

SUBJECT: DISTRICT WELLNESS POLICY**School Health Councils**

The Edwards-Knox School District (EK) will create, strengthen, or work within existing school health council to develop, implement, monitor, review, and, as necessary, revise school nutrition and physical activity policies. The council also will serve as resources to school sites for implementing those policies. (A school health council consists of a group of individuals representing the school and community, and should include parents, students, representatives of the school food authority, members of the School Board, school administrators, teachers, health professionals, and members of the public.)

Nutritional Quality of Foods and Beverages Sold and Served on CampusSchool Meals

Meals served through the National School Lunch and Breakfast Programs will:

- a) Be appealing and attractive to children;
- b) Be served in clean and pleasant settings;
- c) Meet, at a minimum, nutrition requirements established by local, state, and federal statutes and regulations;
- d) Offer a variety of fruits and vegetables;

Breakfast

To ensure that all children have breakfast, either at home or at school, in order to meet their nutritional needs and enhance their ability to learn:

- a) EK will, to the extent possible, operate the School Breakfast Program.
- b) EK will, to the extent possible, arrange bus schedules and utilize methods to serve school breakfasts that encourage participation, including serving breakfast in the classroom, "grab-and-go" breakfast, or breakfast during morning break or recess.
- c) EK will serve breakfast to students and will notify parents and students of the availability of the School Breakfast Program.
- d) EK will encourage parents to provide a healthy breakfast for their children through newsletter articles, take-home materials, or other means.

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SUBJECT: DISTRICT WELLNESS POLICY (Cont'd.)Free and Reduced-priced Meals

We will make every effort to eliminate any social stigma attached to, and prevent the overt identification of, students who are eligible for free and reduced-price school meals. Toward this end, schools may utilize electronic identification and payment systems; provide meals at no charge to all children, regardless of income; promote the availability of school meals to all students; and/or use nontraditional methods for serving school meals.

Summer Food Service Program

EK may sponsor the Summer Food Service Program for at least six weeks between the last day of the academic school year and the first day of the following school year, and preferably throughout the entire summer vacation since it meets the free or reduced New York State standard.

Meal Times and Scheduling

EK Central School:

- a) Will provide students with at least ten (10) minutes to eat after sitting down for breakfast and twenty (20) minutes after sitting down for lunch;
- b) Should schedule meal periods at appropriate times, e.g., lunch should be scheduled between 10:30 am and 1:30 pm;
- c) Should not schedule tutoring, club, or organizational meetings or activities during mealtimes, unless students may eat during such activities;
- d) Will provide students access to hand washing or hand sanitizing before they eat meals or snacks; and
- e) Should take reasonable steps to accommodate the tooth-brushing regimens of students with special oral health needs.

Qualifications of School Food Service Staff

Qualified professionals will administer the school meal programs. As part of the school district's responsibility to operate a food service program, we will provide continuing professional development for all nutrition professionals in schools. Staff development programs should include appropriate certification and/or training programs for child nutrition directors, school nutrition managers, and cafeteria workers, according to their levels of responsibility.

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SUBJECT: DISTRICT WELLNESS POLICY (Cont'd.)Sharing of Foods and Beverages

EK will discourage students from sharing their foods or beverages with one another during meal or snack times, given concerns about allergies and other restrictions on some children's diets.

Foods and Beverages Sold Individually (i.e., foods sold outside of reimbursable school meals, such as through vending machines, cafeteria a la carte [snack] lines, fundraisers, school stores, etc.)

Elementary Schools

EK will provide most of all food and beverage sales to students in elementary schools. Given young children's limited nutrition skills, food in elementary schools should be sold as balanced meals.

Middle/Junior High and High Schools

In middle/junior high and high schools, all foods and beverages sold individually outside the reimbursable school meal programs (including those sold through a la carte [snack] lines, vending machines, student stores, or fundraising activities) during the school day, or through programs for students after the school day, will meet the following nutrition and portion size standards:

a) Beverages

Allowed: water or seltzer water without added caloric sweeteners; fruit and vegetable juices and fruit-based drinks that contain at least 50% fruit juice, milk (flavored and regular) and that do not contain additional caloric sweeteners during regular hours; whereas soda and Gatorade can be sold after the end of the school day in the various vending machines.

b) Foods

1. A food item sold individually:

- (a) Will have no more than 35% of its calories from fat (excluding nuts, seeds, peanut butter, and other nut butters) and 10% of its calories from saturated and trans fat combined;
- (b) Will have no more than 35% of its weight from added sugars;

2. A choice of at least two (2) fruits and/or non-fried vegetables will be offered for sale at any location on the school site where foods are sold. Such items could include, but are not limited to, fresh fruits and vegetables; one hundred percent (100%) fruit or

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vegetable juice; fruit-based drinks that are at least fifty percent (50%) fruit juice and that do not contain additional caloric sweeteners; cooked, dried, or canned fruits (canned in fruit juice or light syrup); and cooked, dried, or canned vegetables (that meet the above fat and sodium guidelines).

c) Portion Sizes

1. Limit portion sizes of foods and beverages sold individually to those listed below:

- (a) One and one-quarter (1 1/4) ounces for chips, crackers, popcorn, cereal, trail mix, nuts, seeds, dried fruit, or jerky;
- (b) One (1) ounce for cookies;
- (c) Eight (8) ounces for non-frozen yogurt;

Fundraising Activities

Edwards-Knox will encourage fundraising activities that promote physical activity. The School District will make available a list of ideas for acceptable fund raising activities.

Snacks

Snacks served during the school day or in after-school care or enrichment programs will make a positive contribution to children's diets and health, with an emphasis on serving fruits and vegetables as the primary snacks, milk etc. We will assess if and when to offer snacks based on timing of school meals, children's nutritional needs, children's ages, and other considerations. The District will disseminate a list of healthful snack items to teachers, after-school program personnel, and parents.

- a) If eligible, we will provide snacks through after-school programs and we will pursue receiving reimbursements through the National School Lunch Program.

Rewards

Edwards-Knox will occasionally use foods or beverages, and ice cream especially that do not meet the nutrition standards for foods and beverages sold individually (above), as rewards for academic performance or good behavior.

Celebrations

EK will reduce celebrations that involve food during the school day to no more than one (1) party per class per month. Each party might include no more than one (1) food or beverage that does not meet nutrition standards for foods and beverages sold individually (above).

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SUBJECT: DISTRICT WELLNESS POLICY (Cont'd.)**Nutrition and Physical Activity Promotion and Food Marketing**Nutrition Education and Promotion

Edwards-Knox Central School District aims to teach, encourage, and support healthy eating by students. Schools should provide nutrition education and engage in nutrition promotion that:

- a) Is offered at each grade level as part of a sequential, comprehensive, standards-based program designed to provide students with the knowledge and skills necessary to promote and protect their health;
- b) Is part of not only health education classes, but also classroom instruction in subjects such as math, science, language arts, social sciences, and elective subjects;
- c) Includes enjoyable, developmentally-appropriate, culturally-relevant, participatory activities, such as contests, promotions, taste testing, farm visits, and school gardens;
- d) Promotes fruits, vegetables, whole grain products, low-fat and fat-free dairy products, healthy food preparation methods, and health-enhancing nutrition practices;
- e) Emphasizes caloric balance between food intake and energy expenditure (physical activity/exercise);
- f) Links with school meal programs, other school foods, and nutrition-related community services;
- g) Teaches media literacy with an emphasis on food marketing; and
- h) Includes training for teachers and other staff.

Integrating Physical Activity into the Classroom Setting

For students to receive the nationally-recommended amount of daily physical activity and for students to fully embrace regular physical activity as a personal behavior, students need opportunities for physical activity beyond physical education class. Toward that end:

- a) Classroom health education will complement physical education by reinforcing the knowledge and self-management skills needed to maintain a physically-active lifestyle and to reduce time spent on sedentary activities, such as watching television;
- b) Opportunities for physical activity will be incorporated into other subject lessons; and

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- c) Classroom teachers will provide short physical activity breaks between lessons or classes, as appropriate in the primary elementary grades.

Communications with Parents

The District will support parents' efforts to provide a healthy diet and daily physical activity for their children. The District/school will offer healthy eating seminars for parents, send home nutrition information, post nutrition tips on school websites, and provide nutrient analyses of school menus. Schools should encourage parents to pack healthy lunches and snacks and to refrain from including beverages and foods that do not meet the above nutrition standards for individual foods and beverages. The District/school will provide parents a list of foods that meet the District's snack standards and ideas for healthy celebrations/parties, rewards, and fundraising activities. In addition, the district/school will provide opportunities for parents to share their healthy food practices with others in the school community.

The District/school will provide information about physical education and other school-based physical activity opportunities before, during, and after the school day; and support parents' efforts to provide their children with opportunities to be physically active outside of school. Such supports will include sharing information about physical activity and physical education through a website, newsletter, or other take-home materials, special events, or physical education homework.

Food Marketing in Schools

School-based marketing will be consistent with nutrition education and health promotion. As such, schools will limit food and beverage marketing to the promotion of foods and beverages that meet the nutrition standards for meals or for foods and beverages sold individually (above).

Staff Wellness

Edwards-Knox Central School District highly values the health and well-being of every staff member and will plan and implement activities and policies that support personal efforts by staff to maintain a healthy lifestyle.

Physical Activity Opportunities and Physical Education**Daily Physical Education (P.E.) K through 12**

All students in grades K through 12, including students with disabilities, special health-care needs, and in alternative educational settings, should receive daily physical education for the entire school year. All physical education will be taught by a certified physical education teacher.

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SUBJECT: DISTRICT WELLNESS POLICY (Cont'd.)Daily Recess

All elementary school students will have at least twenty (20) minutes a day of supervised recess, preferably outdoors, during which schools should encourage moderate to vigorous physical activity verbally and through the provision of space and equipment.

Physical Activity Opportunities Before and After School

Edwards-Knox will offer a range of activities that meet the needs, interests, and abilities of all students, including boys, girls, students with disabilities, and students with special health-care needs.

Use of School Facilities Outside of School Hours

The Edwards-Knox fitness center will be available to students, staff, and community members after the school day. These spaces and facilities also should be available to community agencies and organizations offering physical activity and nutrition programs. School policies concerning safety will apply at all times.

Monitoring and Policy ReviewMonitoring

The Superintendent or designee will ensure compliance with established District-wide nutrition and physical activity wellness policies. In each school, the Principal or designee will ensure compliance with those policies in his/her school and will report on the school's compliance to the school District Superintendent or designee.

School food service staff, at the school or District level, will ensure compliance with nutrition policies within school food service areas and will report on this matter to the superintendent (or if done at the school level, to the School Principal).

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

Adopted: 7/23/12