

## **FILE 7.6.3—WELLNESS POLICIES ON PHYSICAL ACTIVITY AND NUTRITION**

### **PHILOSOPHY**

Congress passed the Child Nutrition and WIC Reauthorization Act of 2004, which requires by law, that by the first day of the school year in 2006, each school district participating in the National School Lunch Program adopt local school wellness policies that address healthy eating and physical activity.

The Ballston Spa Central School District (BSCSD) and the Board of Education (BOE) believe in a Coordinated and Comprehensive approach to staff and student wellness and have looked at eight different components that directly have an impact on health and wellness:

- Nutrition
- Health Education
- Physical Education and Activity
- Safe and Healthy Environment
- Counseling, Psychological and Social Services
- Health Services
- Family, School and Community Partnership
- Staff Wellness

This policy is an ongoing work in progress, and as the BSCSD schools continue to assess, implement and evaluate their individual healthy school plans, these reflections will be amended into such policy.

### **NUTRITION**

The BSCSD believes that a hungry child cannot learn properly and that healthy foods support student physical growth, brain development, resistance to disease, emotional stability and ability to learn.

Therefore:

- School food service staff will ensure compliance set forth by the US Recommended Dietary Guidelines and promote fruits, vegetables, whole-wheat products, low-fat or fat-free dairy products, and healthy food preparation methods with health enhancing nutrition practices.
- Nutrition services policies and guidelines for reimbursable meals shall not be less restrictive than federal and state guidelines require.
- The BSCSD will continue to provide qualified nutrition professionals to administer the schools meal program.
- The BSCSD shall provide enough space and serving areas to ensure that all students have access to school meals with minimal wait time.
- The BSCSD shall not schedule tutoring, clubs, or organizational meeting or activities during mealtimes, unless students may eat during such activities.
- The BSCSD discourages the use of food as a reward or punishment in schools.
- The BSCSD encourages integration of nutrition education into academic areas as appropriate.
- Foods and beverages sold outside of the school meal program during the school day, such as those in vending machines or school stores, will need to meet nutritional guidelines as noted in procedure manual.

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- shall not schedule tutoring, club, or organizational meetings or activities during mealtimes, unless students may eat during such activities.
- The BSCSD discourages the use of food as a reward or punishment in schools.
- Nutrition education is a component of health education and physical education classes. The BSCSD encourages integration of nutrition education into other areas as appropriate.
- School nutrition programs will promote fruits, vegetables, whole grain products, low fat or fat-free dairy products, healthy food preparation methods, with health-enhancing nutrition practices.
- Foods and beverages outside of the school meal program sold during the school day; such as those in vending machines and school stores will need to meet healthy nutritional criteria as noted in procedure manual.

#### **Classroom Parties/Celebrations**

- The BSCSD encourages food and beverages served at classroom parties and celebrations to be nutritional and meet the healthy school guidelines as outlined in procedure manual. The use of non-food items are encouraged as well.
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#### **Fundraising Activities**

- The BSCSD encourages fundraisers that promote children's physical and nutritional health. (See Policy 7.11).

### **HEALTH EDUCATION**

Healthy living skills shall be taught as part of the regular instructional program. The K-12 Health Education Program, within the New York State Health Education mandates, shall provide the opportunity for all students to understand and practice concepts and skills related to health promotion and disease prevention.

### **PHYSICAL EDUCATION & ACTIVITY**

The BSCSD believes that Physical Education and physical activity is an essential element of each school's instructional program. The primary goals for schools' physical activity components are: to provide opportunities for every student to develop the knowledge, skills and attitudes necessary for specific physical activities to maintain students' physical fitness, to ensure students' regular participation in physical activity, and to teach students the short and long term benefits of a physically active and healthful lifestyle.

Therefore:

- Students shall be given opportunities for physical activities through a range of programs including but not limited to intramurals, interscholastic athletics and clubs.
- Physical activity shall be implemented into the school day whenever possible.
- Recess is in addition to regularly scheduled physical education class.
- School staff shall not withhold participation in recess from students, or cancel recess to make up for missed instructional time.
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### **SAFE & HEALTHY ENVIRONMENT**

A safe and healthy environment supports academic success for all students; safer school communities promote healthier students and healthier students do better in school making greater contributions to their community.

- The BSCSD will continue efforts to keep school or district owned facilities open for use by students, parents and community members outside of school hours in promoting an active healthy lifestyle.

### **COUNSELING, PSYCHOLOGICAL & SOCIAL SERVICES**

The BSCSD is committed to supporting programs for staff, students and their families that promote social and emotional well being to optimize conditions for teaching and learning. Schools shall provide a supportive environment that includes the service of guidance counselors, school psychologists and social workers. Such an environment shall encourage students, families and staff to request assistance when needed and shall link them to school or community resources.

### **HEALTH SERVICES**

Academic achievement will be supported by providing services from qualified health care professionals in the school health offices, while collaborating with community health liaisons. An effective health care delivery system will strive to optimize the mental and physical health of student and staff.

### **FAMILY, SCHOOL & COMMUNITY PARTNERSHIPS**

The BSCSD believes in fostering solid family, school and community partnerships, as these partnerships positively impact student wellness and shall be included in wellness planning whenever possible.

- Community partnerships shall be developed and maintained as a resource for BSCSD programs, projects, activities and events.

## **STAFF WELLNESS**

A healthy staff can more effectively perform their duties and serve as powerful role models for healthy living. The district shall strive to move forward in this direction through the development of a Staff Wellness Committee that can assist in the development and implementation of staff wellness activities.

## **MONITORING & POLICY REVIEW**

The superintendent or designee will ensure compliance with established district-wide nutrition and physical activity wellness policies. In each school, the principal or designee will ensure compliance with those policies in his/her school and will provide an annual report to the District Health and Safety Committee (See Policy 3.5.1)

### **Ref:**

Board of Education Policy 3.5.1

Board of Education Policy 7.11

Reviewed May 2008