

POLICY

Non-Instructional/Business
Operations

SUBJECT: DISTRICT WELLNESS POLICY

The Sherman Central School District promotes healthy schools, by supporting wellness, good nutrition, and regular physical activity as part of the total learning environment. The District supports a healthy environment where children learn and participate in positive dietary and lifestyle practices. The school contributes to the basic health status of children by facilitating learning through the support and promotion of good nutrition and physical activity. Improved health optimizes student performance potential and ensures that no child is left behind.

- a) **Provide a comprehensive learning environment for developing and practicing lifelong wellness behaviors;**
The entire school environment, not just the classroom, shall be aligned with healthy school goals to positively influence a student's understanding, beliefs and habits as they relate to good nutrition and regular physical activity.
- b) **Support and promote proper dietary habits contributing to students' health status and academic performance;**
All foods available on school grounds and at school-sponsored activities during the instructional day should meet or exceed the district nutritional standards. Emphasis should be placed on foods that are nutrient dense per calorie. To ensure high quality, well-balanced, nutrient rich meals, food should be served with consideration toward variety, appeal, taste, safety, and packaging.
- c) **Provide more opportunities for students to engage in physical activity;**
A quality physical education program is an essential component for all students to learn about and participate in physical activity. Physical activity should be included in a school's education program from grades pre-K through 12. Physical activity may include regular instructional physical education, as well as co-curricular activities, in accordance with the NYS standards for Physical Education and Health.
- d) **The Sherman Central School District is committed to improve academic performance in high-risk groups so that no child is left behind;**
Educators, administrators, parents, health practitioners and communities must consider the critical role student health plays in academic stamina and performance and adapt the school environment to ensure students' basic nourishment and activity needs are met. To ensure widespread understanding of the benefits to school environments where nutritious foods are provided and where students have an opportunity for physical activity, a public awareness campaign that highlights research demonstrating the positive relationship between good nutrition, physical activity, and capacity of students to develop and learn should be conducted.

POLICY

- e) Establish and maintain a district-wide Wellness Team with the purposes of:
- * Identifying the strengths and weaknesses of the school's health promotion policies and programs
 - * Involving teachers, parents, students and the community in improving school policies, programs and services relative to improving student and staff health
 - * Developing guidance to explicate this policy
 - * Monitoring the implementation of this policy
 - * Evaluating policy progress
 - * Serving as a resource to school (e.g. providing lists of healthy incentives, snacks, birthdays, etc.) and
 - * Revising policy as necessary

It is recommended that a district-wide Wellness Team be established. The Team would meet a minimum of two times annually with the recommended Team membership to include but not limited to:

- * District Food Service Director/Manager
- * Local Health professional representative
- * School Nurse
- * Parent representative
- * A student representative from each level (Elementary, Middle, High)
- * Staff member representative from each level (Elementary, Middle, High)
- * A school board member
- * District Administrative Representative
- * Physical Education, Health Teacher representatives
- * Building and Grounds representative
- * Local community member representative

Responsibilities of the Wellness Team may include, but not be limited to making recommendations regarding the following:

- * Implementation of district nutrition and physical activity standards
- * Integration of nutrition and physical activity in the overall curriculum
- * Assurance that staff professional development includes nutrition and physical activity issues
- * Assurance that students receive nutrition education and engage in vigorous physical activity
- * Pursuance of contracts with outside vendors that encourage healthful eating
- * Consistent healthful choices among all school venues that involve the sale of food
- * Implementation of other health related policies and standards

POLICY

Student Nutrition

The School Breakfast/Lunch Programs:

- The full meal school breakfast and lunch programs will continue to follow the USDA Requirements for Federal School Meals Programs
- The School Food Service Program provider will follow the District's Nutrition Standards when determining the items in a la carte and 'competitive food' sales.
- The Food Service Director will work closely with the Wellness Team and will report back to the Wellness Team information from trainings and professional development on an annual basis.

Cafeteria Environment

- A cafeteria environment that provides students with a relaxed, enjoyable climate shall be developed
- The cafeteria environment is a place where students have
 - adequate space to eat in clean, pleasant surroundings
 - adequate time to eat meals, and
 - Convenient access to hand washing or hand sanitizing facilities before meals

Fundraising

- Fund-raising projects are encouraged to follow the District Nutrition Standards
- Fund-raising projects for sale and consumption within and prior to the instructional day will follow the District's Nutritional Standards when determining the items being sold

Incentives

It is recommended that food and beverages used as part of student rewards should meet or exceed District Nutritional Standards, and

Withholding required physical activities should not be used as a form of punishment. The Wellness Team will develop a list of suggested healthy foods and activities that can be used as rewards.

Student Nutrition Education

The Sherman Central School District has a comprehensive curriculum approach, based on CDC standards, for nutrition in grades pre-K through 12. All pre-K-12 instructional staff will be encouraged to integrate nutritional themes from the NYS Department of Education curriculum guidelines into daily lessons when appropriate. The health benefits of good nutrition should be emphasized. These nutritional themes may be included but are not limited to:

POLICY

Knowledge of the Food Guide Pyramid	Healthy Heart Choices
Sources and variety of foods	Dietary Guidelines of Americans
Diet and Disease	Understanding Calories
Healthy Snacks	Healthy Meals
Healthy Diet	Food Labels
Major Nutrients	Multicultural influences
Serving Sizes	Proper Food Safety/Sanitation
Identify and limit food of low nutrient density	

The district nutrition policy reinforces nutrition education to help students practice these themes in a supportive school environment. This environment will include labels along the cafeteria line and vending machines to help students make healthy choices. The labels will contain nutritional information such as fat content, sodium content and calories, which will be displayed with pictures as well as text to ensure access to the information. Additional information will include a link to physical activity, such as how much more healthy food can be consumed instead of a particular unhealthy choice.

Parent Nutrition Education

Nutrition education will be provided to parents beginning at the elementary level. The goal will be to continue to educate parents throughout middle and high school levels. Nutrition education may be provided in the form of handouts, postings on the district website, articles and information provided in district or school newsletters, presentations that focus on nutritional value and healthy lifestyles, and through any other appropriate means available for reaching parents.

Staff Nutrition and Physical Activity Education

With the purposes of:

- Encouraging all school staff to improve their own personal health and wellness
- Improving staff morale
- Creating positive role models
- Building commitment of staff to promote the health of students
- Building the commitment of staff to help improve the school nutrition and physical activity environment

Nutrition and physical activity education opportunities will be provided to all school staff. These educational opportunities may include, but not limited to, the distribution of educational and informational materials and the arrangement of presentations and workshops that focus on nutritional value and healthy lifestyles, health assessments, fitness activities, and other appropriate nutrition and physical activity- related topics.

POLICY

District Nutrition Standards **Nutrition Standards Intent/Rationale**

The Sherman Central School District strongly encourages the sale and distribution of nutrient dense foods for school functions and activities. Nutrient dense foods are those foods that provide students with calories rich in nutrient content needed to be healthy. In an effort to support the consumption of nutrient dense foods in the school setting, the district has adopted the following nutrition standards governing the sale of food, beverage, and candy to be used as minimal guidelines.

Food

- Encourage the consumption of nutrient dense foods such as: whole grains, fresh fruits, vegetables and low fat dairy products
- Any given food item for sale prior to the start of the school day and throughout the instructional day, will have not more than 30% of its total calories derived from fat or 0.5 – 1.0 grams of trans fat per serving
- Any given food item for sale prior to the start of the school day and throughout the instructional day will have no more than 10% of its total calories derived from saturated fat or 0.5 – 1.0 grams of trans fat per serving
- Items in vending machines should be 0% trans fat per serving
- It is recognized that there may be rare special occasions where the school principal may allow a school group to deviate from these Standards.

Beverages

- Only water, and beverages containing 100% fruit juices may be sold on school grounds both immediately prior to and throughout the instructional day.
- Students will be given ample opportunities throughout the school day to drink water
- Beverages to be limited to 10mg of caffeine or less per serving

Candy

Candy is defined at any processed food item that has:

1. Sugar (including brown sugar, corn sweetener, corn syrup, fructose, glucose (dextrose), high fructose corn syrup, honey invert sugar, lactose, maltose, molasses, raw sugar, table sugar (sucrose), syrup) is listed as one of the first two ingredients
and
2. Sugar is more than 25% of the item by weight

Vending machines with candy will not be available to students.

Student Physical Activity

District Physical Activity Goal: The Sherman Central School District shall provide physical activity and physical education opportunities, aligned with NYS Standards for Physical Education and Health that provide students with the knowledge and skills to lead a physically active lifestyle.

POLICY

Sherman Central School District shall utilize the following Implementation Strategies

1. Physical education classes and physical activity opportunities will be available for all students.
2. Physical activity opportunities may be offered daily before school, during school (recess) or after school.
3. As recommended by the National Association of Sport and Physical Education (NASPE), school leaders of physical activity and physical education shall guide students through a process that will enable them to achieve and maintain a high level of personal fitness through the following:
 - a. Expose students to a wide variety of physical activities
 - b. Teach physical skills to help maintain a lifetime of health and fitness
 - c. Encourage self-monitoring so students can see how active they are and set their own goals
 - d. Individualize intensity of activities
 - e. Focus feedback on process of doing your best rather than on product
 - f. Be active role models
4. Introduce developmentally appropriate components of a health-related fitness assessment (e.g. Fitness Gram, Physical Best or President's Council) to the students at an early age to prepare them for future assessments.
5. Begin fitness or activity logging in elementary school. Assist students to interpret their personal attainments and compare them to national physical activity recommendations.
6. Beginning at grade 7 and through High School, administer a health-related fitness assessment with students. Students shall receive and use this as a baseline in understanding their own level of fitness. Physical Education teachers will evaluate fitness outcomes and provide opportunities for improving student fitness.
7. Physical education classes shall be sequential, building from year to year, and content will include movement, personal fitness, and personal and social responsibility. Students should be able to demonstrate competency through application of knowledge, skill and practice.

Approve July 13, 2011
Sherman Central School District
Board of Education