

Non-Instructional/

Business Operations

POLICY

SUBJECT: DISTRICT WELLNESS POLICY

The Sherman Central School District promotes healthy schools, by supporting wellness, good nutrition, and regular physical activity as part of the total learning environment. The District supports a healthy environment where children learn and participate in positive dietary and lifestyle practices. The school contributes to the basic health status of children by facilitating learning through the support and promotion of good nutrition and physical activity. Improved health optimizes student performance potential and encourages continuation of healthy behaviors into adulthood.

The District has established and maintains a Wellness Team with the purposes of:

- * Assessing the strengths and weaknesses of the school's health promotion policies and programs
- * Involving teachers, parents, students and the community in improving school policies, programs and services relative to improving student and staff health
- * Developing guidance to explicate this policy
- * Monitoring the implementation of this policy
- * Evaluating policy progress
- * Serving as a resource to school (e.g. providing lists of healthy incentives, snacks, birthdays, etc.) and
- * Revising policy as necessary

The District-wide Wellness Team will meet a minimum of two times annually and includes, but is not limited to, representatives from each of the following groups:

- * Food Service Director/Manager
- * Local Health professional representative
- * School Nurse
- * Parent representative
- * A student representative from each level (Elementary, Middle, High)
- * Staff member representative from each level (Elementary, Middle, High)
- * A school board member
- * District Administrative Representative
- * Physical Education, Health Teacher representatives
- * Building and Grounds representative
- * Local community member representative

Responsibilities of the Wellness Team may include, but not be limited to making recommendations regarding the following:

- * Implementation of district nutrition and physical activity standards
- * Integration of nutrition and physical activity in the overall curriculum

- * Assurance that staff professional development includes nutrition and physical activity issues
- * Assurance that students receive nutrition education and engage in vigorous physical activity
- * Pursuance of contracts with outside vendors that encourage healthful eating
- * Consistent healthful choices among all school venues that involve the sale of food
- * Implementation of other health related policies and standards

The Superintendent will designate a District Wellness Coordinator to convene the District Wellness Committee in order to facilitate the development of, and any proposed updates to, the District's wellness policy, and will also ensure the District's compliance with this policy.

Goals to Promote Student Wellness

The Wellness Committee recommends the following District goals, which were developed in consideration of the Sherman Central School District, its academic programs, annual budget, staffing size and available facilities. Also included in this process was consideration of the community in which the District is located; its general economy, population, socioeconomic status, social and religious influences, geography and legal, political and social institutions. The District goals recommended are in relation to:

- Nutrition Education and Wellness Promotion
- Nutrition Standards for School Meal Programs
- Nutrition Standards for Competitive Sales
- Physical Education & Activity
- Policy Evaluation

Section 1: Nutrition Education and Wellness Promotion:

The District will provide nutrition education and promote wellness to facilitate healthy eating habits and other nutrition-related behaviors conducive to health and well-being by establishing the following standards for:

A) Nutrition curriculum

A nutrition education component will be integrated within the comprehensive health education curriculum and other instructional areas, as appropriate, and taught at every grade level, K through 12. Implementation of the Michigan Model curriculum in grades K-6, mandated health classes in grades 8 and 9, and mandated participation in physical education will meet this criteria. This effort enables students to gain the knowledge and skills necessary to make healthy food choices for a lifetime.

1. Nutrition knowledge, including, but not limited to: the benefits of healthy eating, essential nutrients, nutritional deficiencies, principles of healthy weight management, the use and misuse of dietary supplements, and safe food storage, handling, and preparation.
2. Nutrition-related skills, including, but not limited to: planning healthy meals, understanding and using food labels, critically evaluating nutrition information, misinformation, and commercial food advertising; assessing

personal eating habits and setting and achieving goals related to these concepts.

B) Student Nutrition Education

The Sherman Central School District has a comprehensive curriculum approach, based on CDC standards, for nutrition in grades pre-K through 12. All pre-K-12 instructional staff will be encouraged to integrate nutritional themes from the NYS Department of Education curriculum guidelines into daily lessons when appropriate. The health benefits of good nutrition should be emphasized. These nutritional themes may be included but are not limited to:

Knowledge of Choose My Plate	Healthy Heart Choices
Sources and variety of foods	Dietary Guidelines of Americans
Diet and Disease	Understanding Calories
Healthy Snacks	Healthy Meals
Healthy Diet	Food Labels
Major Nutrients	Multicultural influences
Serving Sizes	Proper Food Safety/Sanitation
Identify and limit food of low nutrient density	

The district nutrition policy reinforces nutrition education to help students practice these themes in a supportive school environment. This environment will include labels along the cafeteria line and vending machines to help students make healthy choices. The labels will contain nutritional information such as fat content, sodium content and calories, which will be displayed with pictures as well as text to ensure access to the information. Additional information will include a link to physical activity, such as how much more healthy food can be consumed instead of a particular unhealthy choice.

C) Parent Nutrition Education

Nutrition education will be provided to parents beginning at the elementary level. The goal will be to continue to educate parents throughout middle and high school levels. Nutrition education may be provided in the form of handouts, postings on the district website, articles and information provided in district or school newsletters, presentations that focus on nutritional value and healthy lifestyles, and through any other appropriate means available for reaching parents.

D) Staff Nutrition and Physical Activity Education

With the purposes of:

- Encouraging all school staff to improve their own personal health and wellness
- Improving staff morale
- Creating positive role models
- Building commitment of staff to promote the health of students
- Building the commitment of staff to help improve the school nutrition and physical activity environment

1. Opportunities for Staff

Nutrition and physical activity education opportunities will be provided to all school staff. These educational opportunities may include, but not limited to, the distribution of educational and informational materials and the arrangement of presentations and

workshops that focus on nutritional value and healthy lifestyles, health assessments, fitness activities, and other appropriate nutrition and physical activity- related topics.

2. Linked with the School Food Environment

The entire school environment, not just the classroom, shall be aligned with healthy school goals. This will positively influence students' understanding, beliefs, and habits as they relate to good nutrition and regular physical activity. The District will promote healthy food and beverage choices for all students and encourage participation in school meal programs. This will occur by using Smarter Lunchroom techniques which guide students toward healthful choices and ensuring that 100% of foods and beverages promoted to students meet the Smart Snacks in School nutrition standards, which can be found on the United States Department of Agriculture's (USDA) official website.

3. Skill Based

Nutrition education teaches specific skills and activities that are behavior focused which include media awareness, menu planning, critical thinking skills and reading Nutrition Facts food labels.

4. Encourage Staff to Be Role Models for Healthy Behavior

Staff will be encouraged to model healthy eating, drinking, and physical activity as a valuable part of daily life.

5. Coordinated School Health Program Model

The district is working toward the use of the Center of Disease Control and Prevention's (CDC) coordinated school health program model. The CDC's "School Health Index" tool will be used every three years for regular program assessment.

6. Families and Community Information Sharing and Input

Nutrition education will be provided to parents and the community in the form of:

- handouts
- school website
- newsletter articles and information
- presentations that focus on nutrition and healthy lifestyles
- social media
- any other appropriate means available to reach parents

7. Marketing to Promote Healthy Choices

It is recommended that organizations operating concessions at school functions label/mark healthy food items available so students know which are healthy items and these items will be comparably priced. The District will promote nutrition education activities that involve parents, students, and the community.

Marketing and advertising of foods and beverages on school campuses during the school day will be consistent with nutrition education and health promotion. As such, schools will restrict food and beverage marketing to the promotion of those foods and beverages that meet the nutrition standards set forth by the Healthy, Hunger-Free Kids Act's "Smart Snacks in Schools" Rule and that are consistent

with this policy.

8. Restricting Marketing of Unhealthy Choices

Display and advertising of foods with minimal nutritional value is strongly discouraged on school grounds.

The District is cognizant of the fact that certain scoreboards, signs, and other durable equipment it employs may market foods and beverages in a way that is inconsistent with the aims of this policy. While the immediate replacement of this equipment is not required, the District will replace or update this equipment over time to ensure the message it delivers to students regarding nutrition, health, and well-being is consistent. As the District reviews existing contracts, or considers new contracts, resulting decisions should reflect the marketing guidelines established by this policy.

9. Advisory Committees to Address Health and Wellness Beyond Policy

The school district will create, strengthen, or work within existing district-wide and building wellness teams to develop, monitor, review, and revise nutrition and physical activity policies. The teams will serve as resources to school sites for implementing these policies.

School personnel are strongly discouraged from using food as a reward or withholding food as punishment under any circumstance; teachers and other appropriate school staff will be provided with a list of alternative ways to reward students.

Section 2: Standards for USDA Child Nutrition Programs and School Meals

In an effort to encourage healthy life-long eating habits by providing foods that are high in nutrients, low in saturated fat and added sugars, have zero grams' trans-fat per serving, and are of moderate portion size, the District Wellness Committee recommends nutrition standards to be set for all foods and beverages available on school campus.

The full meal school breakfast and lunch programs will continue to follow the USDA Requirements for Federal School Meals Programs. The School Food Service Program provider will follow the District's Nutrition Standards when determining the items in a la carte and 'competitive food' sales.

The Food Service Director will work closely with the Wellness Team and will report back to the Wellness Team information from trainings and professional development on an annual basis.

Schools meals will, at a minimum, meet the program requirements and nutrition standards of these programs. The District is committed to ensuring that meals through the SBP and NSLP are accessible to all students, are served in sanitary settings, are appealing to children, and meet or exceed those nutrition requirements established by local, state, and federal law and regulation. The USDA nutrition standards are available at:

<http://www.fns.usda.gov/school-meals/nutrition-standards-school-meals> .

A) Access to and promotion of the School Breakfast Program (USDA)

All schools will offer breakfast through the USDA Breakfast Program to students.

B) Nutrition Standards for School Meals

All school meals meet the USDA (National School Lunch Program/School Breakfast Program) minimum standards:

- 4 fruits and/or non-fried vegetables per day;
- Only 1% and fat-free milk served;
- All grains must be 51% whole grain;
- Eliminates trans fats, using low fat versions of foods or low fat cooking methods

C) Strategies to Increase Participation in School Meal Programs

School meals shall be made attractive to students by appealing to their taste preferences and promoted via Food Service menu, monthly promotions, and district calendar.

D) Adequate Time to Eat

All school lunches require meal periods to include at least 20 minutes for lunch, and at least 10 minutes for breakfast.

E) Nutrition Training For Food Service Director

Ensure that professional development in the area of food and nutrition is provided for Food Service Managers and Staff.

F) School Meal Environment

Appropriate supervision by cafeteria monitors shall be provided in the cafeteria and rules for safe behavior shall be consistently enforced. Students shall be provided a pleasant environment with adequate space/seating to eat their school meal. Convenient access to hand washing or hand sanitizing facilities before meals should be available.

G) Availability of Nutrition Information of School Meals

The District will share and publicize information about the nutritional content with students and parents via student serving lines, monthly menu, and district website when available and is available upon request.

Section 3: Nutrition Standards for Competitive and Other Foods and Beverages

The District Wellness Committee supports nutrition standards of all foods sold or provided on school campus outside USDA School Meals (competitive foods) during the school day. 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) Nutrition Standards

Food of minimal nutritional value on the school campus will be replaced with more

nutritional options by adhering to the following USDA standards for nutritional value of foods as stated in the Healthy, Hunger-Free Kids Act of 2010, “Smart Snacks in School” rule.

<i>“Smart Snacks in School” Rule</i> <i>* effective July 1, 2014</i>	
Any Foods Sold in School Must Meet At Least One of the Following:	The Food Must Also Meet ALL of the Following Standards:
❖ Be Whole Grain Rich (At least 50% whole grain by weight or grain as the 1st ingredient)	❖ Calories: Snack items must be no more than 200 calories; entrée items no more than 350 calories
❖ First ingredient must be a fruit , vegetable, dairy product, or protein food	❖ Fat: Total fat no more than 35%, Saturated Fat no more than 10% of total calories, Trans Fat: 0 grams (artificial)
❖ Be a combination food that contains at least . cup of fruit or vegetable	❖ Sodium: Snack Items: must be no more than 230 mg per portion
❖ Contain 10% of the Daily Value of a nutrient cited as a public health concern in the 2010 Dietary Guidelines for Americans: Calcium, Potassium, Vitamin D or Dietary Fiber	❖ Sugar: must be no more than 35% of weight from total sugars in foods.
<p>** If the product is served on the school breakfast or lunch menu, the competitive food can be served the same day or day after in is menued and be in compliance regardless of nutrition content.</p> <p>**<i>Foods can be analyzed using the “Smart Snacks in Schools” calculator found at: https://schools.healthiergeneration.org/focus_areas/snacks_and_beverages/smart_snacks/alliance_product_calculator/</i></p>	

B) Vending Machines/School Store/Food Service a La Carte

All items sold through vending machines, school store and Food Service a La Carte must meet the District’s Nutritional Standards as defined above.

C) Foods and Beverages Served to Students During the School Day

The District will encourage staff and parents to provide students with healthy options at any event where foods and beverages are served to students (i.e., classroom and school-wide celebrations and rewards).

D) Whole Foods (whole grains, unprocessed foods, or fresh produce) as Sold/Served Outside of USDA Meals

At least half of the grains served will be whole grains and the consumption of unprocessed foods and fresh produce are encouraged. Schools are encouraged to source

fresh fruits and vegetables from local farmers where practical.

E) Food Not Being Used As a Reward

It is recommended that food and beverages used as part of student rewards should meet or exceed District Nutritional Standards, and withholding required physical activities should not be used as a form of punishment. The Wellness Team will develop a list of suggested healthy foods, drinks, activities, and alternative ways that can be used to reward students. The Wellness Team provide said list to parents, guardians, and faculty.

F) Serving Size Limits for Beverages Sold/Served Outside Of School Meals

The following USDA standards for nutritional value of beverages as stated in the Healthy, Hunger-Free Kids Act of 2010, “Smart Snacks in School” rule.

Elementary School	Middle School	High School
Plain water or plain carbonated water (no size limit)	Plain water or plain carbonated water (no size limit)	Plain water or plain carbonated water (no size limit)
Low-fat milk, unflavored no more than 8 fl. oz.	Low-fat milk, unflavored no more than 12 fl. oz.	Low-fat milk, unflavored no more than 12 fl. oz.
Nonfat milk, flavored or unflavored no more than 8 fl. oz., including nutritionally equivalent milk alternatives as permitted by the school meal requirement	Nonfat milk, flavored or unflavored no more than 12 fl. oz., including nutritionally equivalent milk alternatives as permitted by the school meal requirement	Nonfat milk, flavored or unflavored no more than 12 fl. oz., including nutritionally equivalent milk alternatives as permitted by the school meal requirement
100% fruit/vegetable juice no more than 8 fl. oz.	100% fruit/vegetable juice no more than 12 fl. oz.	100% fruit/vegetable juice no more than 12 fl. oz.
100% fruit/vegetable juice diluted with water (with or without carbonation), and no added sweetener no more than 8 fl. oz.	100% fruit/vegetable juice diluted with water (with or without carbonation), and no added sweetener no more than 12 fl. oz.	100% fruit/vegetable juice diluted with water (with or without carbonation), and no added sweetener no more than 12 fl. oz.
		Other flavored and/or carbonated beverages no more than 20 fl. oz., that are labeled to contain no more than 5 calories per 8 fl. oz.,

G) Access to Free Drinking Water

Free water is always available. Students and staff will have access to free, safe, and fresh drinking water throughout the school day.

H) Food Sold for Fundraising At All Times

1. All foods and beverages sold as or during a fundraiser during the school day will meet, or exceed, the nutritional requirements listed in the USDA Healthy, Hunger Free Kids Act "Smart Snacks in Schools" Rule.
2. School-sponsored fundraising projects are encouraged to follow the District Nutrition Standards even if sold outside of the school day.
3. Fundraising projects for sale and consumption within and prior to the instructional day will follow the District's Nutritional Standards when determining the items being sold.
4. All school-sponsored fundraisers must be approved by the appropriate building principal prior to being conducted.

Section 4: Physical Education and 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. This is in effort to comply with the recommended 60 minutes of physical activity per day. Before, during, and/or after school opportunities will be provided daily.

The District will ensure that the following standards are met to achieve its goals relative to physical education and physical activity:

A) The District will have a Board-approved Physical Education Plan on file with the New York State Education Department that meets or exceeds the requirements set forth in Section 135.4 of the Commissioner's regulations.

B) The District recognizes the importance of physical education classes in providing students with meaningful opportunities for physical exercise and development. Consequently, the District will ensure:

1. Required Written Physical Education Curriculum for Each Grade Level

The district has a written physical education curriculum for grades K-12 addressing the NYS Physical Education standards which is included in the www.NYLeans.org website.

An age-appropriate, sequential physical education curriculum consistent with national and state standards for physical education is implemented, with a focus on students' development of motor skills, movement forms, and health-related fitness.

2. Required Time per Week of Physical Education for Elementary School Students

Schools will use NYS mandate, 120 minutes per week or more, when planning Physical Education classes to the extent possible.

3. Required Time per Week of Physical Education for Middle/High School Students

Schools will use NYS mandate of no less than 3 times per week, when planning Physical Education classes to the extent possible. Students are afforded the opportunity to participate in moderate to vigorous activity for at least 50% of physical education class time

4. Teacher-Student Ratio for Physical Education

The student to teacher ratio for Physical Education is equivalent to other disciplines at all levels.

5. Adequate Equipment and Facilities for Physical Education

The Physical Education program shall be provided adequate space and equipment and conform to all applicable safety standards. A physical and social environment is provided that encourages safe and enjoyable activity for all students.

6. Qualifications for Physical Education Instructors

Physical Education will be taught by a certified instructor, which follows NASPE and NYS Standards.

As per New York State regulations all teachers of Health, Physical Education and Family and Consumer Sciences will be certified in appropriate areas. Teachers of Health, Physical Education and Family and Consumer Sciences will continue to develop professional expertise by attending classes and professional development opportunities annually.

As recommended by the National Association of Sport and Physical Education (NASPE), school leaders of physical activity and physical education shall guide students through a process that will enable them to achieve and maintain a high level of personal fitness through the following:

- a. Expose students to a wide variety of physical activities
- b. Teacher physical skills to help maintain a lifetime of health and fitness
- c. Encourage self-monitoring so students can see how active they are and set their own goals
- d. Individualize intensity of activities
- e. Focus feedback on process of doing your best rather than on product
- f. Be active role models

7. District Provides Physical Education Training For Physical Education Teachers

8. Interscholastic sports, intramural sports, and recess do not serve as substitutes for a quality physical education program.

9. Adapted Physical Education

Activities or equipment are adapted to meet the needs of students who are temporarily or permanently unable to participate in the regular program of physical education. In doing so, the District will abide by specific provisions in 504 Plans and/or individualized education programs (IEP). To that end, the Committee on Special Education (CSE) will ensure that a certified physical education teacher participates in the development of a student's IEP, if the student may be eligible for adapted physical education.

10. Use of Fitness Testing in Physical Education

Introduce developmentally appropriate components of a health-related fitness assessment (e.g. Fitness Gram, Physical Best or President's Council) to the students at an early age to prepare them for future assessments.

11. Physical Education Waiver Requirements

Physical Education in alternative education programs, may utilize some non-traditional curricula, which must be approved by the Supervisor of Physical Education.

Beginning at grade 7 and through High School, administer a health-related fitness assessment with students. Students shall receive and use this as a baseline in understanding their own level of fitness. Physical Education teachers will evaluate fitness outcomes and provide opportunities for improving student fitness.

12. Regular Physical Activity Breaks

Classrooms shall incorporate, where possible, appropriate, short breaks that include physical movement in addition to Physical Education and recess. All classroom teachers, and particularly those engaged in the instruction of K through 5 students, are strongly encouraged to incorporate into the school day short breaks for students that include physical activity, especially after long periods of inactivity. Teachers are encouraged to incorporate kinesthetic learning approaches into core learning subjects when possible so as to limit sedentary behavior during the school day. Additionally, all elementary students will be offered one daily period of recess for a minimum of 20 minutes. This requirement will not apply on days where students arrive late, leave early, or are otherwise on campus for less than a full day. Outdoor recess will be offered when weather permits. In the event that indoor recess is necessary, it will be offered in a place that accommodates moderate to vigorous physical activity.

13. Structured Physical Activity Before or After School

Physical activity classes, clubs, intramurals or interscholastic activities may be an option for all students, including wellness nights, sports nights, evening programs, etc.

14. Community Use of School Facilities For Physical Activity Outside Of The School Day

The district should allow community-based organizations to use facilities outside school hours.

15. Restricting Physical Activity as Punishment

Students may not be pulled out of physical education for any other content area instruction or punishment or should not be denied participation in recess or other physical activity opportunities as a form of discipline or punishment. Physical activity during the school day, including, but not limited to, recess or classroom activity breaks, will not be withheld for disciplinary action unless the student is a danger to him or herself or others. Classroom teachers will be provided with a list of ideas for alternative ways to discipline students. Recess, physical education, or other physical activity time will not be cancelled for instructional make up time.

16. Daily “Free Time”/ Recess in Elementary School

Supervised recess time is recommended for all students within each school day at all elementary schools.

Section 5: Policy Evaluation

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.

A) Policy Implementation

Yearly, the Superintendent shall designate one or more staff members within each school as appropriate to serve on the School Health Advisory Council and have operational responsibility for educating students, parents, teachers and staff as well as ensuring that the District meets the goals and mandates of its local wellness policy. Designated Council members may include, but are not limited to, the following personnel:

- Administrators;
- School health personnel including the school Nurse and the Health and/or Physical Education teacher; and
- School Food Service Director.
- Student Representative(s)

B) Policy Evaluation

The Advisory Council shall meet at least annually to review nutrition and physical activity policies, evidence on student health impact, and effective programs and program elements. The outcomes will be measured using the CDC School Health

The District will annually report on the progress its school has made toward meeting the goals of this policy. This report will include:

- The website address for the wellness policy and/or information on how the public can access a copy;
- A description of the school's progress in meeting the wellness policy goals;

- A summary of the school's local school wellness events or activities;
 - Contact information for the leader(s) of the Wellness Committee; and
 - Information on how individuals can get involved in the Wellness Committee's work.
1. 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.
 2. The District will, as necessary, revise and update this wellness policy, but at least every three years following the annual assessment, and develop work plans to facilitate its implementation.

Adopted by: