

## **SUBJECT: DISTRICT WELLNESS POLICY**

The District is committed to providing a school environment that promotes and protects children's health, well-being, and the ability to learn by fostering healthy eating and physical activity. The District has established a Wellness Committee to develop the District's proposed local wellness policy, making such policy recommendations for review and adoption by the Board of Education. The District's Wellness Committee includes, but is not limited to, representatives from each of the following groups:

- a.) Parents;
- b.) Students;
- c.) The District's food service program;
- d.) The School Board;
- e.) School administrators;
- f.) Members of the public; and
- g.) School Nurse

The District Wellness Committee will assess current activities, programs and policies available in the District; identify specific areas of need within the District; develop the policy; and provide mechanisms for implementation, evaluation, revision and updating of the policy. The Wellness Committee is established to represent the local community's perspective in developing the wellness policy for the District.

### **School Wellness**

The Madrid-Waddington Central School District believes that the intellectual, social, emotional and physical development of each student is enhanced by healthy nutrition and physical activity. Our school is committed to promoting and protecting students' health, well-being, and ability to learn by encouraging lifelong habits of healthy eating and physical activity.

### **Goals to Promote Student Wellness**

Taking into account the parameters of the school district (academic programs, annual budget, staffing issues, and available facilities) as well as the community in which the District is

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located (the general economy; socioeconomic status; local tax bases; social cultural and religious influences; geography; and legal, political and social institutions) the following District goals relating to nutrition education, physical activity and other school-based activities are recommended:

The District will provide nutrition education to facilitate the voluntary adoption of healthy eating habits and other nutrition-related behaviors conducive to health and well-being by establishing the following standards for:

1.) Physical Activity

All students in grades K-12 will receive support, encouragement, and opportunities to be physically active on a regular basis. Physical activity supports physical growth, brain development, resistance to disease, emotional stability, and enhances a student's ability to learn.

Physical activity, in addition to formal physical education classes and recess, will be encouraged. Ideas for integrating physical activity throughout the day will be developed and disseminated to staff and community members.

Schools will provide regular, age-appropriate, quality physical education, including instruction on year-round outdoor and indoor activities contributing to life-long habits of physical activity. Physical education offerings at all grade levels will be maintained or expanded.

Recess is a valuable part of elementary education. The amount of recess lost due to student discipline should be minimized. Recess will include many age-appropriate options for participating in active games and physical activities. Opportunities for all students to participate in extra-curricular and intramural sports and non-traditional physical activities will be maximized.

Guidance counselors will encourage students to participate in physical activity.

In order to promote the benefits of life-long habits of physical activity, facilities and activities will be shared with community members and organizations according to District policies and procedures.



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### 2.) Nutrition Education

Nutrition education will emphasize the relationship of a balanced diet and regular exercise to good health, and will stress the importance of adopting a healthy lifestyle.

Ongoing professional development will be provided to inform teachers about current nutrition information. School personnel will strive to model good nutrition. Nutrition information will be shared with parents to encourage them to provide nutritional foods for their children.

Nutrition education will be integrated across the curriculum and include healthy cooking methods, consumer awareness, and media literacy. Only items which meet the healthy food and beverage guidelines may be advertised in schools.

### 3.) Food and Beverage Provided by School

Student nutrition services and all other food and beverage venues will offer a variety of affordable, nutritious food and beverages that meet the healthy and nutritional needs of students.

Food and beverage provided by the school during the school day will meet healthy food and beverage guidelines as defined by administrative regulation. The regulation may include a timeline for phasing in implementation and will address specific issues such as dehydration, Vitamin D deficiency in winter, and special dietary needs.

All federal meal programs [school breakfast, school lunch and after school snacks] will follow the National Values of Food and Beverages in compliance with the most current Food Pyramid, Child Nutrition Act and the National School Lunch Act.

The district's breakfast and lunch program will continue to meet or exceed the nutritional criteria of the School Meals Initiative. If a la carte foods are available, they will include a variety of choices of nutritious foods, such as fruit, vegetables, whole grain and low-fat or non-fat dairy food.

Schools will provide clean and safe eating environments, as well as adequate time and space to eat breakfast and lunch. Drinking water and hand-washing facilities should be conveniently available at all times. Using food as a reward will be discouraged.

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A list of healthy classroom snacks and party and fund-raising ideas will be disseminated to parents and teachers.

### **4.) Other School-Based Activities**

Schools will actively develop and support the engagement of students, families, and community partners in providing and participating in healthy school-based activities for students, including after-school activities.

The District will actively promote healthy eating choices and physical activity through websites, newsletters, posters, and at school. Schools will provide information to families on how children can be safe and healthy in outdoor environments, including winter survival information.

The District will encourage involvement by students traditionally underrepresented in student activities and will solicit and honor student input whenever possible.

School will offer a range of activities that meet the needs, interests, and abilities of all students, including a diverse selection of competitive and noncompetitive, structured and non-structured activities.

### **Implementation and Evaluation of the Wellness Policy**

The Wellness Committee shall report at least once a year to the Superintendent on the District's compliance with the wellness policy and the Superintendent shall inform the Board of such findings. The Superintendent/designee shall prepare a summary report on District-wide compliance with the District's wellness policy based on input from the Wellness Committee, building principals, and school health services. The report shall also be available to community residents upon request.