

# SUBJECT: DISTRICT WELLNESS POLICY ON PHYSICAL ACTIVITY AND NUTRITION

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The Susquehanna Valley Central School District (SVCS D) will establish a wellness committee to develop, implement, monitor, and review and as necessary, revise school nutrition and physical activity policies. The wellness committee will serve as a resource to school sites for implementation of wellness policies.

The Wellness Committee may include, but is not be limited to,

- Parent and or Members of the public
- Student(s)
- Physical education staff, Health Education and or Family Consumer Science
- District Food service representative
- School Board Member
- School Administration: building or program representation
- Health, Counseling and Support Services

Susquehanna Valley's Wellness Committee will assess current activities, programming, and policies available to the district, identify specific areas of need with in the district, and develop the policy and provide mechanisms for implementation, evaluation, revision and updating of the policy. The policy shall address:

- Goals for nutrition promotion and education, physical activity, and other school-based activities that promote student wellness.
- Development of nutritional guidelines for foods available in each school which promote student health and reduce childhood obesity.
- Including parents, students, food service, physical education teachers, school health professionals, school board members, school administrators, and the general public to participate in the development, implementation, and review of the district's wellness policy.
- Plans to inform and update the public (including parents, students, and others in the community) about the content and implementation of the wellness policy.
- Evaluation of the policy and making recommendations to the Board of Education for periodic updating of the policy.

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

- Nutrition topics shall be integrated with in the comprehensive health education curriculum and taught at every grade level (K-12).
- Nutrition education will incorporate behavior / skills based lessons to help 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 may be provided to parents in handouts, postings to the school website, articles, district/building newsletters, and other appropriate means.

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- The displaying and advertising of foods with minimal nutritional value will be discouraged.

## II. Standards for USDA Child Nutrition Programs and School Meals

- The district shall operate under USDA regulations for school food programs (e.g. School Breakfast Program, National School Lunch Program, Special Milk Program, and Summer Food Service Program). The district shall make every effort to offer school breakfast.
- School meals are required to meet specific standards (e.g. 4 fruits and / or non-fried vegetables per day, only 1 % and fat free milk served, all grains are whole grain, eliminating trans fats, using low fat version of foods, or low-fat cooking methods).
- Effort will be made for morning bus routes to accommodate student breakfast.
- An appropriate time will be designated for school lunch and breakfast.
- SVCSD 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.
- Food Service will share and publicize information about nutritional content of meals with students and parents.

## III. Nutrition standards for Competitive and Other Foods and Beverages

- Foods sold to students on school grounds during the school day may be monitored and recorded for compliance (The school day is defined as 7:40am - 3:20pm on days when school is in session).
- Competitive foods are foods sold to students on school campus during the school day through vending, school stores, a la cart, fundraising etc. **To be allowable, a competitive food item sold on campus during the school day must:**
  - Meet all of the competitive food nutrient standards: (see list below)
  - 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 the items 2, 3 or 4 below)
  - Have as the first ingredient one of the non-grain main food groups: fruits, vegetables, dairy or protein foods (meat, poultry, seafood, eggs, nuts, seeds, etc.)
  - Be a combination food that contains at least ¼ cup fruit and or vegetable
  - Contain 10% of the Daily Value (DV) of a nutrient of public health concern (i.e., calcium, Potassium, vitamin D, or dietary fiber). (Obsolete after 7/2016)
- **Fat Content** of foods 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).

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- **Sugar Content** of foods sold/served outside of USDA meals on campus during the school day:  $\leq 35\%$  of weight from total sugar as served.
- **Sodium Content** of foods sold/served outside of USDA meals on campus during the school day including snack items and side dishes sold a la carte:  $\leq 230$  mg sodium per item as served.
- **Calorie content** of foods sold/served outside of USDA meals on campus during the school day including snack items sold and side dishes sold a la carte:  $\leq 200$  calories per item as served, including any added accompaniments. Entrée items sold a la carte:  $\leq 350$  calories per item as served including any added accompaniments.
- **Caffeine** in beverages and foods sold/served outside of USDA meals on campus during the school day. *Elementary & 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 ; and
  - Other flavored and/or carbonated beverages (12 fl oz.) that are labeled to contain  $\leq 40$  calories per 8 fl oz. or  $\leq 60$  calories per 12 fl oz.
- Healthy classroom snacks will be encouraged (fruits, vegetables, granola bars, and whole grains). It is recommended that specific foods low in nutritional value (e.g. baked goods, sweetened beverages, and candy) be discouraged from classroom parties/celebrations.
  - The district supports making locally grown produce available to students for all school meals and food items sold outside of the reimbursable school meal program. Schools are encouraged to source fresh fruits and vegetables from local farmers where practical.
  - The use of food rewards as incentives in classrooms to encourage student achievement or desirable behavior shall be discouraged.
  - Students and staff will have free, safe, and fresh drinking water throughout the school day.

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## IV. Physical Education and Physical Activity

- The Physical Education Committee will submit, for approval, a K-12 comprehensive curriculum/program to NYSED every 3 years.
- All students in grades K-12 will be scheduled for physical education instruction in accordance with New York State regulations, 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 NYS Commissioner of Education Regulation 135.1.
- Grades 4-5 will receive a minimum of 120 minutes per week of physical education.
- Grades 6-12 will receive physical education every other day (or its academic schedule equivalent) for the length of an average class period.
- The physical education program shall be provided adequate space and equipment in order to conform to the NYS and NASPE standards.
- Physical education, including adaptive physical education, will be taught by a certified physical education teacher.
- The physical education staff will receive professional development annually.
- Regular physical activity throughout the day is encouraged. Classrooms shall incorporate, where possible and appropriate, short breaks that include physical movement. Susquehanna Valley will seek to provide resources for teachers to support this effort.
- Recess time will be provided, when appropriate, at the elementary levels.
- Intramurals may be offered before and after school as appropriate at the building levels.
- The district encourages the use of facilities, outside the normal school day, for programming that supports student and staff wellness efforts.

## V. Other School –Based Wellness Activities

The Susquehanna Valley Central School District will seek out funding and evidence based programs supporting wellness initiatives that implement goals set forth in this policy. The district supports a school environment that conveys consistent wellness messages conducive to healthy eating and physical activity. Such activities may include, but are not limited to; health forums or fairs, health newsletters, parent outreach programs, employee health and wellness activities, food marketing and advertising in school, and hosting or promoting community-wide events.

## VI. Administration and Reporting

- **Policy Implementation**
  - Application of the policy
  - Goals (Annual / 5 Year)
  - Action plan for implementation
  - Barriers to implementation
  - Responsibilities chart
  - Communication and evaluation structure

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- **Policy Evaluation**

- The Committee will facilitate efforts to measure the implementation and effectiveness of this policy by conducting a variety of surveys and data collection tools. Which might include several of the following:
  - Informal surveys of building principals, classroom staff, and school health personnel to evaluate the progress of wellness activities and their effectiveness.
  - Nutritional analysis of foods offered on the cafeteria for meals and a la carte items, and sales or consumption figures for such foods.
  - Nutritional analysis of foods available in vending machines, and sales or consumption figures for such foods.
  - Physical education data. Time spent and nature of the activities.
  - Extracurricular activities of a physical nature, and the number of offerings and rates of participation by students.
  - Student mastery of the nutrition education curriculum
  - Review of current data collected by the district, including:
    - Attendance data, particularly absences due to illness
    - Physical education scores on cardiovascular endurance, flexibility, muscular endurance and muscular strength (e.g. fitness test results)
    - Student BMI (body mass index) statistics, as collected in accordance with the State Department of Health
    - Revenues generated from vending machines and a la cart food items
  - Student/parent surveys of cafeteria offerings and wellness efforts.
  - Review of professional staff development offerings which focus on student/staff wellness.

- **Policy Recordkeeping** the records required include:

- The Susquehanna Valley Wellness Committee will maintain the records below:
  - The written local school wellness policy
  - Documentation demonstrating compliance with community involvement
  - 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 informing the public)

- **Communication and Reporting**

- The local school wellness policy annual progress report must include at a minimum:
  - The web site address (e.g. 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
  - A description of each school's progress in meeting the local school wellness goals

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- 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 on the school's wellness team
- **Triennial Reviews:**
    - The Susquehanna Valley Central School District will periodically measure and make available to the public an assessment on the implementation of the local school wellness policy including:
      - The extent to which schools are in compliance with the local school wellness policy
      - 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
- **Plan for Policy Revision;**
    - The Wellness Committee will have responsibility for periodically reviewing the wellness policy and updating the policy based on mandates or based on recommendations from policy assessment.

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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 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