

# Wellness Policy

## Purpose

Given the evidence linking proper nutrition and adequate physical activity with academic achievement, the Moriah Central School (MCS) Board of Education (BOE) adopts the following Wellness Policy to provide a school environment that promotes student health and wellness and reduces childhood obesity.

## **I. 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.

Below are the links to the USDA School Breakfast and Lunch Program Standards:

<http://www.fns.usda.gov/sbp/school-breakfast-program-sbp>

<http://www.fns.usda.gov/nslp/national-school-lunch-program-nslp>

### **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 safe food preparation methods. Schools 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. Competitive foods are sold from the same lines as reimbursable meals
4. Notify families of need-based programs for free or reduced-price meals and encourage eligible families to apply. Applications are sent home at the beginning of each year and are also available on the school website
5. Make free drinking water available at all times throughout the school day
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. Provide nutrition information for school meals upon request
9. Limit the use of food as a reward or punishment in school, staff are strongly encouraged to use physical activity as a reward when feasible

10. Provide appropriate supervision in the cafeteria, rules for safe behavior shall be consistently enforced
11. Follow the USDA Professional Standards for State and Local Programs to ensure that professional development in the area of food and nutrition is provided for food service directors, managers, and staff annually

### **Meal Scheduling**

The District will:

1. Provide students with at least 20 minutes to eat lunch, after obtaining their food
2. Operate the USDA School Breakfast Program and arrange bus schedules to accommodate breakfast to the extent possible
3. Schedule lunch times between normal lunch hours (approximately 11:00AM – 1:00PM)
4. Promote a minimal wait time for students to access their meals
5. Prohibit students from leaving campus during lunch, there is a 'closed campus' policy in place

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

All foods sold by the school or a school affiliate on campus or at a school-sponsored function during the school day as well as the extended school day will be consistent with federal regulations for school meal and nutrition standards and the USDA Smart Snacks in School nutrition standards.

All beverages sold by the school or a school affiliate on campus or at a school-sponsored function during the school day as well as the extended school day should be consistent with federal regulations for school meal and nutrition standards and the USDA Smart Snacks in School nutrition standards. Beverages containing caffeine will not be sold on the school campus.

**All snacks and beverages served to students during before/after care programs will meet the USDA Smart Snack Standards.**

Below is a link to the USDA Smart Snack Standards:

[http://www.fns.usda.gov/sites/default/files/allfoods\\_flyer.pdf](http://www.fns.usda.gov/sites/default/files/allfoods_flyer.pdf)

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

The District will:

1. Require those foods being sold for fundraising purposes during the school day meet Smart Snacks standards. This includes foods that may be sold through fundraisers, concessions and vending outlets. For other times, see below.
2. Work with existing vendors or locate new vendors that will comply with nutrition standards
3. Promote the sale of healthy food items and discourage the sales of foods that are high in sugar, fat, and that are highly processed during hours outside of the school day
4. Encourage the sale of non-food items when appropriate

**Celebrations**

Celebrations held during the school day will:

1. Promote the use of food items that meet the standard for competitive foods and beverages and
2. Encourage non-food activities whenever possible and practical
3. Model the healthy use of food as a natural part of celebrations. Foods not meeting Smart Snack standards may be brought into the classroom no more than 5 times per year for activities – examples of such times would be Thanksgiving, Christmas, and Valentine’s Day – which is at the Superintendent’s discretion.

**II. Physical Activity Education and Promotion**

Moriah 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. In addition, staff, families, and community are encouraged to participate in and model physical activity as a valuable part of daily life. The District’s Physical Education program will adhere to mandates and curricular content standards set forth by the New York State Department of Education for every grade level (K-12).

**Physical Education**

The District will provide a Physical Education program that ensures:

1. All elementary students should receive 120 minutes per week of physical education instruction throughout the school year.
2. All middle and high students should receive 225 minutes per week of physical education instruction throughout the school year
3. Physical Education classes incorporate the appropriate NYS Learning Standards
4. 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)
5. The performance of physical activity is not used as a form of discipline or punishment
6. All students in grades K-12 shall be required to take physical education class
7. Schools will not allow students to be exempt from required physical education except for approved medical reasons
8. Schools may not allow students to substitute other school or community activities for required physical education class time or credit
9. Physical education classes will have the same student/teacher ratio used in other classes
10. Physical education for grades K-12 will be taught by a certified/licensed teacher who is endorsed to teach physical education and receives annual professional development that is focused on physical education and physical activity topics

**Recess**

The District will:

1. Maintain daily allotment of recess time for elementary school, at least 20 minutes
2. Consider scheduling recess before lunch
3. Ensure students participate in recess activities and/or opportunities for physical activity. In extreme circumstances, students may require disciplinary intervention, extra time for instruction, or other instances deemed appropriate by Administration. In these cases, students may miss recess; however, reasonable effort will be made to limit these occurrences.

**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. Provide all teachers with professional development opportunities that are focused on the integration of physical activity into the classroom academic content and schedule throughout the school day

**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
3. Walking and biking to school

Physical activity clubs and intramurals shall be available to all students before, during, and after school hours. All schools will develop joint-use agreements with community partners in order to provide expanded physical activity opportunities for all students and community members.

**III. Nutritional Education and Wellness Promotion**

Moriah 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 and taught at every grade level (K-12) by:

1. Including nutrition education as part of classroom instruction in subjects such as math, science, language arts, social sciences and elective subjects
2. Aligning nutrition education curriculum with state and federal learning objectives and standards

3. Promoting and providing enjoyable, developmentally appropriate, culturally relevant, participatory activities, such as contests, promotions, taste testing, farm visits, and school gardens
4. Emphasizing the roles of healthful eating and physical activity for overall health and wellness
5. Having staff model healthy behavior; teachers are encouraged to drink water in the classroom, teachers eat the same lunch as students or they eat in a separate room
6. Teaching media literacy with an emphasis on food marketing
7. Enhancing the cafeteria layout, displays, decorations, signs and marketing to be consistent with health promotion
8. Ensuring marketing of foods and beverages are limited to those following USDA nutrition standards on any school property (for example signs, score boards, vending machines, curricula, school publications and websites, etc.), also any applicable corporate promotions ongoing at the school
9. During future equipment and product purchasing decisions (for signs, scoreboards, etc.), require those to reflect these marketing guidelines
10. Promoting community-based activities and opportunities for nutrition, activity, health and wellness, for example the teachers association holds a 5k every year that many families participate in

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.

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

The Moriah 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. The Superintendent shall also delegate one person in each building to ensure that the wellness activities and actions are being implemented at the building level.

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

1. 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), with instructions for becoming involved posted at the school's website under the District Resources page below:  
<https://www.moriahk12.org/district-resources.html>
2. The committee will be comprised of at least one (1) Administrator, one (1) cafeteria staff member, one (1) Parent, and one (1) Student. The names of the district's officials involved in the Wellness Committee will be posted to the school website at the District

- Resources tab and/or be made available by calling the main office at 518-546-3301
3. The committee will meet at least two (2) times per school year
  4. There is open recruitment to join the committee
  5. The Wellness Policy will be posted on the school website and paper copies will be made available upon request. The website is:  
<https://www.moriahk12.org/district-resources.html>

### **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 complete an assessment meant to monitor and review the District's wellness activities and 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. Based on these results, this policy, and the specific objectives set to meet its goals, may be revised as need.

Every year, in order to track progress towards these goals, the committee will publicly post annual progress towards these goals, containing at minimum:

- i. A summary of wellness events and/or activities completed to meet the policy goals,
- ii. how the public was informed of the wellness committee meeting and events
- iii. contact information for wellness committee members and
- iv. where to find the Wellness Policy.

The wellness policy, the triennial assessment, and any progress updates will be shared on the school's website at the link below:

<https://www.moriahk12.org/district-resources.html>

Information or updates relating to any implementation step may additionally be posted to the school's Facebook page, at the Wellness Committee's discretion.

To monitor the implementation and effectiveness of this policy, the following will be conducted:

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

Ref: 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)  
7 CFR §220.8 (School Breakfast Program participation requirements – nutrition standards)  
8 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)

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