la carte, vending and school stores is readily available near the point of purchase.

Families, teachers, students and school officials are engaged in choosing the competitive food selections for their local schools.

Food providers will be sensitive to the school environment in displaying their logos and trademarks on school grounds.

Classroom snacks feature healthy choices.

Nutrition education is incorporated during classroom snack times, not just during meals.

Foods and beverages sold at fundraisers include healthy choices and provide age appropriate selections for the elementary, middle and high school.

Advertising messages are consistent with and reinforce the objectives of the education and nutrition environment goals of the school.

Advertising of foods or beverages in the areas accessible to students during meal times must be consistent with established nutrition environment standards.

The National Association of State Boards of Education recommends that students should be provided adequate time to eat: at least 10 minutes for breakfast and 20 minutes for lunch.

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SUBJECT: DISTRICT WELLNESS POLICY (Cont'd.)

Lunch periods are scheduled as near the middle of the school day as possible, and encourage recess for elementary grades before eating.

Cafeterias include enough serving areas so that students do not have to spend too much time waiting in line.

Dining areas are attractive and have enough space for seating all students.

Drinking water is available for students at meals.

Nutrition Education

Nutrition education will be integrated into other areas of the curriculum such as math, science, language arts and social studies.

The staff responsible for nutrition education will be adequately prepared to participate regularly 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.

Nutrition education information will be reviewed by a qualified, credentialed nutrition professional (e.g. School Food Nutrition Specialist (SFNS), a Registered Dietitian (R.D.), who is specialized in school-based nutrition).

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

Nutrition education will involve sharing information with families and the broader community to positively impact students and the health of the community.

The School 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.

Students will be encouraged to start each day with a healthy breakfast.

Physical Activity Opportunities and Physical Education

Physical activity will be integrated across curricula and throughout the school day. Movement can be made a part of science, math, social studies and language arts.

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SUBJECT: DISTRICT WELLNESS POLICY (Cont'd.)

Physical education courses will be the environment where students learn, practice and are assessed on developmentally appropriate motor skills, social skills and knowledge.

Policies ensure that state-certified physical education instructors teach all physical education classes.

Policies ensure that state physical education classes have a student/teacher ratio similar to other classes.

Time allotted for physical activity will be consistent with research, national and state standards. Children will have several opportunities for physical activities during the school day.

Opportunities for daily recess periods which are not used as a punishment or a reward will be provided. Consider planning recess before eating since research indicates that physical activity prior to eating can increase the nutrient intake and reduce food waste.

Physical activity participation will take into consideration the "balancing equation" of food intake and physical activity.

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 is available for all students to participate in physical education. Physical activity facilities on school grounds will be safe.

The school provides a physical and social environment that encourages safe and enjoyable activity for all students, including those who are not athletically gifted.

Information will be provided to families to help them incorporate physical activity into their student's lives.

Schools are encouraged to provide community access to and encourage students and community members to use the school's physical activity facilities outside of the normal school day.

Schools encourage families and community members to institute programs that support physical activity.

After-school programs will encourage physical activity and healthy habit formation.

Local wellness policy goals are considered in planning all school-based activities (such as school events, field trips, dances, and assemblies).

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SUBJECT: DISTRICT WELLNESS POLICY (Cont'd.)

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

Schools organize local wellness committees comprised of families, teachers, administrators, and students to plan, implement and improve nutrition and physical activity in the school environment.

Monitoring and Policy Review

Monitoring

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

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).

The superintendent will develop a summary report every three years on district-wide compliance with the district's established nutrition and physical activity wellness policy. That report will be provided to the school board, 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 policy, the wellness committee conducted a baseline assessment of the school's existing nutrition and physical activity environments and policies.

Assessments will be repeated every three years to help review policy compliance, assess progress, and determine areas in need of improvement. As part of that review, the school 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 will revise the wellness policy and develop work plans to facilitate its implementation.

Adopted: 9/12/06