

POLICY

It is the policy of the Newark Valley Central School District Board of Education, pursuant to the National School Lunch Act and the Child Nutrition Act of 1966, and in accordance with the Child Nutrition and WIC Reauthorization Act of Nutrition of 2004 (Public Law 108 265),

- a.) Nutrition education shall be integrated into the district health curriculum at all academic levels consistent with the State's health education standards. The curriculum shall include the following goals:
 - 1.) Increase students' nutritional knowledge, including but not limited to, the benefits of healthy eating, essential nutrition, weigh management, and safe food preparation, handling and storage.
 - 2.) Increase students' understanding of food labels, nutritional information, planning healthy meals, and misinformation as well as commercial food advertising.
- b.) The benefits of physical activity shall be integrated into the district physical education curriculum and health curriculum at all levels and implemented within the school on a regular basis to meet the following goals:
 - 1.) Time in the elementary school day for supervised recess. Teachers and other personnel will be encouraged not to withhold opportunities for physical activity (including recess).
 - 2.) Opportunities and encouragement for students to voluntarily participate in after school physical activity programs.
- c.) The district shall provide food to students in accordance with Federal and State nutritional guidelines and include:
 - 1.) A food service program that employs skilled and trained staff who serve appealing choices of nutritional foods.
 - 2.) Opportunities for staff to model healthy eating habits.
 - 3.) A clean, safe and enjoyable meal environment for students. Appropriate supervision and rules for safe behavior will be enforced.
 - 4.) No sharing of food during meals and snacks will allowed due to food allergies/restrictions.

- 5.) The school district will require that healthy alternatives will be in vending machines during the school day.
 - 6.) Beverages sold during the school day will not include carbonated beverages.
 - 7.) Students and staff will have access to free, safe, and fresh drinking water throughout the school day.
 - 8.) The district will make recommendations regarding special occasions celebrated in classrooms and provide a listing of preferred snacks and treats along with rationale.
 - 9.) The district will make efforts to ensure families are aware of need-based programs for free and reduced price meals and encourage eligible families to apply. District will utilize Community Eligibility/Direct Certification.
 - 10.) The district will encourage reward incentives be non-food items. If food items are used, healthy ones will be encouraged.
- d.) The school district guidelines for reimbursable school meals shall not be less than regulations and guidance issued by the Secretary of Agriculture pursuant to subsections (a) and (b) of Section 10 of the Child Nutrition Act (42 U.S.C. 1779) and Section 9 (f) (1) and 17 (a) of the Richard B. Russell National School Lunch Act (42 U.S.C. 1758 (f) (1) 1766 (a) (o), as applied to school.
- e.) A plan for measuring implementation of this policy shall be created and monitored by the Superintendent or designee and the Board further designates the responsibility of ensuring the school district meets the criteria of this policy to the Superintendent. The plan shall include the following:
- 1.) Methods of reporting on program implementation shall include a written annual review submitted to the superintendent, wellness committee and Board of Education.
 - 2.) Methods for collection and evaluation of results of this implementation program will include staff surveys to staff, students and the community.
 - 3.) Strategies for identifying weak areas of the program and improving those areas.
 - 4.) Means for ensuring various components of the program are integrated within the basic operation of the district and are designed to reinforce one another and present consistent messages for personal health and wellness.

- f.) The district will encourage the parent's efforts to provide a healthy diet and exercise for their children by sending home nutritional information, posting links on their websites and providing parents with a listing of healthy snack standards for healthy celebrations/parties.

The district highly values staff wellness and will create opportunities to promote activities to encourage healthy eating, physical activity, and other elements of a healthy lifestyle among school staff.