



## Binghamton City School District Wellness Policy February 26, 2018

The Binghamton City School District is committed to creating a school culture that supports and reinforces the health and wellbeing of each student and member of its staff.

The District has established a wellness committee to develop this wellness policy, making such policy recommendations for review and adoption by the Board of Education. The Superintendent of Schools or designee will ensure that all schools are meeting the requirements of the established wellness policy. Many of the tasks will fall to the members of the District wellness committee that includes, but is not limited to, representatives from each of the following groups:

- Parents and/or members of the public;
- Students;
- Physical education staff, health education and/or family consumer science;
- District's food service program
- School Board;
- School administrators; building or program representatives
- Health, counseling and support services;
- Grounds and maintenance

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. The District Wellness Policy addresses:

- Goals for nutrition promotion and education, physical activity and other school-based activities that promote student wellness.
- Nutrition guidelines to promote student health and reduce childhood obesity for all foods available in each school district.
- Inclusion of parents, students, representatives of the school food authority, teachers of physical education, school health professionals, the school board, school administrators, and the general public to participate in the development, implementation and review and update of the local wellness policy.
- Plan to inform and update the public (including parents, students and others in the community) about the content and implementation of local wellness policies.
- Periodic evaluation and measurement of the extent to which schools are in compliance with the local wellness policy, the extent to which the local education agency's local wellness policy

compares to model local school wellness policies, and the progress made in attaining the goals of the local wellness policy, and make this assessment available to the public.

## **Section I Nutrition Education and Wellness Promotion**

- The nutrition education program shall work with the school meal program to develop school gardens and use the cafeteria as a learning lab.
- Nutrition education will incorporate behavior/skill based lessons helping children acquire skills for reading food labels and menu planning.
- Staff will be encouraged to model healthy eating and physical activity as a valuable part of daily life.
- Schools will link nutrition education activities with the coordinated school health program.
- Nutrition education will be provided to parents in the form of handouts, the school website, articles and information provided in district or school newsletters, presentations that focus on nutrition and healthy lifestyles and through any other appropriate means available to reach parents. The school will consider student needs in planning for a healthy school nutrition environment. Students will be asked for input and feedback through the use of student surveys and attention will be given to their comments. The food service director will be available to speak with parents during open house. Parents will be provided the opportunity to give feedback on wellness goals.
- Schools shall label/mark healthy food items available to students can identify the healthy items. The healthiest choices, such as salads and fruit, will be prominently displayed in the cafeterias to encourage students to make health choices. Healthy food options will be comparably priced.
- Display and advertising of foods with minimal nutritional value is strongly discouraged on school grounds.

## **Section II Standards for USDA Child Nutrition Programs and School Meals**

- The district shall operate under USDA regulations for school programs (e.g., School Breakfast Program, National School lunch Program, Special Milk Program and Summer Food Service Program). The district will make every effort to offer school breakfast.
- School meals are required to meet specific standards (e.g., four fruits and/or non-fried vegetables per day; only 1% and fat-free white milk served; at least half of grains are whole grain; eliminates trans fats; using low fat versions of foods or low-fat cooking methods).
- Students will have the opportunity to provide input on local, cultural, and ethnic favorites. Shall provide periodic food promotions to encourage taste testing of healthy new foods being introduced on the menu.
- Morning bus routes will be scheduled to allow students to arrive at school in time to eat breakfast.
- Policy requires meal periods to include at least 20 minutes for lunch and, if time for breakfast is mentioned, at least 10 minutes for breakfast (after obtaining food).
- District shall ensure that professional development in the area of food and nutrition is provided for food service managers and staff.
- Appropriate supervision shall be provided in the cafeteria and rules for safe behavior shall be consistently enforced. Students shall be provided a pleasant environment in which to eat lunch.

- Food Service will share and publicize information about the nutritional content of meals with students and parents.

### **Section III Nutrition Standards for Competitive and Other Foods and Beverages**

- A process will be established for monitoring and recording compliance of all foods sold to students on school grounds during school day.
- Competitive foods (food sold to students on school campus during school day, school stores, a la cart, fundraising, etc.).

***To be allowable, a competitive FOOD item sold on campus during the school day must:***

- (1) Meet all of the competitive food nutrient standards; (see list below).
- (2) Be a grain product that contains 50% or more whole grains by weight or have whole grains as the first ingredient\* (\*if water is the first ingredient, the second ingredient must be one of items 2, 3 or 4 below); or
- (3) Have as the first ingredient\* one of the non-grain main food groups: fruits, vegetables, dairy or protein foods (meat, beans, poultry, seafood, eggs, nuts, seeds, etc.); or
- (4) Be a combination food that contains at least ¼ cup fruit and/or vegetable
- **Fat content** of foods and sold/served outside of USDA meals on campus during the school day. ≤35% calories from total fat as served, < 10% calories from saturated fat as served, zero grams of trans fat as served (≤ 0.5 g per portion).
- **Sugar content** of foods and sold/served outside USDA meals on campus during the school day. ≤35% of weight from total sugar as served.
- **Sodium content** of foods sold/served outside of USDA meals on campus during the school day. Snack items and side dishes sold a la carte must be: ≤200 mg sodium per item as served, including any added accompaniments. Entrée items sold a la carte: ≤480 mg sodium per item as served, including any added accompaniments.
- **Calorie content** per serving size of foods sold/served outside of USDA meals on campus during the school day. Snack items and side dishes sold a la carte: ≤200 calories per item as served, including any added accompaniments. Entrée items sold a la carte: ≤350 calories per item as served including any added accompaniments.
- The Wellness Committee will provide a specific and restricted list of food items allowed to be served/distributed/available at class parties or at all times or at all times (e.g., limiting to fruits and whole grains) as well as a prohibit specified foods (e.g., baked goods, sweetened beverages, and candy) from being served/attributed/available at class parties/celebrations or at all time.
- Food rewards or incentives shall not be used in classrooms to encourage student achievement or desirable behavior.
- Students and staff will have access to free, safe and fresh drinking water throughout the school day.
- **Elementary and Middle School:** Foods and beverages must be caffeine-free, except for trace amounts of naturally-occurring caffeine substances.
- **High School:** No caffeine restrictions.

- Sugar content, fat content, and serving size of beverages sold/served outside of USDA meals on campus during the school day: Regular soda (sugar sweetened) is prohibited except for use by the school nurse.
  - **Allowable for Elementary** ( $\leq 8$  fl. oz. limit)/**Middle School** ( $\leq 12$  fl. oz. limit)
    - Plain water or plain carbonated water (no size limit)
    - Low fat milk, unflavored
    - Nonfat milk, flavored or unflavored, including nutritionally equivalent milk alternatives as permitted by the Food/Nutrient Standard Exemptions to the standard school meal requirements.
    - 100% fruit/vegetable juice
    - 100% fruit/vegetable juice diluted with water (with or without carbonation), and no added sweeteners.
  - **Allowable for High School**
    - Same as middle school above and;
    - Other flavored and/or carbonated beverages ( $\leq 20$  fl. oz.) that are labeled to contain  $\leq 5$  calories per 8 fl. oz., or  $\leq 10$  calories per 20 fl. oz.
    - Other flavored and/or carbonated beverages ( $\leq 12$  fl. oz.) that are labeled to contain  $\leq 40$  calories per 8 fl. oz. or  $\leq 60$  calories per 12 fl. oz.

#### **Section IV Physical Education and Physical Activity**

- The Physical Education Committee will submit for approval a K-12 comprehensive curriculum/program to NYSED.
- All students in grades K-12 will be scheduled for physical education instruction in accordance with state law regulations law and follow NASPE recommendations.
- Grades K-3 will receive a minimum of 120 minutes per week, 5 days per week of physical education as per NY STATE Commissioner of Education Regulation 135.1.
- Grades 4-6 will receive a minimum of 120 minutes per week a minimum of every other day.
- Grades 7-12 will receive physical education a minimum of every other day (or its academic schedule equivalent) for the length of an average class period.
- Physical education classes will have the same student/teacher ratios used in other classes.
- The physical education program shall be provided adequate space and equipment and confirm to all applicable safety standards.
- Physical education will be taught by a certified physical education instructor; adaptive physical education programs will be taught by certified instructors.
- Physical education staff will receive professional development on a yearly basis.
- Regular physical activity throughout the day is encouraged and training for teachers on activities that incorporate physical activity throughout the day will be provided annually. Classroom shall incorporate, where possible and appropriate, short breaks that include physical movement. District will seek to provide training opportunities and resources to teachers to support this effort.
- Staff members shall not deny participation in recess or other physical activity opportunities as a form of discipline or punishment unless the safety of students is in question.

- Supervised and active recess time should be provided to all students within each school day at all elementary schools. District will seek to provide training opportunities and resources to staff to support this effort.
- The district is encouraged to promote the use of school facilities outside of school hours for physical activity programs offered by community-based organizations and for use by staff for their wellness efforts.

## **Section V Other School-Based Wellness Activities**

The district will seek out funding and evidence based programs supporting wellness initiatives that implement goals set forth in this policy. (Game On, Kids and Cops, etc.). The District will implement other appropriate programs that help create a school environment that conveys consistent wellness messages and is conducive to healthy eating and physical activity. Such activities may include, but are not limited to, health forums or fairs, health newsletters, parent outreach, employee health and wellness activities, limiting the use of food as a reward, reviewing food marketing and advertising in school, hosting or promoting community-wide events, and offering wellness-related courses in the district's adult education program.

## **Section VI Administration and Reporting**

- Plan for policy implementation:
  - Where the policy applies.
  - What changes need to be made?
  - Dates and deadlines for when changes will take place.
  - Potential barriers to implementation.
  - Who is responsible for completing the tasks?
  - How changes will be communicated and evaluated.
- Plan for policy evaluation:
  - Monitor and Review: Committee will facilitate efforts to measure the implementation and effectiveness of this policy by conducting a variety of surveys, data collections, etc., which might include several of the following:
    - Periodic informal surveys of building principals, classroom staff, and school health personnel to see the progress of wellness activities and their effects.
    - Periodic checks of the nutritional content of food offered in the cafeterias for meals and ala carte items, and sales or consumption figures for such foods.
    - Periodic checks of the nutritional content of food available in vending machines, and sales or consumption figures for such foods.
    - Periodic checks of the amount of time students spend in physical education classes, and the nature of those activities.
    - Periodic checks of extracurricular activities of a physical nature, in the number of offerings and rates of participation by students.
    - Periodic checks of student mastery of the nutrition education curriculum.
    - Periodic review of data currently collected by the district, including:

- Attendance data, particularly absences due to illness;
- Physical education scores on flexibility, endurance and strength (i.e., fitness test results);
- Student BMI (Body Mass Index) statistics, as collected in accordance with the State Department of Health efforts;
- Revenues generated from vending machines and a la carte food items.
- Periodic surveys of student/parent opinions of cafeteria offerings and wellness efforts.
- Periodic review of professional staff development offered which focuses on student wellness.
- Recordkeeping: the records required to be retained would include:
  - The written local school wellness policy;
  - Documentation demonstrating compliance with community involvement requirements;
  - Documentation of the triennial assessment of the local school wellness policy;
  - Annual local school wellness policy progress reports for each school under its jurisdiction;
  - Documentation to demonstrate compliance with the public notification requirements (consistent with the section on information the public).
- Plan for Reporting
  - Annual Reports: The local school wellness policy annual progress report must include, at a minimum:
    - The website address (i.e., URL or uniform resource locator) for the local school wellness policy and/or how the public can receive/access a copy of the local school wellness policy, which can be found at the following link [Binghamton CSD Local Wellness Policy](#);
    - A description of each school's progress in meeting the local school wellness goals;
    - A summary of each school's events or activities related to local school wellness policy implementation;
    - The name, position title, and contact information of the designated local agency official(s) or school official(s) leading/coordinating the school wellness policy team/health advisory council;
    - Information on how individuals and the public can get involved with the school wellness policy team.
  - Triennial Reviews: LEAs to periodically measure and make available to the public an assessment on the implementation of the local school wellness policy, including:
    - An indication of the extent to which schools under the jurisdiction of the LEA are in compliance with the local school wellness policy;
    - An indication of the extent to which the local school wellness policy compares to model local school wellness policies;
    - A description of the progress made in attaining the goals of the local school wellness policy.
    - Periodic completion of relevant portions of the CDC School Health Index.
- Plan for policy revision: The Wellness Committee will have responsibility for periodically reviewing the wellness policy for updates based upon mandates or changes In Federal,

State, County or District directives or based on recommendations from policy implementation evaluation.

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References:

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 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.