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***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) Students;
- c) The District's food service program;
- d) The School Board;
- e) School administrators; and
- f) 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.

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:

- a) Classroom teaching:

The district will provide instruction in the following areas:

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Health: nutrition, the new Food Pyramid, Calorie Counting, portion sizes, and BMI (body mass index) according to the New York State Standards

Physical Education: physical fitness (testing) in grades 3-12, weightlifting in grades 7-12, and cardiovascular activities and fitness in grades K-12 according to the New York State Standards

Wilderness Studies and Living Environment: Students will attain competency in a variety of physical activities and outdoor activities. Students will design personal fitness programs to improve cardio-respiratory endurance, flexibility, muscular strength, endurance, and body composition. (P.E. Standard I – Personal Health and Fitness)

Elementary Classes: The Elementary School will continue to provide information on healthy lifestyles through theme-based activities which support the following NYS Standards:

Standard I Health: Personal Health and Fitness: Students will have the necessary knowledge and skills to establish and maintain physical fitness, participate in physical activity, and maintain personal health.

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.

Students:

- ❖ Know how basic body systems work and interrelate in normal patterns of growth and development
- ❖ Possess basic knowledge and skills which support positive health choices and behaviors
- ❖ Understand how behaviors such as food selection, exercise, and rest affect growth and development
- ❖ Recognize influences which affect health choices and behaviors
- ❖ Know about some diseases and disorders and how they are prevented and treated
- ❖ Practice and support others in making healthy choices
- ❖ Integrate knowledge of basic body systems with an understanding of the changes that accompany puberty

This is evident, for example, when students:

- Describe the basic structure and functions of human body systems
- Identify the harmful effects of alcohol, tobacco, and other drugs
- Explain how eating nutritionally balanced meals and snacks promotes health
- Describe the physical, social, and emotional indicators of healthy people
- Demonstrate the use of interpersonal communication skills to enhance health
- Identify responsible health behaviors and demonstrate strategies to improve or maintain personal health
- Demonstrate health practices such as washing hands, covering one's mouth when

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- Coughing or sneezing, and brushing and flossing teeth
 - Identify common health problems and indicate how they can be prevented, detected, treated
 - Set a personal health goal and track progress toward its achievement
 - Describe bodily changes that occur during adolescence
- b) Education, marketing and promotion links outside the classroom:
- ❖ Partnership with the St. Lawrence County Health Initiative, Inc. to provide the following:
 - \$6,000. in Project Adventure P.E. curriculum
 - Software and equipment for fitness assessments
 - Training for P.E. teachers and other interested personnel
 - Technical assistance for P.E. teachers
 - Open House at SUNY Potsdam for school personnel and families
 - Health Quest days at SUNY Potsdam
 - Community Day for School Staff & Students consisting of body mass indexing and blood testing
- c) Fundraising activities:
- The district will attempt to include health food fund-raising activities throughout the school year and will seek to reduce the number of exclusively food-related fund-raisers each year.
- d) Teacher training:
- The district will support on-going professional development regarding the teaching of nutrition, physical fitness, and wellness, and provide turn-key training in these areas.

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:

- a) Physical education graduation requirements:
- 2 credits for graduation; .5 credit per year
- b) Physical education class requirements:

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On a 6-day cycle, K-6 students receive 120 minutes per cycle (3 times per cycle at 40 minute intervals); students in grades 7-8 receive 180 minutes per cycle (3 times per cycle at 60 minute intervals), one semester per year; grades 9-12, 210 minutes per cycle (3 times at 72 minute intervals), one semester per year

Adapted physical education is a specially designed program of developmental activities, games, sports, and rhythms suited to the interests, capacities, and limitations of students with disabilities who may not safely or successfully engage in unrestricted participation in the activities of the regular physical education program.

Parishville-Hopkinton Central School contracts with St. Lawrence-Lewis BOCES to provide this related service to Parishville-Hopkinton students attending Special Education Programs and disabled students in District-operated programs. Frequency, location, group size, and duration of services are based on IEP recommendations.

c) Staff training/certification for physical education:

The district will seek highly qualified staff, with New York State certification. Coaching positions will follow Section X and New York State Public High School Athletic Association certification guidelines as monitored by the Athletic Director.

d) Physical activity outside physical education classes:

Wilderness Studies: Specific activities related to New York State Standard I for P.E./Health, to include one day cross-country skiing trip, a 2-3 day snowshoe excursion, a one day ice fishing trip, and a 2-3 day bicycle tour. For Standard III, students will complete two outdoor excursions using equipment lists and staying within a budget.

Elementary Recess: The district will attempt to provide 15 minutes per day, 75 minutes per week, of recess for grades K-4. Grades 5 and 6 will receive a maximum of 30 minutes per day, 150 minutes per week.

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:

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,

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Child and Adult Care Food Program (including suppers)].

The district will continue to use the Nutri-Kids software for menu planning, inventory, and nutritional modification for ingredients and recipes, while continuing to research new software to update meal programs as well as utilize free and reduced lunch applications in a non-stigmatizing manner.

b) Access to school nutrition programs:

Children from households that meet federal income guidelines are eligible for free meals or reduced price meals. Reduced price meals cost each eligible student \$.25 for lunch and \$.25 for breakfast. To apply for free or reduced price meals, parents must submit a Direct Certification letter from the NYS Office of Temporary and Disability Assistance or complete a Family Application for Free and Reduced Price School Meals/ Milk, sign it, and return it to the High School Secretary as soon as possible. Parents should refer to the guidelines when completing applications.

c) After-school programs for students:

- Intramural Soccer for students in Grades 4-6
- Gymnastics for students in Grades 4-12

d) Community access to District facilities for physical activities:

The District promotes community access to District facilities for physical activities as demonstrated by its' yearly approval for community members to use the gymnasium for adult basketball and adult volleyball. In addition, community members are invited to use the building to continue their walking programs during the colder months.

e) Community involvement:

The PHCS District will publicize our Wellness Policy through the district web-site, August newsletter, and local newspaper articles.

f) Sustainable food practices:

The PHCS District will encourage the use of locally grown and seasonal foods by following State Education Department guidelines after March, 2006.

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.

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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.access.gpo.gov/nara/cfr/waisidx_05/7cfr210_05.html
- b) 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:
 - 1) Calories from total fat - 30% or less
 - 2) Calories from saturated fat - 10% or less
 - 3) Portion size - caloric standard of 866 minimum daily calories
 - 4) Fruits and vegetables - a choice of at least three fruits and non-fried vegetables will be offered for sale at any location where foods are sold on campus. Such items could include, but are not limited to: apples, oranges, canned fruit, beans, broccoli, corn, canned vegetables, tossed salad
 - 5) Beverages – By the 2009-2010 school year, the district will offer the following beverages at the appropriate grade levels:
 - a) Elementary: only water, 8-ounce servings of “nutrient rich” juices (such as orange juice) with no added sweeteners, and nonfat and low-fat regular and flavored milks will be sold
 - b) High School: at least half the available beverages in high schools will be water, no-calorie, or low-calorie selections. There is no serving-size limitation on those beverages. Servings of up to 12 ounces of milk, nutrient rich juice, light juices, and sports drinks will also be available
 - c) Middle School: the elementary school standard will apply, with portion sizes increased to 10 ounces

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

PHCS will attempt to encourage fund-raisers that promote the sale of nutritious foods and limit the number of food-related fund-raisers as outlined under Nutrition Education, section c) on page two of this policy.

The PHCS District will not allow food punishments under any circumstances.

Food or beverage contracts

The Parishville-Hopkinton Central School District will fulfill its current contract obligations with Coca-Cola through May, 2009.

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

Access to soda vending machines will be limited to after the normal school day; i.e. 2:30 P.M.

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, as those regulations and guidance apply to schools.

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 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. 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. The report shall also be available to community residents upon request.

These 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,

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and administration satisfaction with the wellness policy, is essential to the District's evaluation program. Further, 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.

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 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/waisidx_05/7cfr210_05.html

Adopted: 11/20/06