

SUBJECT: WELLNESS

Introduction

- a) Approximately 13% of school-aged children are obese, and 15% are overweight. (2001 Surgeon General's Report)
 - a) Between 56 – 85% of school age children consume soda everyday. (J Am Diet Assoc. 2003)
 - b) 51% of school-aged children consume less than one serving of fruits and vegetables a day. (J Am Diet Assoc. 2003)
 - c) 84% of school-age children consume too much fat. (J Am Diet Assoc. 2003)

It is our hope that we can help our children reach their full academic potential, to grow and to thrive, by providing access to healthful foods and opportunities to be physically active. Good health fosters students' attendance and better concentration. The normal school day is, for most children, nearly one-half of their non-sleep time. For some children it is even more. When we provide healthy food and physical activities for our students, we are reinforcing that we want healthy children so they can do well in school now and throughout their lives.

In order to provide the best opportunities for the LaFayette Central School District students, our wellness efforts include the coordination of the following:

- a) School Food Service
- b) Other food provided and available in the school
- c) Physical activity
- d) Nutrition education
- e) Health education
- f) School nurse
- g) Community involvement

Goal

It is our goal that the LaFayette School District will model healthful eating and provide opportunities for physical activity so that all students will have nutritious food in school, develop the habit of making nutritious food choices, and engage in regular physical activity now and for a lifetime. With this goal in mind we have set forth the following wellness policy.

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SUBJECT: WELLNESS POLICY (Cont'd.)**Nutrition Education**

a) Classroom teaching

1. Elementary Science Standards

"Describe the factors that help promote good health and growth in humans."

Major understandings: "Humans need a variety of healthy foods, exercise, and rest in order to grow and maintain good health."

This standard is addressed in grades K through 6 in the Health Education.

Topics include Kindergarten through Grade Four: Healthy choices related to exercise, sleep and nutrition.

2. Intermediate (Grade Five through Grade Eight) Home and Career Skills:

Nutrition Education will be consistent with the *New York State Standards for Health, Physical Education and Family and Consumer Sciences*, and taught at the Elementary, Intermediate and High School level as outlined in the Learning Standards.

Standard #1, related to nutrition education, states "Students will have the necessary knowledge and skills to establish and maintain physical fitness, participate in physical activity and maintain personal health".

The key idea is that "students will use an understanding of the elements of good nutrition to plan appropriate diets for themselves and others. They will know and use the appropriate tools and technologies for safe and healthy food preparation."

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Nutrition Education, which is a major focus of Intermediate Home and Careers, will help the students develop healthful eating habits by providing instruction in nutrition and modeling healthy eating. The students will have opportunities to prepare healthy food, and, as they eat the food they have cooked themselves, they will develop enthusiasm for eating healthy now, and in their future adult years. The three components of teaching this standard include:

(a) Nutrition knowledge

- 1) The food groups as described in the food guide pyramid.
- 2) Essential nutrients and the function of each.
- 3) Planning for meals and snacks that include a variety of food, and meet nutritional needs.
- 4) Safe food preparation, safe food handling and food storage.
- 5) Healthy weight management, body image topics, and diabetes will complement physical education by reinforcing the knowledge and self-management skills needed to maintain a physically-active lifestyle and to reduce time spent on sedentary activities.

(b) Assessing one's personal eating habits, include using the website, mypyramid.gov, to help meet individual needs for nutrition and physical activity, and setting goals for improvement and achieving the goals.

(c) Nutrition-related skills, include understanding and using food labels, critically evaluating nutrition information and food advertising, and basic food preparation skills.

3. Regents Biology

The students learn about the Human Body Systems which includes the functions of the digestive system and a discussion of current research about nutrition issues.

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

1. School Integration

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SUBJECT: WELLNESS POLICY (Cont'd.)

(a) Other subjects such as math, science, language arts, social studies and foreign languages, if applicable to their curriculum, will be encouraged to include content, writing, critical thinking or problem solving nutrition activities.

(b) Home Communication, Families will be encouraged as partners in providing healthy food for their children. Communication will include, sharing nutrition and physical activity tips on the school website and in the LaFayette green sheet. Also information will be sent home with the school lunch menu, with the free-reduced meal application, as enclosures with back to school mailings and report cards and as handouts at school information meetings. Guest speakers, who are nutrition professionals, could provide informational programs and orientation to the school wellness policy.

(c) Cultural food tasting can be offered though the school Cultural Heritage week, Harvest/Spring Planting dinners and guest speakers.

(d) Signage, posted on the school lunch lines and school vending machines, will promote healthy choices.

(e) School Wellness Club could be created to help students develop healthy eating and exercise habits. They could also advocate and publicize healthy eating and exercise practices within the school.

(f) School Staff members are encouraged to model healthy eating for the students.

(g) Food and Beverages Sold Individually, food sold outside of reimbursable school meals, such as through school vending machines that are available to students, and fundraisers, during the school day, or through programs for students after the school day (excludes the LaFayette Apple Festival and food brought from home in student's school lunch).

Will meet the following nutrition and portion size standard:

1) Beverages accessible to students

Allowed

- Water or seltzer water without added caloric sweeteners
- Fruit and vegetable juices and fruit-based drinks that contain at least fifty percent (50%) fruit juice and that do not contain additional caloric sweeteners

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- Unflavored or flavored low-fat or fat-free fluid milk
- Sports drinks, up to twenty (20) ounces, could be sold after the school lunch periods

Not allowed

- Soft drinks containing caloric sweeteners
- Iced teas
- Fruit based-drinks that contain less than fifty percent (50%) real fruit juice
- Beverages containing caffeine, (excluding low-fat or fat-free chocolate milk (which contain trivial amounts of caffeine))

2) Foods

A food item sold individually will meet the following requirements:

- "Will have no more than thirty five percent (35%) of its calories from fat (excluding nuts, seeds, peanut butter, and other nut butters) and ten percent (10%) of its calories from saturated and trans fat combined;
- Will not have high fructose corn syrup as the first listed ingredient and another form of sugar as the second listed ingredient;
- Will contain no more than 300 mg of sodium for chips, cereals, crackers, baked goods and other snack items.

A choice of at least two (2) fruits and/or non-fried vegetables will be offered for sale at any location on the school site where foods are sold. Such items could include, but are not limited to, fresh fruits and vegetables; one hundred percent (100%) fruit juices; cooked, dried or canned fruits (canned in fruit juice or light syrup); and cooked, dried or canned vegetables (that meet the above fat and sodium guidelines)".

3) Portion Sizes

Limit portion sizes of foods and beverages sold individually to those listed below or as updated per state and federal mandated requirements:

- "One and one-quarter (1 1/4) ounces for chips, crackers, popcorn, cereal, trail mix, nuts, seeds, dried fruit, or jerky
- One (1) ounce for cookies
- Two (2) ounces for cereal bars, granola bars, pastries, muffins, bagels, and other bakery items
- Four (4) fluid ounces for frozen desserts, including, but not limited to, low-fat or fat-free ice cream

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- Eight ounces for non-frozen yogurt
- Twelve (12) fluid ounces for beverages, excluding water
- The portion size of a la carte entrée and side dishes, including potatoes, will not be greater than the size of comparable portions offered as part of school meals. Fruit and non-fried vegetables are exempt from portion-size limits."

c) Fundraising Activities

To support children's health and school nutrition-education efforts, school fundraising activities will encourage food or will use only foods that meet the above nutrition and portion size standards for foods and beverages sold individually. Healthy food fund raisers such as fruit and citrus fruit sales are encouraged. Schools will encourage fundraising activities that Promote physical activity.

d) Teacher Training

1. All staff members will receive orientation to the schools nutrition policy and training in basic knowledge of nutrition. This could be presented on the first Superintendent's Conference Day as staff returns to school. Guest speakers, who are nutrition professionals, could provide the program.
2. Staff responsible for teaching the nutrition education program for the LaFayette Central School District will be professionally certified to teach Family and Consumer Science or Health. They will attend professional development conferences to become updated on new nutrition information and teaching strategies.

Physical Education

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 health education teacher and family consumer sciences teacher will complement physical education by reinforcing the knowledge and self-management skills needed to maintain a physically active lifestyle and to reduce the time spent on sedentary activities.

The wellness committee has determined that the following standards are necessary to achieve this goal:

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SUBJECT: WELLNESS POLICY (Cont'd.)

a) Physical education graduation requirements

Graduation Requirements: 16 quarters of successful completion/2 credits completed during grades 9 through 12.

1 quarter = 1/8 of a credit

1 year = 1/2 of a credit

2 years = 1 credit

4 years = 2 credits

b) Physical education class requirements

Students in grades K-12 will receive 120 minutes per week of physical education for the entire school year. All students will include those with disabilities, special health-care needs and students in an alternative setting. There will be no substituting the physical education requirement with an activity that includes physical activity such as interscholastic or intramural sports. Students will be engaged in moderate to vigorous activity fifty percent of their physical education class.

c) Staff training/certification for physical education

1. Physical education will be taught by a certified physical education teacher.

2. Members of the physical education staff will attend at least one physical education or sport specific conference per year to increase the knowledge of the latest trends in physical activities.

3. The physical education, coaching, and wellness center staff must update their CPR/AED training every year and their First Aid training every three (3) years.

d) Physical activity outside physical education classes

1. Classroom based physical activity

(a) Encourage elementary classroom teachers to create lessons which include physical activity to total at least one (1) thirty minute session per month.

(b) Encourage junior/senior high school classroom teachers to create lessons to include physical activity. Teachers are encouraged to create up to four (4) thirty minute sessions.

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(c) Opportunities will be available for teachers to receive trainings on classroom physical education activities.

2. Daily Recess/ Open Gym

(a) Elementary: 15 to 30 minutes every day of supervised recess, weather and scheduling permitting.

(b) Junior High: 15 minutes every other day of supervised open gym.

(c) Teachers and school staff will not use physical activity or withhold opportunities for physical activity as punishment.

3. Additional opportunities for physical activity

All elementary schools could offer extracurricular physical activity programs such as intramurals and/or fitness clubs. All junior and senior high schools will offer interscholastic athletics in accordance with Title IX. All students will be encouraged to join an athletic team that interests them and participate for the physical and social benefits of being a member of that team.

Other School-Based Activities

The district wishes to establish a school environment that presents consistent wellness message 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 (including after-school snacks), Summer Food Service Program, Fruit and Vegetable Snack Program, and the Child and Adult Care Food Program (including suppers)].

b) Access to school nutrition programs

1. Schools will encourage all students to participate in school meal programs and will protect the identity of students who eat free and reduced-priced meals.

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2. Free-Reduced Breakfast/Lunch Application Letter will be sent home to families and made available on the district website.

3. Meal options are offered that are culturally sensitive and address special dietary needs.

4. Schools in which more than 50% of students are eligible for free or reduced meals will sponsor the Summer Food Service for at least 4-6 weeks between the last day of the school year and the first day of the following school year.

c) Meal Environment

1. Meal timing and scheduling encourage participation in the school nutrition programs.

2. The physical environment is conducive to proper eating habits. The environment is pleasant and social and is enhanced and supervised by staff.

3. Staff is encouraged to eat with students.

4. Should schedule meal periods at appropriate times.

d) After-school programs for students

The after-school programs, such as the LaFayette After School Program (LASP) are made aware of nutrition related components and/or physical activity in line with our school-based philosophy.

e) Community Access to District facilities for physical activities

1. The staff will be encouraged to engage in three days of physical activity per week.

2. A school district wellness center is available for all students, age 14 and over with liability and medical release forms, staff and community members. It is located in the basement of the Junior/Senior High School. The wellness room consists of cardio and weight training equipment. The hours of operation shall be posted. There is a nominal fee for all staff and community members.

3. A facilities request form can be obtained from the main offices at the Onondaga Nation School, Grimshaw School, and the Junior/Senior High School. Any members of the community are able to request school facilities for physical activity including community council teams.

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f) Community involvement

1. The Wellness Center (located at the Junior/Senior High School) is open to the public.
2. The gymnasium (located at the Onondaga Nation School) is used by community organization during evening hours.
3. The cafeteria and gymnasium (located at the Grimshaw Elementary School) is used for various Community Council activities such as Aerobics.
4. Staff/Students athletic match-ups are planned at all buildings.
5. The Wellness Policy will be publicized on the District website. Community activities will be publicized by signage at the schools and newsletters.

g) Sustainable food practices

1. Standards for environmentally-friendly practices relating to food service will be sustained such as recycling, using fresh foods and environmentally-friendly soaps.
2. School practices will be encouraged such as sustaining a school garden, using locally grown and seasonal foods. The Onondaga Nation Community makes maple syrup annually.

Nutrition Guidelines

The Federal School Nutrition Standards will be implemented 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.

a) Nutritional Values of Foods and Beverages

1. Reimbursable school meals served at school will minimally meet the program requirements and nutrition stands of the National School Lunch Program.
http://www.access.gpo.gov/nara/cfr/waisidx_05/7cfr210_05.html
2. Food of minimal nutritional value on the school campus will be replaced with more nutritional options by adhering to the following standards for nutritional value of foods and beverages:

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- (a) Calories from total fat - Will have no more than thirty five percent (35%) of its calories from fat (excluding nuts, seeds and peanut butter)
- (b) Calories from saturated fat - Will have no more than ten percent (10%) of its calories from saturated and trans fat combined
- (c) Total sugar - Will have no more than thirty five percent (35%) of its weight from added sugars
- (d) Whole grain - at least fifty percent (50%) of breads and cereals will be whole grain
- (e) Portion size (current federal and state mandates or as updated)
 - 1) *1.25 ounces for chips, crackers, popcorn, cereal, trail mix, nuts, seeds, dried fruit or jerky
 - 2) *One ounce for cookies
 - 3) *Two ounces for cereal bars, granola bars, pastries, muffins, doughnuts, bagels and other bakery items
 - 4) *Four fluid ounces for frozen desserts, including, but not limited to, low-fat or fat free ice cream
 - 5) *Four to Eight ounces for non-frozen yogurt
 - 6) *Twelve fluid ounces for beverages, excluding water
 - 7) *The portion size of a la cart entrees and side dishes, including potatoes, will not be greater than the size of comparable portions offered as part of school meals. Fruits and non-fried vegetables are exempt from portion-size limits.
- f) Fruits and vegetables - a choice of at least two fruits and/or non-fried vegetables will be offered. Such items could include, but are not limited to, fresh fruits and vegetables; one hundred percent (100%) fruit or vegetable juice; cooked, dried or canned fruits (in light syrup); and cooked, dried or canned vegetables (that meet the above fat and sodium guidelines)
- (g) Beverages - only low-fat (1%) and fat-free milk will be served

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3. Nutrition information for products offered during lunch and after school will be readily available near the point of purchase.

b) A la carte, vending machines, student stores, snack bars, concession stands, parties, celebrations, food-related fundraising, and food rewards/punishments

1. Celebrations - Schools should limit celebrations that involve food during the school day (including but not limited to birthdays and holidays) to no more than two parties per class per month. The people providing the food are encouraged to include food and beverages that meet the nutrition standards for foods and beverages sold individually. Healthy party foods may include, fruit salads, vegetable trays, vegetarian pizza on whole grain English muffins, fruit spritzer with real fruit juice and soda water, reduced fat chocolate milk and fruit smoothies.

2. Snacks - Snacks served during the school day or in after-school care or enrichment programs will make a positive contribution to children's diets and health, with an emphasis on serving fruits and vegetables as the primary snacks and water as the primary beverage. Schools will assess if and when to offer snacks based on timing of school meals, children's nutritional needs, children's ages, and other considerations.

3. Rewards - Schools will use foods and beverages that meet the nutrition standards for foods and beverages sold individually, as rewards for academic performance or good behavior. Schools will not withhold food or beverages (including food served through school meals) as punishment.

4. School-Sponsored Events - Foods and beverages offered or sold at school-sponsored events outside the school day will be encouraged to meet the nutrition standards for meals or for foods and beverages sold individually.

c) Food or beverage contracts

1. Food or vending company contracts must promote healthy alternatives.

2. Eliminate soda; promote 100% fruit juices, milk and water.

3. Venders will be directed to the District Website for the Wellness Policy.

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SUBJECT: WELLNESS POLICY (Cont'd.)**d) Vending machines, snack shack, school stores, concession stands, and other food outlets**

1. Access to vending machines, snack bars, school stores, concession stands, and other food outlets on school property will be limited to after the school lunch is served.
2. Encourage all school sponsored events to offer healthy food and beverages that meet the nutrition recommendations.

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, physical education teacher, family consumer sciences teacher and/or health education teacher;
- 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 the 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.

Adoption Date: 3/29/2018