

**Chenango Forks Central School**  
**Health and Wellness Policy**  
**#5405**

The Chenango Forks Central School District is committed to providing a school environment that promotes and protects children's health, well-being, and the ability to learn by supporting healthy eating and physical activity.

The District has established a District Health Advisory Council 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 Health Advisory Council includes, but is not limited to, representatives from each of the following groups:

- a) Two High School Students
- b) The District's Food Service Manager
- c) School Administrators
- d) Six Teachers and/or Staff
- e) School Resource Office
- f) One School Nurse
- g) BOCES Community Health Educator
- h) Broome County Health Department Representative

The District's Health Advisory Council will assess current activities, programs and policies available in the District; identify specific areas of need within the District; and provide mechanisms for implementation, evaluation, revision and updating the policy.

**Goals to Promote Student Wellness**

- All students in the school district are encouraged to possess the knowledge and skills necessary to make nutritious food selections and enjoyable physical activity choices for a lifetime.
- All staff in the district is encouraged to model healthy eating habits and participation in physical activity as valuable part of daily life.

The Board of Education has adopted this school wellness policy to meet the following District goals relating to nutrition education, physical activity and other school-based activities.

**Health and Nutrition Education**

The District believes that nutrition promotion and education is a key component in introducing and reinforcing healthy behaviors in students. Nutrition promotion and education that teaches the knowledge, skills, and values needed to adopt healthy eating behaviors shall be integrated into the curriculum.

Nutrition promotion and education information shall be offered throughout the school campus including, but not limited to, school dining areas and classrooms. Staff members who provide nutrition promotion and education shall be appropriately certified and trained. The district's broader Health Education program shall incorporate the appropriate New York State Learning Standards. The District will also provide nutrition education to facilitate the voluntary adoption of healthy eating habits and other nutrition-related behaviors conducive to health and well-being by:

- a) Including nutrition education as part of not only health education classes, but also classroom instruction in subjects such as math, science, language arts, social sciences and elective subjects.
- b) Include enjoyable, developmentally appropriate, culturally relevant, participatory activities, such as contests, promotions, taste testing, farm visits, and school gardens.
- c) Provide positive, motivating messages (i.e. posters, announcements, etc.) about healthy lifestyle practices throughout the school setting.
- d) Promote healthful eating habits and healthy lifestyle at school events and in school publications, including the district website.
- e) Promote fresh fruits and vegetables, whole grain products, low fat dairy products, safe and healthy food preparation methods, and health enhancing nutrition practices and engage in developmentally-appropriate, participatory activities such as taste tests, farm visits and supports local foods.

### **Physical Activity**

The District will provide opportunities for every student to participate in physical education and to be involved in physical activity to develop 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 district's Physical Education program shall adhere to the curricular requirements of the Commissioner of Education and the New York State Learning Standards.

- a) Meet physical education graduation requirements and class components listed in the board-approved P.E. Plan, including:
  - i. Time per week for physical education instruction for elementary, middle and high school students.
  - ii. Certified physical education instructors.
  - iii. Examples of written curriculum components in physical education.
- b) Meet New York State Dept. of Education physical education requirements in grades K-12; see <http://www.emsc.nysed.gov/ciai/pe/peqa>.
- c) Establish timeline for completion and submission of the P.E. Plan to the New York State Dept. of Education.
- d) Provide a K-12 Aquatics Program.
- e) Physical activity outside physical education classes:
  - i. Supervised recess for elementary students
  - ii. Provide brief (5 to 8 minute) bouts of physical activity before, during or after sedentary classroom periods when appropriate.
  - iii. Provide students in middle school opportunities to participate in intramural activities.

- iv. Provide students (6-12) with a remedial period as available in the building schedule.

### **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 the District decision-making related to nutrition and physical activity encompasses all aspects of the school, the district will ensure the following standards are met 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). The District will meet, at a minimum, all federal and state laws and regulations governing school meals, foods sold in competition with school meals, and requirements for school nutrition and wellness policies per the most current Child Nutrition Reauthorization.

- b) Access to school nutrition programs:

- i. The District will provide information about and encourage students, staff and families to participate in all available federal school meal programs.
- ii. The District will utilize methods to maximize participation in the school meal program.
- iii. Students, families and staff will have an opportunity to provide input through the District Health Advisory Council.

- c) Meal environment:

- i. Students will be provided adequate time (minimum of 20 minutes) to eat lunch.
- ii. The District will schedule meal periods at appropriate times (lunch will be scheduled between 11 a.m. and 1 p.m.).
- iii. The District will provide a clean and safe cafeteria environment.

- d) Community access to District facilities for physical activities:

School grounds and facilities can be available to students, staff, community members and community organizations and agencies offering physical activity. School policies concerning safety will apply at all times.

The school district highly values the health and well-being of every staff member and will plan and implement activities and policies that support personal efforts by staff to maintain healthy lifestyles.

- e) Community involvement:

The Wellness Policy will be publicized on the school website and in at least one print publication annually, and will be made available at school community events such as Open House.

- f) Sustainable food practices:

The school district will provide, to the extent practicable, opportunities to ensure sustainable food practices which may include recycling, purchasing of locally grown and seasonal foods.

## **NUTRITIONAL GUIDELINES**

Every effort will be made to see that all foods and beverages sold, offered or served before, during or after the school day, will meet the nutritional content and portion standards listed in the Wellness Policy, with the goal of encouraging healthy lifelong eating habits.

### **Nutritional Values of Foods and Beverages**

a) Reimbursable school meals served at school will minimally meet the program requirements and nutrition standards per the most current Child Nutrition and WIC Reauthorization Act and associated implementation timeline. This includes milk offered to be fat-free or low-fat plain or flavored milk.

b) Every effort will be made to see that all foods sold or offered individually and outside of the reimbursable school meal, vending machines, school stores, cafeteria a la carter lines, will meet the standards for nutrient content and portion size. These standards will be altered as necessary to meet or exceed regulations included in the most Child Nutrition and WIC Reauthorization Act and associated implementation timeline.

### **Foods and Beverages offered to K-12 students during the school day are limited to:**

Fruits, vegetables, whole grains, combination products, non-fat and low-fat dairy per portion as packaged with:

- 200 calories or less;
- No more than 35% of total calories from fat;
- Less than 10% of total calories from saturated fats;
- Trans fat-free (<0.5g per serving);
- 35% or less of calories from total sugars (except yogurt with no more than 30g total sugars);
- Sodium content of 200 mg or less.

A la carte entrée items with:

- No more than 35% of total calories from fat;
- Less than 10% of total calories from saturated fats;
- Trans fat-free (< 0.5g per serving);
- 35% or less of calories from total sugars (except yogurt with no more than 30g total sugars);
- Sodium content of 480 mg or less;
- 200 Calorie content does not apply, but do not exceed calorie content of comparable NSLP entrée items.

Beverages as described below:

- Water without flavoring, additives or carbonation (except seltzer water) – any size.
- Low-fat (1%) and non-fat (Skim) milk – maximum 8oz. serving
- Flavored Milk with no more than 22g of total sugars per 8oz. serving.
- Elementary/middle school – 100% fruit and vegetable juice – 4oz. portion as packaged.
- High school – 100% fruit juice – 4oz. portion as packaged.
- Combination products must contain a total of one or more servings as packaged of fruit, vegetables, or whole grain products per portion.
- Nuts and Seeds – allowed as combination products as long as other nutrient standards are met; the fat content will not count against the total fat content of the product.

**Foods and Beverages offered to high school students, after school only, should be limited to:**

Any foods or beverages offered during the school day.

Snacks that are < 200 calories per portion as packaged, and

- Less than 10% of total calories from saturated fats;
- Trans fat-free (< 0.5g per serving)
- Sodium content of 250mg or less.

Sugar-free, caffeine-free beverages with

- Nonnutritive sweeteners;
- < 5 calories per portion as packaged.

c) The school district will encourage classroom celebrations that include food that meet the standards listed above.

d) State drinking water availability regulations will be followed for students and staff.

**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. Guidance for all food sold and served during the school day shall not be less restrictive than federal standards issued pursuant to the most current Child Nutrition and WIC Reauthorization Act, as those regulations and guidance apply to schools.

**Implementation**

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 member within the District to facilitate the District Health Advisory Council ensuring that the District enforced the goals and mandates of the local wellness policy.

**Monitoring and Review**

This designated staff member shall report annually to the Superintendent on the District's compliance with the wellness policy. The Superintendent designee shall prepare a summary report on the District-wide compliance with the wellness policy based on the input from schools within the District. The report will be provided to the School Board and also distributed to the District Health Advisory Council, parent-teacher organizations, Building Principal, and school health services personnel within the District. The report shall also be available to community residents upon request via the District website.

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. 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 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 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 meeting or exceeding the standards and regulations described above. The school will encourage students' active, age appropriate participation in decisions regarding healthy lifestyles and choices. Positive reinforcement such as letters of recognition and acknowledgement 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 as information may be made available on menus, a website, or such other "point-of-purchase" materials.

Healthy Hunger Free Kids Act, Child Nutrition and WIC Reauthorization Act of 2010, Public Law 111-296

Child Nutrition and WIC Reauthorization Act of 2004, Public Law 108-265 Section 204

Richard R. Russell National School Lunch Act, 42 United States Code {USC} Section 1751 et seq.

Child Nutrition Act of 1996, 42 United State Code {USC} Section 1771 et seq.

7 Code of Federal Regulations {CFR} Section 210.10

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