

CARMEL CENTRAL SCHOOL DISTRICT

WELLNESS POLICY

The wellness policy requirement was established by the Child Nutrition and WIC Reauthorization Act of 2004 and further strengthened by the Healthy, Hunger-Free Kids Act of 2010 (HHFKA). It requires each Local Education Authority (LEA) participating in the National School Lunch Program and/or School Breakfast Program to develop a wellness policy. USDA recently published practical, science-based nutrition standards for snack foods and beverages sold to children at school during the school day. The standards, required by the Healthy, Hunger-Free Kids Act of 2010, (Sec. 204 of PL 111-296), will allow schools to offer healthier snack foods to children, while limiting junk food. The “**Smart Snacks in School**” nutrition standards will ensure that kids are only offered tasty and nutritious foods during the school day. The responsibility for developing a wellness policy is placed at the local level so the unique needs of each school under the LEA’s jurisdiction can be addressed.

Whereas:

- Children need access to healthful foods and opportunities to be physically active in order to grow, learn, and thrive;
- Good health fosters student attendance and education;
- Obesity rates have doubled in children and tripled in adolescents over the last two decades and physical inactivity and excessive calorie intake are the predominant causes of obesity;
- Heart disease, cancer, stroke, and diabetes are responsible for two-thirds of deaths in the United States, and major risk factors for those diseases, including unhealthy eating habits, physical inactivity, and obesity, are often established in childhood;
- Eating disorders usually start in the teens but may start as early as age 8. More than half of teenage girls are, or think they should be on diets. About 3% of these teens go too far, becoming anorexic or bulimic;
- According to National Statistics, 33% of high school students do not participate in sufficient vigorous physical activity and 72% of high school students do not attend “daily” physical education classes; and
- Community participation is essential to the development and implementation of successful school wellness policies;

The Carmel Central School District (CCSD) is committed to providing school environments that promote and protect children's health, well-being, and ability to learn by supporting healthy eating and physical activity. Therefore, it is the policy of the CCSD that:

- The school district will engage students, parents, teachers, food service professionals, health professionals, and other interested community members in developing, implementing, monitoring, and reviewing district-wide nutrition and physical activity policies.
- All students in grades K-12 will have opportunities, support, and encouragement to be physically active on a regular basis.
- Qualified child nutrition professionals will provide students with access to a variety of affordable, nutritious, and appealing foods that accommodate the diversity of the student body in meal planning. CCSD will provide clean, safe, and pleasant settings and adequate time for students to eat.
- The Child Nutrition and Wellness Committee (CNWC) will strongly recommend that foods and beverages made available in the District (including vending, concessions, ala carte, student stores, classroom parties and fundraising) during the school day are consistent with the current Dietary Guidelines for Americans. The CNWC will also recommend that adults act as role models for good nutrition and physical activity behaviors.
- To the maximum extent practicable, all schools in the district will participate in available federal school meals programs, including School Breakfast Program and the National School Lunch Program.
- CCSD will provide nutrition education and physical education to foster lifelong habits of healthy eating and physical activity, as well as establishing linkages between health education, school meal programs and related community services. The CNWC recommends all staff to be mindful of the use of healthful foods in the daily planning of all school related activities.
- CCSD will encourage the relationship of healthy eating, physical activity and positive self image in order to promote the awareness of eating disorders in our community.

To achieve these goals, CCSD will implement the following policy recommendations:

I. Child Nutrition and Wellness Committee

The CNWC will work within the existing structure of the CCSD to develop, implement, and suggest revisions to school nutrition and physical activity policies. The current CNWC consists of a group of individuals representing parents, students, community members, and representatives of the school food authority, a member of the school board, school administrators, teachers, staff, related services, and health professionals.

II. Nutritional Quality of Foods and Beverages Sold and Served on Campus

School Meals – CCSD will strive to increase participation in the school lunch and school breakfast program. Meals served through the National School Lunch and Breakfast Programs will:

1. be appealing and attractive to children, served in clean and pleasant settings, meet, at a minimum, nutrition requirements established by local, state, and federal statutes and regulations;
2. follow the “**Smart Snacks in School**” nutrition standards for foods. Any food sold in schools must be a “whole grain-rich” grain product; or have as the first ingredient a fruit, a vegetable, a dairy product, or a protein food; or be a combination food that contains at least $\frac{1}{4}$ cup of fruit and/or vegetable;
3. food must also meet several nutrient requirements:
 - A. calorie limits for snack items: 200 calories or less; entrée items: 350 calories or less;
 - B. sodium limits for snack items: 200 mg or less; entrée items: 480 mg or less
 - C. fat limits: total fat: 35% or less of calories; saturated fat: 10% or less of calories; trans-fat: zero grams
 - D. sugar limit: 35% or less of weight from total sugars in foods

4. follow the “**Smart Snacks in School**” nutrition standards for beverages. All schools may sell plain water (with or without carbonation); unflavored low fat milk; unflavored or flavored fat free milk and milk alternatives permitted by NSLP/SBP; 100% fruit or vegetable juice and 100% fruit or vegetable juice diluted with water (with or without carbonation), and no added sweeteners. Elementary schools may sell up to 8-ounce portions, while middle and high schools may sell up to 12-ounce portions of milk and juice. There is no portion size limit for plain water. At the high school, the standards allow additional “no calorie” and “lower calorie” beverage options.
 - A. No more than 20-ounce portions of calorie-free, flavored water (with or without carbonation); and other flavored and/or carbonated beverages that are labeled to contain less than 5 calories per 8 fluid ounces or less than 10 calories per 20 fluid ounces.
 - B. No more than 12-ounce portions of beverages with less than 40 calories per 8 fluid ounces, or less than 60 calories per 12 fluid ounces.

The Child Nutrition Program:

5. is designed to be financially self-supporting. If subsidy of the child nutrition fund is needed, it will not be from the sale of foods that have minimal nutritional value;
6. will ensure that all students have affordable access to the varied and nutritious foods they need to stay healthy and learn well;
7. will employ a food service director, who is properly qualified, certified, and/or credentialed according to current professional standards, to administer the school food service program and satisfy reporting requirements;
8. will ensure all food service personnel have adequate pre-service training in food service operations;
9. will supply information about the nutritional content of meals/ meal items to parents and students. Such information will be available on menus or the food service website.

Breakfast - Children will be encouraged to have a healthy breakfast, either at home or at school through the School Breakfast Program (SBP). Parents will be informed of the importance of eating breakfast and its link to improved learning.

Free and Reduced-price Meals - CCSD will make every effort to eliminate any social stigma attached to, and prevent the overt identification of, students who are eligible for free and reduced price school meals. Toward this end, CCSD will utilize an electronic identification and payment system, such as a computerized Point of Sale (POS) System which prevents the overt identification of student.

Meal Times and Scheduling - To promote healthy meal habits, less plate waste, increased nutrient and fluid intake, and improved behavior, CCSD should investigate the possibility of scheduling recess time prior to lunch service at the elementary and middle school buildings. Students at CHS who do not have a scheduled lunch period, or who have a scheduled free period prior to lunch service, will be given the option of obtaining a lunch conflict pass from administration or a bag lunch from the cafeteria. The goal of the CNWC is to provide a scheduled lunch period for each CHS student during designated lunch service.

Sharing of Food and Beverages - Schools should discourage students from sharing their foods or beverages with one another during meal or snack times, given concerns about allergies and other restrictions on some children's diets

Hand washing - CCSD will encourage the practice of hand washing or hand sanitizing before meal or snack times.

Foods and Beverages Sold Individually (i.e., foods sold outside of reimbursable school meals, such as through food service cafeteria a la carte lines, fundraisers, snacks, rewards, celebration/birthday parties, school stores, and vending).

1. Foods Sold Outside of Reimbursable Meals (Food Service)

A. Elementary Schools - The school food service program will approve and provide all food and beverage sales to students in elementary schools. Given young children's limited nutrition assessment skills, food in elementary schools should be sold as balanced meals (reimbursable meals only). Food and beverages sold individually (a la carte) should follow the "**Smart Snacks in School**" nutrition standards approved by USDA. Fresh fruit or fresh vegetables will be offered as a snack choice. Choices for ice cream novelties will include several options that follow the "**Smart Snacks in School**" nutrition standards.

B. Middle School - The school food service program will approve and provide all food and beverage sales to students in the middle school. Food and beverages sold individually (a la carte) during the school day will follow the "**Smart Snacks in School**" nutrition standards for single serve. Fresh fruit or fresh vegetables will be offered for snack purchase. Choices for ice cream novelties will include several options that follow the "**Smart Snacks in School**" nutrition standards.

C. High School - The school food service program will approve and provide food and beverage sales to students in the high school. Food and beverages sold individually (a la carte) during the school day will follow the "**Smart Snacks in School**" nutrition standards. Fresh fruit or vegetables will be offered for snack purchase. Choices for ice cream novelties will include several options that follow the "**Smart Snacks in School**" nutrition standards.

2. Fundraising Activities - To support children's health and school nutrition-education efforts, school fund raising activities should use foods that meet the "**Smart Snacks in School**" nutrition standards for food and beverages sold individually. Schools will encourage fundraising activities that include non food items and promote physical activity. CCSD will make available a list of ideas for acceptable fundraising activities. In addition, CCSD will not allow the sale of fundraising food items during normal school day hours on school property.

3. Snacks - Snacks during the school day or in after-school care or enrichment programs should make a positive contribution to children's diets and health. Schools will assess if and when to offer snacks based on timing of school meals, children's nutritional needs, children's age, and other considerations. The district will distribute a list of healthful snack items to teachers and parents.

4. Rewards - It is the intent of CCSD to use rewards and incentives that do not undermine the health of students and/or reinforce unhealthful eating habits. Non-food rewards and incentives should be used as the first choice to encourage positive behavior.

5. Celebrations/Birthday Parties - Schools should limit celebrations that involve food during the school day to no more than two parties per class per month. All foods offered for celebrations/birthday parties will meet or exceed the USDA “**Smart Snacks in School**” nutrition standards. The district will distribute a list of healthy party ideas to parents and teachers. When possible, it is recommended that celebrations feature activities other than eating. In the elementary and middle schools, in-class celebrations should not take place during their designated breakfast or lunch service, without prior permission from the building principal.

6. School Stores - The school store in each building will only sell food items before or after school so as not to compete with the breakfast and lunch school food service. The items for sale will be healthful foods and meet the “**Smart Snacks in School**” nutrition standards.

7. Vending Machines - Food sold in vending machines will follow the “**Smart Snacks in School**” nutrition standards for a la carte offerings. Beverages must meet the nutrition standards for beverages based on the school standard (elementary, middle school, high school). Candy and soda sales are prohibited from all vending machines located on CCSD property. All vending not operated by CCSD Food service will be placed on “timers” to vend food and beverage items before or after school, not to compete with breakfast and lunch service.

8. School Sponsored After School Events - CCSD will encourage that healthful food items are offered at such events. CCSD will distribute a list of healthful alternatives to teachers, parents, and students.

III. Nutrition and Physical Activity Promotion and Food Marketing

Nutrition/Physical Activity - CCSD will encourage and support healthy eating by:

- teaching nutrition in health education classes, family and consumer science classes and physical education classes. Nutrition education will be incorporated into classroom instruction in subjects such as math, science, language arts, social sciences, and elective subjects;
- providing the opportunities for middle school and high school students to participate and explore nutrition topics through the family and consumer science department and health education classes;
- promoting fruits, vegetables, whole grain products, low-fat and fat-free dairy products, healthy food preparation methods, and health-enhancing nutrition practices;
- emphasizing the caloric balance between food intake and energy expenditure (physical activity/exercise);
- providing training, where necessary, to faculty and staff addressing the need for creative ways to incorporate physical activity in education areas. In-house resources will be utilized, where available;
- sharing nutrition education information with families and the broader community to positively impact students and the health of the community;
- providing information to families that encourage them to teach their children about health and nutrition and to provide nutritious meals for their families;
- providing information to teachers and families to help them incorporate physical activity into their students' lives, including the use of school and community facilities. CCSD will communicate to faculty and parents the importance of physical activity and of the nationally recommended daily physical activity of at least 60 minutes per day;
- providing information to teachers and families concerning eating disorders.

Communication with Parents - The district will support parents' efforts to provide a healthy diet and daily physical activity for their children. CCSD will send home nutrition information, post nutrition tips on websites, and provide nutritional analyses of school menu items. CCSD should encourage parents to pack healthy lunches, when not purchasing meals at school, and refrain from including beverages and foods that do not meet the "**Smart Snacks in School**" nutrition standards for individual foods and beverages. The district will provide parents a list of foods that meet the districts snack standards and ideas for healthy celebrations/parties, rewards, and fundraising activities.

The district will provide information about physical education and other school-based physical activity opportunities before, during, and after the school day; and support parents' efforts to provide their children with opportunities to be physically active outside of school. Such supports will include sharing information about physical activity and physical education through a website, newsletter, or other take-home materials, special events or physical education homework.

Food Marketing in Schools - School-based marketing will be consistent with nutrition education and health promotion. The promotion of healthy foods, including fruits and vegetables, whole grains, and low-fat dairy products will be encouraged and should follow the “**Smart Snacks in School**” nutrition standards.

Marketing activities that promote healthy behaviors (and are therefore allowable) include: vending machine covers promoting water; pricing structures that promote healthy options in a la carte lines or vending machines; sales of fruit for fundraisers; and coupons for discount gym memberships. Examples of marketing techniques include the following: logos and brand names on/in vending machines, books or curricula, textbook covers, school supplies, scoreboards, school structures, and sports equipment; educational incentive programs that provide food as a reward; programs that provide schools with supplies when families buy low-nutrition food products; in-school television; free samples or coupons; and food sales through fundraising activities.

Staff Wellness - CCSD highly values the health and well-being of every staff member and encourages activities and policies that support personal efforts by staff to maintain a healthy lifestyle.

IV. Physical Activity Opportunities and Physical Education

Physical Education (P.E.) K-12 - CCSD will explore opportunities for additional physical education activities for our students. All students in grades K-12, including students with disabilities, special health-care needs, and in alternate educational settings, will meet the requirements of the NYSED regulations for physical education. All physical education will be taught by a certified physical education teacher. The student/teacher ratio of physical education classes will be similar to other classes. Student involvement in other activities involving physical activity (i.e., interscholastic or intramural sports) will not be substituted for meeting the physical education requirement, except for high school **senior** varsity sport participants (option for one quarter per year). Students will spend at least 50% of physical education class time participating in moderate to vigorous physical activity. Physical education includes the instruction of individual activities as well as competitive and non-competitive team sports to encourage life-long physical activity. Non-competitive aerobic exercise is encouraged.

Adequate equipment should be available for all students to participate in physical education. Physical activity facilities on school grounds will be inspected according to NYSIR standards.

Daily Recess - All elementary school students will have at least 20 minutes a day of supervised recess, preferably outdoors, during which schools should encourage moderate to vigorous physical activity. Schools should discourage extended periods (i.e., periods of two or more hours) of inactivity.

Physical Activity Opportunities Before and After School - Every effort will be made at the elementary, middle and high school to offer extracurricular physical activity programs, such as physical activity clubs or intramural programs. CCSD will explore opportunities for physical activity options (before and after school) at the elementary level. The high school and middle school will offer interscholastic sports programs, as appropriate. Schools will offer a range of activities that meet the needs, interests, and abilities of all students, including boys, girls, students with disabilities, and students with special health-care needs.

Physical Activity and Punishment - Teachers and other school and community personnel will not use physical activity (i.e., running laps, pushups) as punishment.

V. Monitoring and Policy Review

Monitoring - The Superintendent or designee will ensure compliance with established district-wide nutrition and physical activity wellness policy. In each school, the principal or designee will ensure compliance with those policies in his/her school and will report on non-compliance to the school district superintendent or designee.

The Director of Food Services will ensure compliance with nutrition policies within school food service areas and will report on this matter to the superintendent or designee. In addition, the Director of Food Services will report on the most recent USDA School Meals Initiative (SMI) review findings and any resulting changes to the CNWC. The CNWC will provide a checklist to each building principal and the director of food services as an assessment tool to ensure policy compliance. This checklist will be completed quarterly and forwarded to the CNWC.

Policy Review - The CNWC conducted a baseline assessment (SHI REVIEW) of the district's existing nutrition and physical activity environments and policies to assist with the initial development of the district's wellness policy. The results of those school-by-school assessments were compiled at the district level to identify and prioritize needs.

Assessments will be performed at least every three years to help review policy compliance, assess progress and determine areas in need of improvement. As part of the assessment, the CNWC will review the wellness policy. If necessary, the CNWC will revise the wellness policy and develop work plans to facilitate its implementation.