

SUBJECT: WELLNESS POLICY**Wellness Policy**

The Trumansburg Central School District is committed to providing a school environment that promotes and protects students' health, well-being, and the ability to learn by supporting healthy eating and physical activity. The District shall strive to provide a comprehensive learning environment to affect students' understanding, beliefs and habits as they relate to good nutrition and regular physical activity.

Wellness Committee

The District has established a Wellness Committee to assist in the development, implementation, monitoring, and review of a District-wide Wellness Policy. The District's Wellness Committee includes, but is not limited to, representatives from each of the following groups:

- a) Parent from each building
- b) School nurse from each building
- c) Health educators from middle school and high school
- d) Physical education teachers from each building
- e) District food service manager
- f) Board of Education member
- g) Students

Taking into account the parameters of the District (academic programs, annual budget, staffing issues, and available facilities) as well as the community in which the District is located (the general economy; socioeconomic status; local tax bases; social cultural and religious influences; geography; and legal, political and social institutions) the Wellness Committee will recommend specific nutritional standards for all foods and beverages available on District grounds during the school day. The Wellness Committee will also make recommendations on nutrition education, physical activity, and other school-based activities that are designed to promote student wellness.

Goals to Promote Student Wellness**Food and Beverage Provided by the District**

The District's breakfast and lunch program will continue to meet or exceed the nutritional criteria established by local, state, and federal statutes and regulations.

(Continued)

SUBJECT: WELLNESS POLICY (Cont'd.)

The District's breakfast and lunch program will continue to meet or exceed the nutritional criteria established by local, state, and federal statutes and regulations.

In order to maximize the District's ability to provide nutritious meals and snacks, all schools shall participate in available federal school nutrition programs, including the National School Lunch and School Breakfast Programs, to the extent possible. The District will encourage those students who are eligible, to participate in the free and reduced-priced school meals program. Every effort will be made to eliminate any social stigma attached to, and prevent the overt identification of, students who are eligible free and reduced-price school meals.

Student nutrition services and all other District food and beverage venues will offer a variety of affordable, nutritious food and beverages that meet the health and nutrition needs of students. If a la carte foods are available, they will include a variety of choices of nutritious foods, such as fruit, vegetables, whole grain and low-fat or non-fat dairy.

Schools will make every effort to provide information about the nutritional content and ingredients of meals with parents and students.

Schools will provide clean and safe eating environments, as well as adequate time and space to eat breakfast and lunch. Drinking water and hand-washing facilities should be conveniently available at all times.

Other School-Based Activities

Schools will actively develop and support the engagement of students, families, and community partners in providing and participating in healthy school-based activities for students, including after-school activities.

To encourage consistent health messages between the home and school environment, the Superintendent or designee may disseminate health information to parents/guardians through District or school newsletters, handouts, parent/guardian meetings, the District Web site, and other communications.

Furthermore:

- a. The District will ensure that all vending sales meet state and federal regulations.
- b. Reimbursable school meals at school will minimally meet the program requirements and nutrition standards of the National School Lunch Program.
- c. Foods of minimal nutritional value on the school campus will follow the nutritional regulations set forth from the Health Hunger Free Kids Act of 2010. These regulations provide nutrition standards for all foods sold in school. (See website:<http://www.fns.usda.gov/school-meals/health-hunger-free-kids-act>)

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- d. In accordance with Federal Regulations and New York State Law, District schools shall not sell foods of minimal nutritional value from midnight before to thirty (30) minutes after the end of the official school day.
- e. The prohibited foods specifically include soda water, water ices (excluding ices containing fruit or fruit juice), chewing gum, hard candy, jellies and gums, marshmallow candies, candy bars, cupcakes, cookies, fondants (soft mints, candy corn), licorice, spun candy (cotton candy), and candy coated popcorn.
- f. The District discourages the marketing and advertising of non-nutritious foods and beverages through signage, vending machine fronts, logos, scoreboards, school supplies, advertisements in school publications, coupon or incentive programs, or other means.

Food and Beverage Provided through Student Stores, Snack Bars, Concession Stands, Parties, Celebrations, and Food-related Fundraising

Healthy snacks shall be promoted for all District sponsored school related activities including the cafeteria, school clubs/organizations, fundraisers, Parties and classroom celebrations.

Food Provided through Other School-Based Activities

Schools will actively develop and support the engagement of students, families, and community partners in providing and participating in healthy school-based activities for students, including after-school activities.

School staff shall encourage parents/guardians or other volunteers to consider nutritional quality when selecting any snacks which they may donate for school activities. Fundraising activities, class parties/celebrations shall involve non-food items to the extent possible. A list of healthy classroom snacks, party and fund-raising ideas will be disseminated to parents and teachers. Using food as a reward will be discouraged.

Schools will offer a range of activities that meet the needs, interests, and abilities of all students, including a diverse selection of competitive and noncompetitive, structured and non-structured activities.

Healthy Food Education

To encourage consistent health messages between the home and school environment, the Superintendent or designee may disseminate health information to parents/guardians through District or school newsletters, handouts, parent/guardian meetings, the District Web site, and other communications.

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Nutrition education will be integrated into curriculum areas such as Health, Home and Careers, and Foreign Language as much as academically possible. The curriculum will include the cultural aspects of foods, sociology of foods, proper serving sizes, snacking and food and the human body.

The District will provide appropriate professional development to support staff in teaching proper nutritional and physical fitness behavior to effectively deliver and appropriate nutrition education program as planned.

Physical Activity

All students in grades K through 12 will receive support, encouragement, and opportunities to be physically active on a regular basis. Physical activity supports physical growth, brain development, resistance to disease, emotional stability, and enhances a student's ability to learn.

Physical activity, in addition to formal physical education classes and recess, will be encouraged. Ideas for integrating physical activity throughout the day will be developed and disseminated to staff.

Schools will provide regular, age-appropriate, quality physical education, including instruction on year-round outdoor and indoor activities contributing to life-long habits of physical activity. Physical education offerings at all grade levels will be maintained or expanded.

Recess is a valuable part of elementary education. The amount of recess lost due to student discipline should be minimized. Recess will include many age-appropriate options for participating in active games and physical activities. Opportunities for all students to participate in extra-curricular and intramural sports and non-traditional physical activities will be maximized.

Implementation and Monitoring

The Superintendent or designee will ensure compliance with the established Wellness-Policy.

The District will ensure school and community awareness of this policy through various means such as publication in District newsletters and/or the District calendar. Further, professional development activities for staff and student awareness training will be provided, as appropriate, on the goals of the District's Wellness Program, including activities/programs for the development of healthy eating habits and the incorporation of physical activity as part of a comprehensive healthy lifestyle.

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 or more staff members within the District or at each school as appropriate to have operational responsibility for ensuring that the District meets the goals and mandates of its local Wellness Policy.

Evaluation and feedback from interested parties, including an assessment of student, parent, teacher, and administrative satisfaction with the Wellness Policy, is essential to the District's

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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 implementation of the Wellness Policy.

The Superintendent or designee shall prepare on an annual basis a summary report on District-wide compliance with the policy based on input from the schools and Wellness Committee. Such a report should review policy compliance, assess progress, and determine areas in need of improvement. That report will be presented to the Board of Education and made available to the community.

The District, individual schools, and wellness committee, will, as necessary, revise the Wellness Policy and develop work plans to facilitate its implementation.

Child Nutrition and WIC Reauthorization Act of 2004,
Public Law Section 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
In 2010, Congress passed the Healthy, Hunger-Free Kids
Act of 2010 (Sec. 204 of Public Law 111-296), and added
new provisions for local school wellness policies related to
implementation, evaluation, and publicly reporting on
progress of local school wellness policies.
On February 26, 2014, the proposed rule for wellness
policies was published in the Federal Register. The public
comment period closed on April 28, 2014.