

6/9/2006

**SUBJECT: DISTRICT WELLNESS POLICY REGULATIONS**

### **Goals to Promote Student Wellness**

Taking into account the parameters of the School District (academic programs, annual budget, staffing issues, and available facilities) and the Glens Falls community (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 goals relating to nutrition education, physical activity and other school-based activities:

#### Nutrition Education

Glens Falls City Schools 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: Both health and physical education curricula will be aligned to the New York State Education Department Health and Physical Education Standards.
  - a. Health Curriculum
    - i. Major topics at the elementary level include Child Sexual Abuse Prevention, Nutrition, Dental and Body Health, Drug Abuse Prevention, Diseases and the Immune System, and Body Systems.
    - ii. Middle school major topics are Healthy Planning, Caring for Yourself, Growing and Changing (Adolescence), Body Systems, Communicable Diseases, Non-Communicable Diseases, Nutrition and Fitness, Current Health Issues, First Aid and Safety, Drugs and Alcohol, Healthy Planning, Human Sexuality, and Communication Skills.
    - iii. At the high school level, major topics are Human Growth and Development, Health and Wellness, Factors Affecting Health Status, Health Behaviors, The Brain, Self-Esteem, Building Supportive Relationships, Conflict, Stress Relaxation Techniques, Depression/Suicide, Digestive System, What's in My Food, Eating Disorders, Media Influences on Eating, Chronic Illnesses, How to Promote Healthy Development into Adulthood, Avoiding Risky Behaviors, Evaluate Personal Health and Well-being, Drugs, Alcohol, Tobacco, Human Sexuality, Emergencies, and Advocacy.
  - b. Physical Education
    - i. The K-12 Physical Education Curriculum is grounded in concepts and skills that teach character, sportsmanship, agility, body awareness, and competitive and non-competitive sports. Programs also develop awareness of the recreational opportunities of the region through varied activities such as

climbing walls, snowshoeing, and cross country skiing. All students are given Fitnessgram tests twice a year which measure student fitness, and all engage in Project Adventure activities. Students at the secondary level have a variety of unit options to choose from.

- b) Education, marketing and promotion links outside the classroom: Involving and educating community members in health and wellness events will be encouraged through Bi-annual Wellness Fairs; American Heath Association's Jump Rope for Heart; Hoops for Heart; nutrition links on school website; field trips to grocery stores; parent seminars; advocacy projects; celebration of National Nutrition Month (March); and other programs.
- c) Fundraising activities: Non-food related fund raisers should be encouraged by teachers and administrators in lieu of bake and candy sales. Fruit sales, t-shirt sales, and other fundraising activities that avoid the sale of unhealthy food products should be explored. Suggestions for fundraising will be designed by the Wellness Committee.
- d) Teacher training: In addition to the instruction and assessment training all staff receive in the District, efforts will be made to present training on health and wellness topics (healthy snacks; eating with moderation; food allergies; and physical activity requirements).

### Physical Activity

Glens Falls City Schools will work to 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:

- a) Physical education graduation requirements: Students will earn two credits as per Section 100 State Regulations.
- b) Physical education class requirements:
  - a. At the elementary level, students will participate in a minimum of 120 minutes as per State Regulations. Students attend 40 minute physical education classes twice every six days and have an average of 25 minutes daily for recess. To meet State Regulations, students must be active for at least 55 minutes each week in recess. Physical activity will vary, but a warm up period and an extended period of aerobic or anaerobic exercising will be encouraged. Efforts will be made to not remove recess time as student punishment.
  - b. Secondary students will receive 100 minutes of physical education classes by attending 40-41 minute classes every other day. Physical

- activity varies by unit, but where possible, all students will have a warm up period and an extended period of aerobic or anaerobic exercising each session.
- c. Special needs populations will be mainstreamed where appropriate. Training for physical education teachers on working with students with special needs will be encouraged. Students with injuries are urged to attend classes and do appropriate projects assigned by their teacher.
  - c) Staff training/certification for physical education: All staff are highly qualified and trained to use Project Adventure Curriculum, climbing walls, and Fitnessgram software. Staff will be encouraged to pursue training in adaptive physical education to work with special needs students.
  - d) Physical activity outside physical education classes:
    - a. Teachers will be encouraged to take students on field trips to Camp Chingacook, local bowling alleys, UpYonda Farm, Prospect Mountain, and other local and regional recreational destinations which engage students in physical activity. Teachers will be encouraged to design classroom activities and projects such as walking tours of the Glens Falls City area which address learning standards and have students physically active.
    - b. Outdoor recreation clubs (ski, snowshoe, hiking...) shall be offered to promote student activity.
    - c. Schools will work to provide opportunities for student activity before lunch (K-8).
    - d. The district recommends that students be physically active during recess.
    - e. Students and parents will be encouraged to walk or bike to school. At the middle and high school, innovative programs such as using pedometers to track mileage will be encouraged.
    - f. A diverse offering of intramurals and other after school sports fitness programs are recommended at all District schools.
    - g. The District will work to promote the availability of resources (weight room, pool, elliptical machines, other) to students and community members beyond the regular school day.

#### Other School-based Activities

Glens Falls City School District wishes to establish a school environment that presents consistent wellness messages and is conducive to healthy eating and physical activity for all. 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 the following standards are necessary to achieve this goal:

- a) Federal School Meal Programs:
  - a. 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. Alternative meal programs such as the Cornell Farm to School Program will also be explored as food sources.
- b) Access to school nutrition programs:
  - a. Glens Falls City Schools will ensure all eligible children can access Free and Reduced Lunch (FRL) meals in a non-stigmatizing manner by giving all students a pin number and pass. Schools shall work to send home a clear and simple description of our PIN system and emphasize to parents that all forms are confidential.
  - b. Attempts will be made to provide students meal choices that are culturally sensitive and which address special dietary needs including those of vegetarians. The Food Service Manager will seek to determine student food preferences and special dietary needs.
  - c. All schools will attempt to schedule meal times with student participation in mind. Ideally, lunch periods will be held between 11:00AM and 1:00PM, and will be 40 minutes in duration (that includes 20 minutes for recess in elementary buildings).
  - d. School cafeterias will be clean, bright, and conducive to proper eating habits. Student work and other aesthetically pleasing decorations will be hung on cafeteria walls where possible. To model good eating habits and behavior, and build rapport, staff shall be encouraged to eat with students.
  - e. After-school programs, where appropriate, will engage students in daily physical activities including yoga, snowshoeing, walking with pedometers, and skiing. Students will be provided with nutritious snacks and beverages where possible.
  - f. The Glens Falls City School District will work to offer community access to District facilities for physical activities. District staff will also look at offering continuing Ed classes that focus on health and wellness. Family Fun Nights, Walkathons, Contra dancing, and other community events featuring physical activity will be offered by the District where feasible. Partnerships with the Glens Falls YMCA will be maintained and nurtured to increase student and community participation.
  - g. Glens Falls City School District believes staff health and wellness is a good model for children to follow. Therefore, the District will encourage staff development in health and wellness related programs (Yoga, personal wellness classes, intramurals, personal nutrition planning, and other recreation and sports-related activities and programs). Discounts to local and regional recreation and sports facilities for staff will be explored.
  - h. Community involvement in wellness planning will be encouraged through community surveys and education programs including those delivered

through Blackboard. The Wellness Policy will be advertised through various media where appropriate (District newsletter, School websites, and bi-annual Health Fair). Members of the Wellness Committee will be encouraged to visit other school districts to learn what other schools do to promote health and wellness.

- i. With limited kitchen space, the District can not wash and rinse its own dinnerware. However, schools will work to teach students environmentally friendly practices in the classroom to reduce litter and waste. Where possible, the District will purchase seasonal foods grown locally and participate in the New York Harvest for New York Kids program each fall.

### Nutrition Guidelines

The District Wellness Committee will work to recommend nutrition standards for all foods available on school campus during the school day based upon the unique student body and community needs. The goal is to encourage healthy lifelong eating habits by providing foods high in nutrients, low in fat and added sugars, and of moderate portion size. To engage parents and students in food options, surveys and taste tests of new entrees will be used where possible to design appealing and healthful menus.

#### 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 (<http://www.fns.usda.gov/tn/Resources/NAP1.pdf>).
- b) Where possible, foods of minimal nutritional value on the District campus will be replaced with more nutritional options by adhering to the following standards for nutritional value of foods and beverages:
  - a. Fats, saturated fats, sodium, and sugar quantities will meet Federal standards.
  - b. Whole grains will be at least 50% of total bread equivalent
  - c. Portion size as per federal standards
  - d. Schools will offer at least two fruits and two non-fried vegetables choices at each meal, and five different fruits and five different vegetables each week.
  - e. Schools will serve only 1% or fat-free milk and nutritionally equivalent non-dairy alternatives as defined by USDA.
  - f. Nutrition information for products sold on campus will be readily available near the point of purchase.

Foods and beverages sold individually (foods sold outside of reimbursable school meals, such as vending machines, cafeteria a la carte (snack) lines, fundraisers, school stores....)

- a) **Elementary Schools.** The school food service program will approve and provide all food and beverage sales to students in elementary

schools. Given young children's limited nutrition skills, food in elementary schools should be sold as balanced meals. If available, foods and beverages sold individually should be limited to low-fat and non-fat milk, fruits, and non-fried vegetables.

- b) **Middle/Junior High and High Schools.** Where possible, in middle/junior high and high schools, all foods and beverages sold individually outside the reimbursable school meal programs (including those sold through a la carte [snack] lines, vending machines, student stores, or fundraising activities) during the school day, or through programs for students after the school day, will meet the following nutrition and portion size standards:

▪ **Beverages**

- Low fat milk and low fat (or no fat) flavored milk (not larger than 12oz)
- Juice with 50% or more fruit juice (no high fructose corn syrup and no more than 12 oz)
- Water or flavored water without added sugar, artificial sweeteners or caffeine (exceptions -example -after prom party)
- Sports drinks – no more than 25 grams of sugar
- No beverage over 12oz except water

○ **Foods**

- A food item sold individually will meet the following standards per serving as defined by Choose Sensibly guidelines:
  - fat – 7 grams or less
  - saturated fat – 2 grams or less
  - sodium – 360 milligrams or less
  - sugar – 15 grams or less

○ **Portion Sizes**

- Limit portion sizes of foods and beverages sold individually to those listed below:
- One and one-quarter ounces for chips, crackers, popcorn, cereal, trail mix, nuts, seeds, dried fruit, or jerky;
- One ounce for cookies;
- Two ounces for cereal bars, granola bars, pastries, muffins, doughnuts, bagels, and other bakery items;
- Four fluid ounces for frozen desserts, including, but not limited to, low-fat or fat-free ice cream;
- Eight ounces for non-frozen yogurt;
- Twelve fluid ounces for beverages, excluding water; and

- The portion size of a la carte 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.
- c) **Fundraising Activities.** To support children's health and school nutrition-education efforts, school fundraising activities, where possible, will not involve food or will use only foods that meet the above nutrition and portion size standards for foods and beverages sold individually. Schools will encourage fundraising activities that promote physical activity. The school district will work to make available a list of ideas for acceptable fundraising activities.
- d) **Snacks.** Where possible, 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. As necessary, 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. Where feasible, the district will disseminate a list of healthful snack items to teachers, after-school program personnel, and parents. Recommended snacks are trail mix, nuts, peanut butter and jelly sandwiches (such as uncrustables). Where possible, no items will be served with high fructose corn syrup listed in first three ingredients.
- e) **School-sponsored Events.** Foods and beverages sold at school-sponsored events will follow nutritional guidelines defined in policy.
- f) **Celebrations.** Schools are encouraged to limit celebrations that involve unhealthy foods to one party per month, and should include no more than one food or beverage that does not meet nutrition guidelines defined in policy. A list of healthful party ideas will be provided to parents and teachers.
- g) **Rewards.** Schools are encouraged not to use food or beverages as a reward or withhold food or beverages as a punishment.

#### Food or Beverage Contracts

- a) Where possible, the Glens Falls City School District will not pursue contracts with any vending or food company, and will determine what food and beverages can be sold.

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

- a) Access to vending machines, snack bars, school stores, concession stands, and other food outlets on school property will be open all hours and will follow the guidelines above for food and beverages.

### **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 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 and the health and/or physical education teacher; 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. When possible, 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. Where possible, the report shall also be available to community residents upon request.

These designated school officials where possible 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. Where appropriate, 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.



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Where possible, 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 attempt to share information about the nutritional content of meals with parents and students; such information may be made available on menus, a web site, 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 Section 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  
[http://www.access.gpo.gov/nara/cfr/waisdix\\_05/7cfr210\\_05.html](http://www.access.gpo.gov/nara/cfr/waisdix_05/7cfr210_05.html)

