**\*Required Policy**

**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) The District's food service program;

c) The School Board;

d) School administrators; and

e) 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. The Wellness Policy can be accessed on the school district website.

# Part I: 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:

1. Classroom teaching:
   1. Schools will provide nutrition education and physical education to foster lifelong habits of healthy eating and physical activity and will establish linkages between health education, school meal programs, and related community services.

###### The integration of nutrition, healthy body image, weight management, and eating disorders will be taught across the curriculum whenever possible, aided by a district selected or created curriculum.

###### Use of food as a reward will be discouraged.

###### Use of food as a punishment will be prohibited.

1. Education, marketing and promotion links outside the classroom:
   1. Share nutrition information with families and the broader community to positively impact students and the health of the community (newsletters, fliers, newspaper articles, school facebook page, etc.).
   2. Nutrient analysis and menus will be available upon request.
   3. Students will be encouraged to start each day with a healthy breakfast.
   4. The District is committed to providing a school environment that ensures opportunities for all students to practice healthy eating and physical activity behaviors throughout the school day while minimizing commercial distractions. It is the intent of the District to protect and promote student’s health by permitting advertising and marketing for only those foods and beverages that are permitted to be sold on the school campus, consistent with the Healthy, Hunger-Free Kids Act. Any foods and beverages marketed or promoted to students on the school campus will meet or exceed USDA Smart Snacks in School nutrition standards, such that only those foods and beverages that comply with or exceed those nutrition standards are permitted to be marketed or promoted to students.
   5. Food and beverage advertising and marketing that do not meet USDA Smart Snacks in School nutrition standards are restricted on, but not limited to, the following:

* Signs, scoreboards, and sports equipment
* Curriculum, textbooks, websites used for educational purposes, or other educational materials
* Exteriors of vending machines, food or beverage cups or containers, food display racks, coolers, trash and recycling containers, etc.
* Advertisements in school publications, on school radio stations, in-school television, computer screen savers and/or school-sponsored internet sites, or announcements on the public announcement (PA) system.
  1. Healthy eating and physical activity will be encouraged through additional programs, such as Try Something New days in the cafeteria, school garden, recess, GOTR and BOTRT program and other ASP clubs, and Eagle U clubs.
  2. Fundraising activities:
     1. All food and beverages sold as a fundraiser during the school day will meet the nutritional requirements listed in the USDA Healthy, Hunger-Free Kids Act “Smart Snacks in Schools” Rule.

<http://www.fns.usda.gov/healthierschoolday/tools-schools-focusing-smart-snacks>

1. Teacher training:

a. Ongoing professional training and development will be provided for food service staff and teachers in the areas of nutrition and physical activity in accordance with USDA standards.

1. **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:

1. Physical education class requirements:
   1. Physical education will be provided, at a minimum, in accordance with the Commissioner's Regulation and state-developed standards

http://www.p12.nysed.gov/ciai/pe/documents/CR135.4-Current%20through%20August%2015%202015.pdf

* 1. Physical activity accommodations will be made for students with long term limitations/restrictions as specified by a physician.
  2. Extra physical activity will be encouraged to be used as a reward.
  3. Withholding gym class as a punishment will be prohibited.
  4. The use of physical activity as a punishment will be prohibited.
  5. Exemptions, waivers, and substitutions to physical education will be prohibited.

1. Staff training/certification for physical education:

### Physical education will be taught by a certified teacher who is endorsed to teach physical education.

### The district shall provide all physical education teachers with annual professional development opportunities.

### CPR certification will be encouraged for all staff, including physical education teachers.

1. Physical activity outside physical education classes:
   1. Students
      1. It is the policy of the Ripley Central School District to encourage additional physical activity beyond physical education classes in order for students and staff to fully embrace regular physical activity as a personal behavior and to meet the Centers for Disease Control's physical activity minimum requirement of sixty (60) minutes/day.
   2. Teachers and staff participation
      1. Staff will be encouraged to participate in physical activities to model a healthy active lifestyle and to promote an active lifestyle in our students. For example: coach, volunteer, and/or participate in running programs with students: GOTR, BOTRT, Heart & Sole, and Runner’s Club.
      2. Teachers and staff will be encouraged to participate in the brain breaks with students.
2. **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:

1. Federal School Meal Programs:
   1. The District will participate to the maximum extent practicable in available federal school meal programs [School Breakfast Program, National School Lunch Program (including after-school snacks), Summer Food Service Program, and Fruit and Vegetable Snack Program]. <http://www.fns.usda.gov/school-meals/nutrition-standards-school-meals>
2. Access to school nutrition programs:
   1. The cafeterias are cashless- all students, regardless of the type of payment they make for school meals, or the food being purchased, are given a code to enter at the cash register.
   2. The District will ensure that all eligible children will have access to free/reduced price meals in a non-stigmatizing manner in both the lunchroom area and the classroom area prior to meals.
3. Meal environment:
   1. School dining areas are clean and safe environments.
   2. Enough serving areas are provided to ensure student access to school meals with a minimum of wait time.
   3. Lunch meal times are scheduled near the middle of the day.
   4. Students are provided access to handwashing facilities or hand sanitizing before they eat meals or snacks.
   5. All students have a scheduled lunch period.
   6. Students are given adequate time to eat healthy meals with, at a minimum, 10 minutes of seat time for breakfast and 20 minutes of seat time for lunch.
   7. Students and staff have access to free, safe, and fresh drinking water throughout the school day and where school meals are served.
4. After-school programs for students:
   1. After school programs must incorporate (meet and/or exceed) the nutrition related components in line with school based guidelines.
5. Community access to District facilities for physical activities:
   1. The district will provide opportunities for community use of facilities. Community members will have access to various outdoor facilities, when available, including: fields, playgrounds, fitness center, and gymnasiums.
   2. The district is also committed to providing the use of facilities to community groups, including youth sports programs. Groups, which must include a qualified adult, should complete a facility use request form to use the facilities.
6. The students will actively participate in sustainable food practices whenever possible.
   1. The students will actively participate in the planting, maintaining and harvesting of the school garden. The educational aspect for students is to learn the entire process from planting the harvesting to implementing the harvest products in their school lunch, breakfast, and smoothies.
   2. The students will actively participate in vermicomposting. The students will learn about which foods a worm can eat and feed the worms the proper amount of compostable food and paper from the cafeteria.
   3. New York State Farm to school program will be used to provide nutritious school meals.

**Part II: 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.

1. School Meals
   1. School meals will, at a minimum, meet the program requirements and nutrition standards of the School Breakfast and National School Lunch Programs.
   2. Nutrition information for products sold on campus will be readily available near the point of purchase.
2. Fundraising
   1. All food and beverages sold as a fundraiser during the school day will meet the nutritional requirements listed in the USDA Healthy, Hunger-Free Kids Act “Smart Snacks in Schools” Rule. https://www.healthiergeneration.org/take\_acton/schools/snacks\_and\_beverages/smart\_snacks/
   2. School-sponsored fundraisers conducted outside of the school day will be encouraged to support the goals of this policy by promoting the sale of healthy food items (fresh fruit and produce) and or non-food items, such as water bottles, plants, etc., and by promoting events involving physical activity.
   3. School administrators, with the assistance of the District Wellness Committee, will create and promote a list of approve fundraising activities. All fundraisers taking place during the school day must be approved by the appropriate building principal prior to their being conducted.
3. Competitive Foods
   1. Competitive foods – which include all foods and beverages sold outside the school meal programs, on the school campus in student accessible areas, and at any time during the school day – will follow, at a minimum, the nutrition standards specified by the Healthy, Hunger-Free Kids Act. These standards will apply to all food and beverages sold individually and outside of the reimbursable school meal, including vending machines, school stores and cafeteria a la carte lines.
   2. To promote healthy eating, parents will be encouraged to use smart snacks from the school cafeteria for celebrations and parties at school.
4. Foods and Beverages Sold or Served at Events Outside of the School Day
   1. All foods and beverages sold or served at school-sponsored events will be a single serving.
   2. At events where food and beverages are sold, 50% of items sold must meet the USDA Healthy, Hunger-Free Kids Act “Smart Snacks in Schools” Standards. [www.Fns.usda.gov/sites/default/files/allfoods\_flyer.pdf](http://www.fns.usda.gov/sites/default/files/allfoods_flyer.pdf)

**Part III: Implementation and Evaluation of the Wellness Policy**

1. The District will establish an implementation and evaluation plan for this policy in order to monitor its effectiveness and the possible need for modification over time. To this end, the District designates the following individuals to have operational responsibility for ensuring that the District meets the goals and mandates of this policy:

Director of Physical Education & Health, Director of Food Services, Principal and/or Superintendent

1. These designated staff members will also serve as liaisons with community agencies in providing outside resources to help in the development of nutritional education programs and promotion of physical activities.
2. The District will annually report on the progress each of its schools has made toward meeting the goals of this policy. Such report will include:
3. The website address for the wellness policy and/or information on how the public can access a copy;
4. A description of each school’s progress in meeting the wellness policy goals;
5. A summary of each school’s local school wellness events or activities;
6. Contact Information for the leader(s) of the Wellness Committee; and
7. Information on how individuals can get involved in the Wellness Committee’s work.
8. Such report will be provided to the Board of Education and also distributed to the Wellness Committee, parent-teacher organizations, building principals, and school health services personnel within the District. The Report will be available to community residents upon request.
9. Evaluation and feedback from interested parties, including an assessment of student, parent, teacher, and administration satisfaction with the wellness policy, are welcomed as an essential part of the District’s evaluation program.
10. Assessments of the District’s wellness policy and implementation efforts will be repeated on a triennial basis. The assessment will include compliance with the policy and progress made in attaining the goals of the wellness policy.

Child Nutrition and WIC Reauthorization Act of 2004

[Public Law Section 108-265 Section 204](http://frwebgate.access.gpo.gov/cgi-bin/useftp.cgi?IPaddress=162.140.64.21&filename=publ265.pdf&directory=/diskb/wais/data/108_cong_public_laws)

Richard B. Russell National School Lunch Act

[42 United States Code (USC) Section 1751 et seq](http://uscode.house.gov/uscode-cgi/fastweb.exe?getdoc+uscview+t41t42+2454+1++()%20%20AND%20((42)%20ADJ%20USC):CITE%20AND%20(USC%20w/10%20(1751)):CITE).

Child Nutrition Act of 1966

[42 United States Code (USC) Section 1771 et seq.](http://uscode.house.gov/uscode-cgi/fastweb.exe?getdoc+uscview+t41t42+2485+0++()%20%20AND%20((42)%20ADJ%20USC):CITE%20AND%20(USC%20w/10%20(1771)):CITE)

7 Code of Federal Regulations (CFR) Section 210.10

<http://www.access.gpo.gov/nara/cfr/waisidx_05/7cfr210_05.html> HYPERLINK "http://www.access.gpo.gov/nara/cfr/waisidx\_05/7cfr210\_05.html"