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*Required Policy

SUBJECT: *DISTRICT WELLNESS POLICY

***DISTRICT WELLNESS POLICY**

Please note that due to the required components that must be addressed in a District's Local Wellness Policy as developed by members of representative groups pursuant to federal law enumerated below, we are COMBINING both the Policy Update and the Administrative Regulation Update in ONE COMPREHENSIVE DOCUMENT. The policy elicited as follows provides a general district framework that can be differentiated by individual buildings to meet the unique developmental needs of students throughout the K-12 continuum.

The federal Child Nutrition and WIC Reauthorization Act of 2004, **mandates that all school districts** participating in a program authorized by the Richard B. Russell National School Lunch Act or the Child Nutrition Act of 1966 **establish a local school wellness policy by July 1, 2006.**

The policy shall, at a minimum:

1. Include goals for nutrition education, physical activity, and other school-based activities that are designed to promote student wellness in a manner that the school district determines is appropriate;
2. Include nutrition guidelines selected by the school district for all foods available on each school campus in the school district during the school day with the objectives of promoting student health and reducing childhood obesity;
3. Provide an assurance that guidelines for reimbursable school meals shall not be less restrictive than regulations and guidance issued by the Secretary of Agriculture pursuant to the Child Nutrition Act (42 United States Code Section 1779) and the Richard B. Russell National School Lunch Act (42 United States Code Sections 1758(f)(1) and 1766(a)) as those regulations and guidance apply to schools;
4. Establish a plan for measuring implementation of the local wellness policy, including designation of one or more persons within the school district or at each school, as appropriate, charged with operational responsibility for ensuring that the school meets the local wellness policy; and
5. Involve parents, students, representatives of the school food authority, the School Board, school administrators, and the public in the development of the school wellness policy.

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For a complete review of the Child Nutrition and WIC Reauthorization Act of 2004, please access the following web site: <http://www.fns.usda.gov/fdd/regs/laws/PL108-265.pdf>

Resources Available to Guide Wellness Policies

The Secretary of Agriculture, in coordination with the Secretary of Education and in consultation with the Secretary of Health and Human Services, acting through the Centers for Disease Control and Prevention, shall make available to school districts, on request, information and technical assistance for use in:

1. Establishing healthy school nutrition environments;
2. Reducing childhood obesity; and
3. Preventing diet-related chronic diseases.

On July 1, 2006, four million dollars (\$4,000,000) in funding will be provided for this purpose, and will remain available until September 30, 2009.

Further, the New York State Education Department (SED) Office of Elementary, Middle, Secondary and Continuing Education, School Operations and Management Services/Child Nutrition Program Administration has provided the following contacts: Sandra Sheedy, Barbara St. Louis or Thomas Ring at (518) 473-1525 for additional assistance. Also, the United States Department of Agriculture/Food and Nutrition Service provides the following email address for assistance: <mailto:teamnutrition@fns.usda.gov> <mailto:teamnutrition@fns.usda.gov>

There are numerous resources available online to assist districts in developing and implementing their local wellness policies. We have listed just a few of these references below for your review. Districts, in particular the wellness policy committee members, may wish to conduct further research on certain aspects of the wellness policy components based on the issues/objectives identified by the district/community. Many of the web sites listed below also provide additional online references for research and review.

1. The United States Department of Agriculture/Food and Nutrition Service - - Changing the Scene Improving the School Nutrition Environment <http://teamnutrition.usda.gov/Resources/changing.html>.
<http://teamnutrition.usda.gov/Healthy/hsne.html>
2. Federal Nutrition Standards - http://www.fns.usda.gov/cnd/Governance/regulations/05-7_CFR_Part_210.pdf
3. Examples of local wellness policies -

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http://www.fns.usda.gov/tn/Healthy/wellnesspolicy_examples.html

4. How to create and implement a local wellness policy -
http://www.fns.usda.gov/tn/Healthy/wellnesspolicy_steps.html
5. National Alliance for Nutrition and Activity (NANA) -
<http://www.nanacoalition.org/>
6. Model Local School Wellness Policies on Physical Activity and Nutrition developed by NANA - <http://www.schoolwellnesspolicies.org/>
7. Wellness Policy Toolkit with a downloadable Wellness Policy Template - Action for Healthy Kids - <http://www.actionforhealthykids.org/>
8. Here's What's Happening in New York - SPIN - Schools and Professionals in Nutrition Partnering for Healthier Successful Students -
http://www.actionforhealthykids.org/state_profile.php?state=NY
9. New York State Department of Education Child Nutrition Center -
<http://www.nysed.gov/cn/cnms.htm>
10. Healthy Youth - Centers for Disease Control and Prevention Division of Adolescent and School Health (DASH) - <http://www.cdc.gov/healthyYouth>
11. New York State Food Service Association <http://www.nyssfsa.org/>

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MOHONASEN CENTRAL SCHOOL DISTRICT WELLNESS POLICY

Section 204 of Public Law 108-265, the federal Child Nutrition and WIC Reauthorization Act of 2004, mandates that all school districts participating in a program authorized by the Richard B. Russell National School Lunch Act (42 United States Code Section 1751 et seq.) or the Child Nutrition Act of 1966 (42 United States Code Section 1771 et seq.) establish a local school wellness policy by July 1, 2006.

Mission Statement:

The Mohonasen Central School District participates in a Federally authorized program under the Richard B. Russell National School Lunch Act. Therefore, as required by Section 204 of Public Law 108-265 and the WIC Reauthorization Act of 2004, Mohonasen Central School District has established a wellness committee to develop the District's proposed local wellness practices and procedures, make future policy recommendations for review and adoption by the Board of Education and to facilitate lifelong changes in the practices of adults and students within the Mohonasen Central School District through the programs that it offers. The District's wellness committee includes, but is not limited to, representatives from each of the following groups:

- a) Parents;
- b) Students;
- c) The District's food service program;
- d) The School Board;
- e) School administrators, Teachers, and
- f) Members of the public.

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's Wellness Committee oversees building site Wellness Subcommittees and will facilitate the differentiation process of the general guidelines presented here to meet the needs of each building.

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Goals to Promote Student Wellness

Given the guidelines presented by the New York State Education Department and in concert with Federal Guidelines, the following areas are addressed in this policy:

A. Nutritional Standards

1. Free and Reduced Priced Meals – The schools will make every effort to eliminate any social stigma attached to, and prevent overt identification of students who are eligible for free and reduced price school meals.
2. Elementary Schools – The Food Service Department will approve and provide all food and beverage sales to students in the elementary schools. 100% of all Snack foods sold must fall under the Choose Sensibly Guideline (7 grams of fat or less, 2 grams or less of saturated fat, 15 grams or less of sugar and 360 mg. or less of sodium) (with the exception of ice cream at Pinewood elementary school). Students will not have access to vending machines before, during or after the school day.
3. Middle School/High Schools – In the middle and high school, all foods and beverages sold individually outside of the reimbursable school meal programs (including those sold through a la carte sales, vending machines, school stores, fundraising activities, etc.) before, or during the school day, or through programs for students after the school day, will meet the following nutritional guidelines.
 - a. Beverages
 - i. Allowed: water or seltzer, 50-100% fruit or vegetable juice, Low fat flavored and unflavored milk, sport beverages and tea.
 - ii. Not Allowed: Soft drinks, fruit based drinks containing less than 50% real juice, carbonated beverages other than water that have been approved by USDA, meal replacement beverages.
 - b. Food
 - i. 50% of all food sold a la carte must fall under the choose sensibly guidelines (7 grams or less of fat, 2 grams or less of saturated fat, 15 grams or less of sugar and 360mgs. or less of sodium).

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- ii. No candy, hard candy, breath mints, gum or cough drops can be sold on school grounds
 - iii. A choice of two fruits/vegetables will be offered for sale at any location on the school grounds where food is sold.
4. Fundraising/Bake Sales - Fundraising/Bake sales centered solely on high sugar, high fat, low nutrition food items that present no healthy alternative or choice are specifically discouraged. Schools will encourage activities that promote physical activity. The school district will make available a list of ideas for fundraising.

B. Physical Education-

The athletic program at Mohonasen Central Schools is founded on the principle that the playing field is indeed an extension of the classroom and the athletic experience contributes to the growth of mind and body. The cornerstones of the Warrior tradition were laid generations ago by some of the community's most respected student athletes, many of whom continue to be involved in the athletic program as supportive parents and sports boosters. While the names change from year to year, the principles they embodied remain the same: dedication and desire, cooperation and compassion, and the importance of working collectively toward a common goal. These are just some of the ideas that echo across the Mohonasen playing fields and gymnasiums.

1. A certified physical education teacher shall teach physical education.
2. Recess shall complement, not substitute for, physical education classes.
3. Provide daily physical activity breaks in the classroom setting.
4. Provide a daily, supervised recess period at the elementary level, preferably outdoors during which schools encourage moderate to vigorous physical activities.

C. Emotional Wellness

The Mohonasen Central School District recognizes that good mental health, as well as, social, and emotional well-being are critical factors for the growth and success of all students. Accordingly, programs in each of the district's schools will provide the following:

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1. A supportive environment that includes guidance and social work services.
2. Programs to teach students to express thoughts and feelings in a responsible and productive manner.
3. Programs to teach students to understand, respect, and value the differences in others.
4. Programs to teach students skills and strategies for building resiliency and addressing stress and conflict.
5. In addition to these services and programs for students, the Mohonasen Central School District will also provide support to staff members for social and emotional issues through a district sponsored Employee Assistance Program.

All district school buildings and offices shall maintain an environment that is free of tobacco, alcohol and prohibited substances.

D. Nutrition Education and Student Awareness

The primary goal of nutrition education is to influence students' eating behaviors and Mohonasen recognizes the following components of effective programming:

1. Nutrition education will be offered at each grade level as a part of a sequential, comprehensive, standards-based program designed to provide students with the knowledge and skills necessary to promote their health.
2. Nutrition education will promote fruits, vegetables, whole grain products, healthy food, preparation methods and health enhancing nutrition practices.
3. Nutrition education will teach media literacy with an emphasis on food marketing.
4. Students in grades K-12 shall receive nutrition education that is interactive and teaches the skills they need to adopt healthy eating behaviors.
5. The district will promote consistent nutrition messages throughout schools, classrooms, cafeterias, home and community.

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E. Health Education

Mohonasen recognizes the positive impacts of dedicated Health instruction to students and is in the process a unified, sequential, and progressive K-12 Health Curriculum. The District also recognizes the following measures in promoting Health Education with students:

1. Support for integration of health education content and concepts into other subject areas
2. Health Education should be taught by certified health educators at the middle and high school level.

E. Staff Wellness

Mohonasen recognizes the benefits of staff wellness and through the recommendations of our Wellness Committee the District will forward and promote this initiative to the fullest extent possible. Initial areas of interest and promotion at the building and District level are as follows:

1. Incorporate physical activity into all schools.
2. Promote walking routes to schools and map distances for families
3. Sponsor family health events such as:
 - a. Promotion of district facilities to youth clubs / groups for wellness activities
4. Provide a Mohonasen Community Recipe Page for Healthy Meals
5. All district school buildings and offices shall maintain an environment that is free of tobacco, alcohol and prohibited substances.

Implementation and Evaluation of the Wellness Policy

In accordance with law, the District's wellness policy must be established by July 1, 2006; and 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

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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. Designated staff members may include, but are not limited to, the following personnel:

- a) Administrators;
- b) School health personnel including the school nurse and the health and/or physical education teacher; and
- c) School Food Service Director.

These designated staff members shall periodically report to the Superintendent on the District's compliance with the wellness policy (or, if done at the building level, to the School Principal) and the Superintendent shall inform the Board of such findings. The Superintendent/designee shall prepare a summary report on District-wide compliance with the District's wellness policy based on input from schools within the District. That report will be provided to the School Board and also distributed to the wellness committee, parent-teacher organizations, Building Principals, and school health services personnel within the District. The report shall also be available to community residents upon request.

These designated school officials and each school Wellness Subcommittee will also serve as a liaison with community agencies in providing outside resources to help in the development of nutrition education programs and physical activities.

Evaluation and feedback from interested parties, including an assessment of student, parent, teacher, and administration satisfaction with the wellness policy, is essential to the District's 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 the implementation of the wellness policy.

District schools will provide nutrition education and physical education, with an emphasis on establishing lifelong habits of healthy eating and physical activity, and will establish linkages between health education and school meal programs, and with related community services. Communication with and training for teachers, parents, students, and food service personnel will be an integral part of the District's implementation plan.

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To the extent practicable, students and parents shall be involved in the development of strategies designed to promote healthy food choices in the school environment; and the school cafeteria will provide a variety of nutritionally sound meal and beverage choices. The school will encourage students' active, age appropriate participation in decisions regarding healthy lifestyles and choices. Positive reinforcement such as letters of recognition and acknowledgment will be utilized as a means to encourage healthy eating patterns among the student population. In addition, the school will share information about the nutritional content of meals with parents and students; such information may be made available on menus, a web site, or such other "point-of-purchase" materials.

Assessments of the District's wellness policy and implementation efforts may be repeated on an annual basis, but it is recommended that such assessment occur no later than every three (3) years, to help review policy compliance, assess progress, and determine areas in need of improvement. The District, and individual schools within the District, will, as necessary, revise the wellness policy and develop work plans to facilitate its implementation