

CROWN POINT CENTRAL SCHOOL



2019-2020

# ***Wellness Policy***



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# Wellness Policy

## **Purpose**

Crown Point Central School believes that for students to have the opportunity to achieve personal academic, developmental and social success, we need to create positive, safe and health-promoting learning environments at every level, in every setting, throughout the school year. Given the evidence linking proper nutrition and adequate physical activity with academic achievement, the Crown Point Central School (CPCS), along with the support of the Board of Education (BOE), adopts the following Wellness Policy to provide a school environment that promotes student health and wellness.

This policy outlines the District's approach to ensuring environments and opportunities for all students to practice healthy eating and physical activity behaviors throughout the school day while minimizing commercial distractions. Specifically, this policy establishes goals and procedures to ensure that:

- Students receive quality nutrition education that helps them develop lifelong healthy eating behaviors.
- The school engages in nutrition and physical activity promotion and other activities that promote student wellness.
- School staff are encouraged and supported to practice healthy nutrition and physical activity behaviors in and out of school.
- The District establishes and maintains an infrastructure for management, oversight, implementation, communication about and monitoring of the policy and its established goals and objectives.

## **School Wellness Committee**

### **Committee Role and Membership**

The District will convene a representative district wellness committee that meets at least four times per year, as documented on the district calendar, to establish goals for and oversee school health and safety policies and programs, including development, implementation and periodic review and update of this district-level wellness policy. The committee will represent all school levels (elementary and secondary) and should include but is not limited to: parents and caregivers; students; representatives of the school nutrition program; physical education teachers; health education teachers; school health professionals; school board member; and the general public.

### **Leadership**

The Superintendent or designee will convene the District Wellness Committee and facilitate development of and updates to the wellness policy, and will ensure the school's compliance with the policy.

## **Recordkeeping**

The District will retain records to document compliance with the requirements of the wellness policy the district's administrative office and/or district's central computer network.

Documentation maintained in this location will include but will not be limited to:

- The written wellness policy.
- Documentation demonstrating that the policy has been made available to the public.
- Documentation to demonstrate compliance with the annual public notification requirements.
- The most recent assessment on the implementation of the local school wellness policy.

## **Annual Notification of Policy**

The district will inform families and the public each year of basic information about this policy, including its content, any updates to the policy and implementation status. The District will make this information available via the district website.

## **Triennial Progress Assessments**

At least once every three years, the District will evaluate compliance with the wellness policy to assess the implementation of the policy and include:

- The extent to which the District's wellness policy compares to the Alliance for a Healthier Generation's model wellness policy.
- The person responsible for managing the triennial assessment and contact information is Shari Brannock, Superintendent, 597-4200.

## **Revisions and Updating the Policy**

The District Wellness Committee will update or modify the wellness policy based on the results of the annual School Health Index and triennial assessments as well as when District priorities change, and new Federal or state guidance or standards are issued.

## **Community Involvement, Outreach and Communications**

The District will actively notify the public about the content of or any updates to the wellness policy annually, at a minimum. The District will also use these mechanisms to inform the community about the availability of the annual and triennial reports.

## **Nutritional Guidelines**

Nutritious, well-balanced, reasonably portioned diets are essential for student wellness. To help students gain the skills and knowledge necessary to make choosing healthy food a lifelong habit, the District will ensure that all foods and beverages made available in school promote these aims.

Nutrition guidelines for all foods and beverages that are consistent with federal food regulations for School Meal Nutrition Standards and Smart Snacks in School are available from the District upon request.

### **School Meals**

The District will serve healthy and appealing foods and beverages that meet or exceed state and federal nutrition requirements, standards, and guidelines, as well as use safe food preparation methods. Foods and beverages available in school will:

1. Include fruits, vegetables, salads, whole grains, and low fat items at least to the extent required by federal regulations
2. Encourage students to try new or unfamiliar items
3. Make every effort to ensure confidentiality for all students who participate in free and/or reduced meal plans via phone call or letter, see potential law in legislature: ***No Shaming Law***
4. Notify families of need-based programs for free or reduced-price meals and encourage eligible families to apply
5. Make free drinking water available at locations where meals are served
6. Encourage all students to take advantage of the school meal program, including breakfast and lunch
7. Consider serving produce and food from local farms and suppliers, where possible
8. Not use food as a reward or punishment in school

### **Meal Scheduling**

The District will:

1. Operate the School Breakfast Program and arrange bus schedules to accommodate breakfast to the extent possible
2. Provide adequate times to eat healthy meals
3. Schedule lunch times between normal lunch hours (approximately 10:30AM – 1:00PM)
4. Promote a minimal wait time for students to access their meals

### **Foods and Beverages Sold Individually** (a la carte, vending, and school store)

All foods and beverages sold by the school or a school affiliate on campus or at a School-sponsored function during the school day will be consistent with federal regulations for school meal and nutrition standards and the USDA Smart Snacks in School nutrition standards (see Attachment 1).

### **Fund Raising Activities** (concessions, fundraising, and public vending) As

much as possible, the District will:

1. Promote the sale of healthy food items and discourage the sales of foods that are high in sugar, fat, and that are highly processed (see Attachment 2)
2. Encourage the sale of non-food items, when appropriate
3. Work with existing vendors or locate new vendors that will comply with nutrition standards

### **Celebrations**

Celebrations held during the school day will:

1. Promote the use of food items that meet the standard for competitive foods and beverages
2. Encourage non-food activities whenever possible and practical
3. Model the healthy use of food as a natural part of celebrations

## **Nutritional Education and Wellness Promotion**

Crown Point Central School believes that nutrition promotion and education are key components in introducing and reinforcing healthy behaviors in students. Nutrition education and wellness promotion will be incorporated into the broader school environment by:

1. Including nutrition education as part of classroom instruction in subjects such as math, science, language arts, social sciences and elective subjects
2. Promoting and providing enjoyable, developmentally appropriate, culturally relevant, participatory activities, such as contests, promotions, taste testing, farm visits, and school gardens
3. Emphasizing the roles of healthful eating and physical activity for overall health and wellness
4. Teaching media literacy with an emphasis on food marketing
5. Enhancing the cafeteria layout, displays, decorations, signs and marketing to be consistent with health promotion
6. Promoting community-based activities and opportunities for nutrition, activity, health and wellness, whenever possible

The District may also implement other appropriate programs that help create a school environment that conveys consistent wellness messages and is conducive to healthy eating and physical activity. Such activities may include, but are not limited to, health forums or fairs, health newsletters, parent outreach, employee health and wellness activities, limiting the use of food as a reward, reviewing food marketing and advertising in school, and hosting or promoting community-wide events.

## **Physical Activity Education and Promotion**

Crown Point Central School recognizes that physical activity is an important factor in staying healthy and being ready to learn. The goal of the physical activity and education promotion is to develop knowledge and skills necessary to perform, participate and enjoy a variety of physical activities as part of a healthy lifestyle. The District's Physical Education program will adhere to mandates and curricular content standards set forth by the New York State Department of Education.

### **Physical Education**

The District will provide a Physical Education program that ensures:

1. Students engage age-appropriate, sequential physical education for at least the minimum number of hours or days per week under state requirements
2. Physical Education classes incorporate the appropriate NYS Learning Standards and classes promote, teach and provide opportunities to practice activities that students can enjoy and pursue throughout their lives (e.g. yoga, fitness walking, step aerobics),
3. The performance of physical activity is not used as a form of discipline or punishment
4. Students are not denied from participating

### **Physical Activity in the Classroom**

The District supports an immersive environment where opportunities for physical activity are embedded throughout the school day. As such, the District will:

1. Promote the integration of physical activity in the classroom
2. Consider meeting the state requirements for Physical Education through collaborative and integrative in-classroom activity, under the supervision of a Physical Education teacher, if severe time or space constraints exist.
3. Physical activity during the school day will not be withheld as punishment.
4. The District will ensure that its grounds and facilities are safe and the equipment is available to students to be active.

### **Extracurricular Opportunities for Physical Activity**

After-school enrichment programs will provide and encourage:

1. Opportunities and activities provided by community organizations that meet the various physical activity needs, interests and abilities of all students
2. Opportunities for school-supervised and non-school supervised activities through the provision of space and/or equipment

### **Wellness Policy Implementation, Monitoring and Review**

The Crown Point Central School District Superintendent is responsible for assuring the implementation of this policy. The Superintendent or delegate will establish a Wellness Committee to participate in the development and maintenance of the policy.

#### **Committee Representation and Public Notification**

The Wellness Committee will seek involvement from the public and school community (including parents, students, representatives of the school food authority, school board members, school administrators, teachers of physical education and/or health, school and health professionals) .

1. The committee will be comprised of at least one (1) Administrator, one (1) cafeteria staff member, one (1) Health/PE teacher, one (1) Parent, and one (1) Student. The committee will identify wellness policy leadership of one or more official(s) who have authority and responsibility to ensure the school complies.
2. The committee will meet at least four (4) times per school year and will inform and update the public about the content and implementation of the policy.
3. The Wellness Policy will be posted on the school website and paper copies will be made available upon request.
4. The committee, along with the Superintendent, will ensure the wellness policy includes all the required components:
  - i Specific goals for nutrition promotion and education, physical activity, and other school-based activities that promote student wellness. Districts are required to review and consider evidence-based strategies in determining these goals.
  - ii Policies for other foods and beverages available in the school campus during the school day.
  - iii Description of public involvement, public updates, policy leadership and evaluation plan.

- 1 Nutrition guidelines for all foods and beverages available or for sale on the school campus during the school day that are consistent with federal regulations for School meals nutrition standards, and Smart Snacks in School nutrition standards.

### **Monitoring and Review**

The Wellness Committee will monitor the effectiveness of the Wellness Policy. Every three (3) years, the Superintendent, in consultation with the Wellness Committee, will monitor and review the District's wellness activities to determine whether this policy is having a positive effect on increasing student wellness and decreasing childhood obesity in the district. The Superintendent will report to the Board of Education and the public on the results of these reviews.

To monitor the implementation and effectiveness of this policy, see the following:

1. Informal surveys of Building Principals, classroom staff, and school health personnel to see the progress of wellness activities and their effects
2. Review of Physical Education and Nutrition Education compliance with state and federal regulations
3. Completion of the relevant portions of the CDC School Health Index
4. Documentation of proper implementation of the School Meals Program (breakfast and lunch) and the Smart Snacks in School guidelines
5. Review of participation in the school meal (breakfast and lunch) programs
6. Review of Student BMI (Body Mass Index) statistics, as collected in accordance with the State Department of Health efforts

**Reference:**

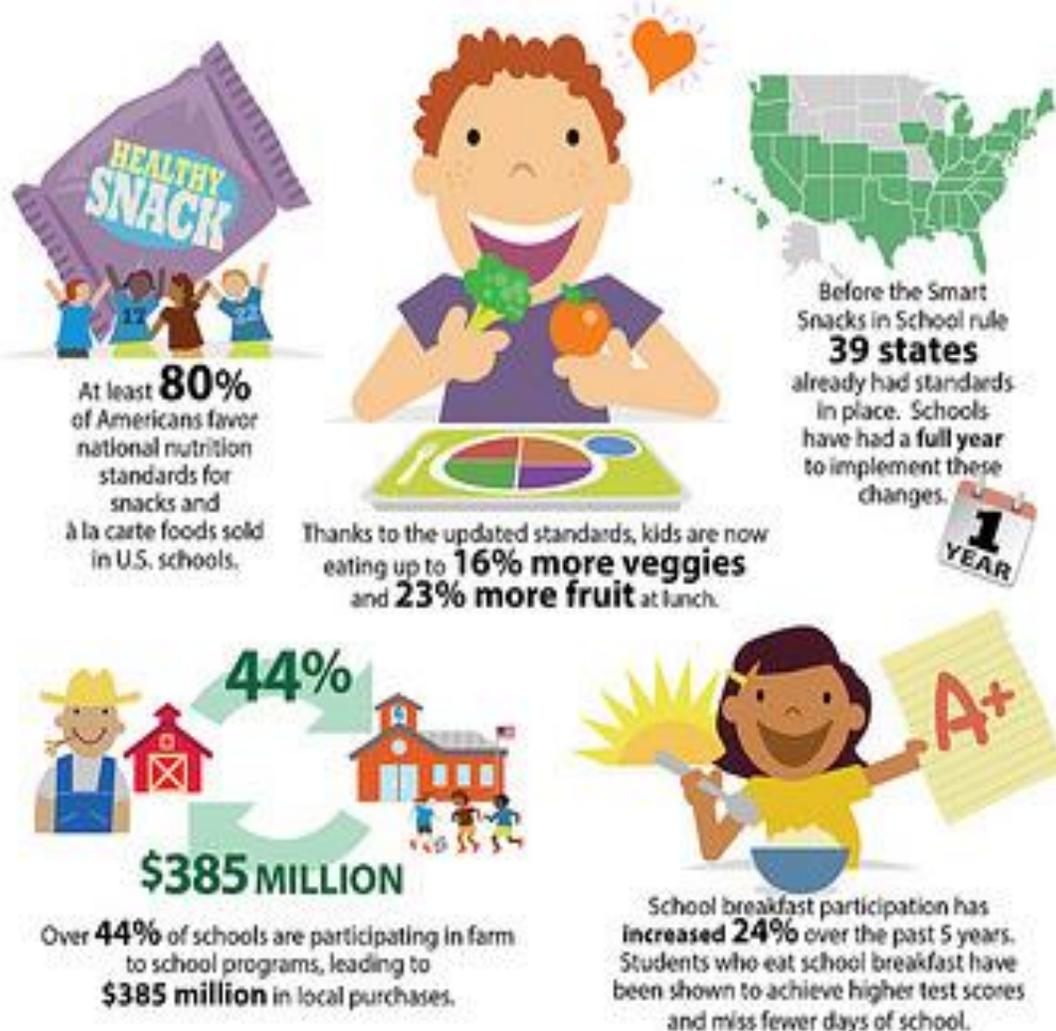
- \*P.L. 111--296 (The Healthy, Hunger--Free Kids Act of 2010) P.L.
- \*108--265 (Child Nutrition and WIC Reauthorization Act of 2004)
- \*42 USC §§1758(f)(1); 1766(a) (Richard B. Russell National School Lunch Act)
- \*42 USC §1779 (Child Nutrition Act)
- \*7 CFR §210.10; 210.11 (National School Lunch Program participation requirements – standards for lunches, snacks, and competitive foods)
- \*CFR §220.8 (School Breakfast Program participation requirements – nutrition standards)
- \*NYCRR Part 135 (Health and Physical Education curricular requirements);
- \*§114.1 (School Breakfast Program Requirements)
- \*Appeal of Phillips, 37 EDR 204 (1997) (dec. no. 13,843)
- \*Appeal of Williams, 32 EDR 621 (1993) (dec. no. 12,934)

**Adoption Date:**

Review by BOE:	July 15, 2019
Adoption by BOE:	August 20, 2019

# The School Day Just Got Healthier

Childhood obesity has more than doubled in children and quadrupled in adolescents over the past 30 years, leading to increased risks for cardiovascular disease, diabetes, and breathing problems. Thanks to the Healthy Hunger-Free Kids Act, major improvements are being made across the country to promote better nutrition, reduce obesity, and create a healthier next generation.



Learn more about supporting healthy choices at school at <http://www.fns.usda.gov/healthierschoolday>.

For Resources refer to [http://www.fns.usda.gov/sites/default/files/had\\_infographic.pdf](http://www.fns.usda.gov/sites/default/files/had_infographic.pdf)



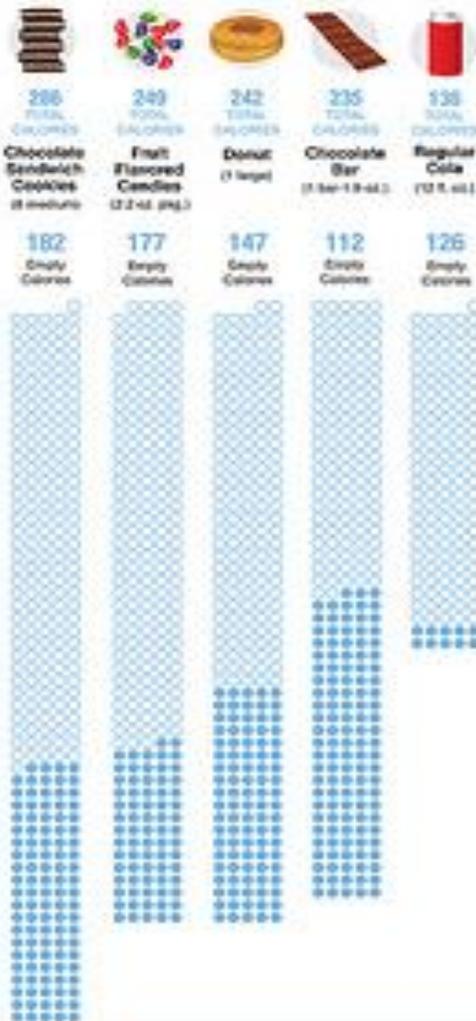
United States Department of Agriculture

# SMART SNACKS IN SCHOOL

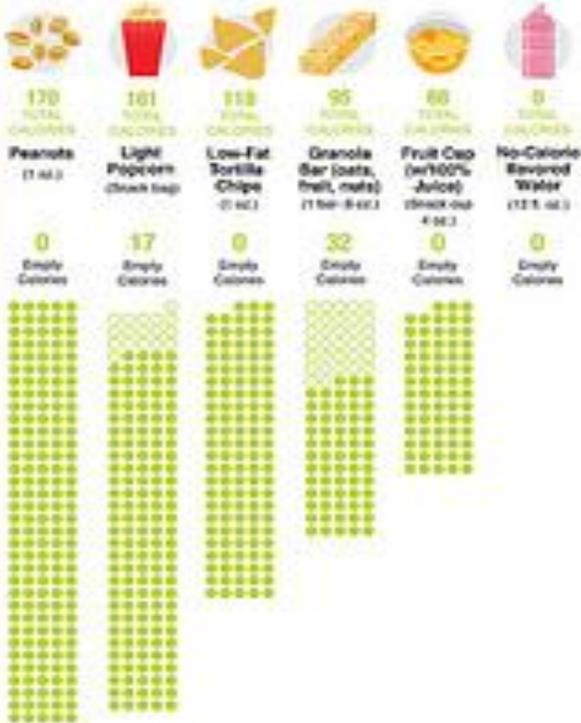
The Healthy, Hunger-Free Kids Act of 2010 requires USDA to establish nutrition standards for all foods sold in schools — beyond the federally-supported meals programs. This new rule carefully balances science-based nutrition guidelines with practical and flexible solutions to promote healthier eating on campus. The rule draws on recommendations from the Institute of Medicine, existing voluntary standards already implemented by thousands of schools around the country, and healthy food and beverage offerings already available in the marketplace.

● Equals 1 calorie ○ Shows empty calories\*

## Before the New Standards



## After the New Standards



\*Calories from food components such as added sugars and solid fats that provide little nutritional value. Empty calories are part of total calories.

USDA is an equal opportunity provider and employer.



**Fruits:**  
**Focus on fruits.**

- Eat a variety of fruit.
- Chose fresh, frozen, canned or dried fruit.
- Go easy on fruit juices.

**Vegetables:**  
**Vary your veggies.**

- Eat more green dark veggies.
- Eat more orange veggies.
- Eat more dry beans and peas.

**Physical Activity**  
**Find your balance between food & physical activity.**

- Be physically active for 30 minutes most days of the week.
- Children and teenagers should be physically active for 60 minutes everyday or most days of the week.



**Milk:**  
**Get your calcium-rich foods.**

- Go low-fat or fat-free
- If you don't or can't consume milk, chose lactose-free products or other calcium sources.

**Grains:**  
**Make at least half your grains whole.**

- Eat at least 3 ounces of whole grain bread, cereal, rice, or pasta everyday.
- Look for the word "whole" before the grain name on the list of ingredients.

**Meats & Beans**  
**Go lean on protein.**

- Choose low-fat or lean meats and poultry.
- Bake it, broil it or grill it.
- Vary your choices with more fish, beans, peas, nuts, and seeds.

**Oils:**  
**Know your fats.**

- Make most of your fat sources from fish, nuts and vegetable oils.
- Limit solid fats like butter, stick margarine, shortening, and lard.

Source: [ChooseMyPlate.gov](http://ChooseMyPlate.gov)

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## Additional Resources:

Key to Excellence: <http://www.schoolnutrition.org/KEYS.aspx?ID=1158>

Nutrition Integrity: <http://www.schoolnutrition.org/Index.aspx?id=1107>

Action for Healthy Kids: <http://www.actionforhealthykids.org>

National Association for Sports and Physical Activity: <http://www.aehperd.org>

Center for Disease Control: <http://www.cdc.gov/HealthYouth/>

Food and Research Action Center: <http://www.frac.org>

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