

## AVERILL PARK CENTRAL SCHOOL DISTRICT WELLNESS POLICY

### ***Policy Objective/Rationale:***

The Averill Park Central School District promotes healthy schools, by supporting personal wellness, nutrition education, regular physical education and activity as part of the total learning environment. The School District supports a healthy environment where all children learn and participate in positive dietary and lifestyle practices. Schools significantly impact the basic health status of children by facilitating learning through the consistent support and promotion of positive physical activity and nutritional behavior. Good health optimizes student's performance potential.

### ***Policy Components:***

- Nutrition Standards for foods available on school campus during the school day and after school activities (*including the Child Care Program*)
- Nutrition Education Goals
- Physical Education and Activity Goals
- Other School-Based Activities Designed to Promote Student Wellness
  - ◆ Health Education and Family and Consumer Sciences (FACS)

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## NUTRITION STANDARDS

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### ***The School Breakfast/Lunch Programs***

- The full meal school breakfast and lunch programs will continue to follow the USDA Requirements for Federal Child Nutrition Programs.
- There will be a joint effort to encourage the consumption of nutrient dense foods, *i.e. whole grains, fresh fruits, vegetables, and dairy products.*
- The District will implement the Choose Sensibly guidelines initiated by the New York State School Food Service Association, for all snacks and beverages sold as a la carte items and in the cafeteria.
- The Food Service Manager will purchase snack items that comply with these guidelines.
- The Food Service Manager will work closely with the District Safety, Health and Wellness Committee.

### ***Snacks and Beverages Sold on School Grounds***

The Choose Sensibly guidelines will be phased in over the 2005-2007 school years in the following way:

- All snacks containing greater than 12 grams of total fat, greater than 20 grams of sugar, or greater than 400 milligrams of sodium will be eliminated. All juice beverages containing less than 25% of real juice and any beverages containing 10 milligrams or more of caffeine will be eliminated.
- These changes will be implemented in all schools by June 2006.
- Further elimination of foods/beverages will be made in all schools by June 2007 to fully comply with the Choose Sensibly guidelines. At this time, all snacks should contain 7 grams or less of total fat, 2 grams or less of saturated fat, 15 grams or less of sugar, and 360 grams or less of sodium. All beverages should contain one serving per package, 10 milligrams or less of caffeine, all juice drinks should contain at least 25% of real fruit juice and all water or flavored water should not contain added sugar, artificial sweeteners, or caffeine.

***Cafeteria Environment***

- The cafeteria will provide students with adequate space to eat in clean and safe surroundings.
- Students will have adequate time to eat meals. (*The American School Food Service Association recommends at least 20 minutes for lunch from the time students are seated with their food.*)
- Students will have access to hand washing or hand sanitizing facilities before/after meals.

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### NUTRITION EDUCATION GOALS

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***The educational program for:****Elementary school students (1<sup>st</sup> ~ 5<sup>th</sup> grade) will address:*

- Identify the functions of nutrient groups and how they affect health.
- Recognize many influences on food choices.
- Learn to store food safely.

*Middle school students (6<sup>th</sup> ~ 8<sup>th</sup> grade) will address:*

- Select healthy foods and understand their importance to health.
- Recognize factors affecting food choices.
- Identify resources to make healthy decisions regarding food safety and sanitation.

*High school students (9<sup>th</sup> ~ 12<sup>th</sup> grade) will address:*

- Analyze personal dietary habits and indicate ways to improve or maintain optimum health.
- Address nutritional deficiencies caused by physiological, social, political and economic factors.
- Apply food safety and sanitation principles to their community and identify ways they can contribute positively.

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### PHYSICAL EDUCATION AND ACTIVITY GOALS

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Students of the Averill Park Central School District will have an equal opportunity to develop personal fitness and wellness skills, and personal living skills through the Physical Education, Family and Consumer Science and Health programs.

***Personal Fitness and Wellness Skills****Elements of Health Related Fitness include:*

- Cardiovascular-respiratory endurance, muscle strength and endurance, flexibility and body composition.

*Elements of Personal Wellness include:*

- Disease risk reduction, safety, stress management, and personal development

*Elements of skill related fitness include:*

- Balance, coordination, agility, reaction time, speed and power

***Personal Living Skills****Elements of self-reliance include:*

- Self-control, self-expression, accountability.

*Elements of Social Skills include:*

- Respect for others, communication, collaboration, cooperation, leadership, followership and trust.

*Elements of Personal Management Skills include:*

- Decision making Self-learning Honesty-fairness Ethics Diligence Perseverance Initiative.

Students will develop fundamental motor and movement skills at the elementary school level. Students will be competent in a wide variety of physical activities at the intermediate or middle school level. Students will be proficient in selected lifetime activity choices at the commencement or high school level.

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**OTHER SCHOOL BASED ACTIVITIES**

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***Student Incentive***

- The use of food items as part of a student incentive program is strongly discouraged. Should teachers feel compelled to utilize food items as an incentive, they should adhere to the Choose Sensibly Guidelines. A list of ideas/suggestions will be made available to teachers.

***School Sponsored Events and Fundraising***

- “Choose Sensibly Guidelines” will be used in all school sponsored events and events held on school property and school sales such as but not limited to mealtime, vending machines, athletic events, dances, performances. These guidelines will also be supplied to teachers to inform those supplying classroom parties, etc.
- Healthy food alternatives should be provided at all school sponsored events.

***Classroom Celebrations***

- Each classroom party should include at least one food or beverage that meets the Choose Sensibly Guidelines. Parents and teachers will be provided with a list of healthy party ideas at the beginning of the school year.

***Integrating Physical Activity into the Student’s Day***

- In order to assist students in receiving the nationally recommended 60 minutes or more of physical activity per day consideration will be given to enhancing opportunities for physical activity during the school day. The importance of regular physical activity will be emphasized in Physical Education and Health classes.

***After School Clubs and Activities***

- With the help of student groups, clubs in the middle school and high school to promote student wellness and physical activity *i.e. walking and hiking clubs*, will be encouraged and all students will be given the opportunity to join.