

**SUBJECT: DISTRICT WELLNESS POLICY**

The Salmon River Central School District, in compliance with the Child Nutrition and WIC Reauthorization Act of 2004, has generated a school wellness policy, which includes goals for nutrition, physical activity and other school-based activities that promote student and staff wellness.

To achieve the goals listed herein, the District has established a school health council which will advise the Board of Education to develop, implement, monitor and review school nutrition and physical education policies and practices. The council includes faculty, staff, students, administrators and parents as well as interested community members and will meet, at minimum, once each year at the discretion of the Superintendent.

**Goals for Nutrition Education and Promotion**

The Salmon River Central School District aims to teach, encourage, and support healthy eating by students. Schools should provide nutrition education and engage in nutrition promotion that:

- a) Is offered at each grade level as part of a sequential, comprehensive, standards-based program designed to provide students with the knowledge and skills necessary to promote and protect their health;
- b) Is part of not only health education classes, but also classroom instruction in subjects such as math, science, language arts, social sciences, and elective subjects;
- c) Includes enjoyable, developmentally-appropriate, culturally-relevant, participatory activities, such as contests, promotions, taste testing, farm visits, and school gardens;
- d) Promotes fruits, vegetables, whole grain products, low-fat and fat-free dairy products, healthy food preparation methods, and health-enhancing nutrition practices;
- e) Emphasizes caloric balance between food intake and energy expenditure (physical activity/exercise);
- f) Links with school meal programs, other school foods, and nutrition-related community services;
- g) Teaches media literacy with an emphasis on food marketing;
- h) Includes training for teachers and other staff;
- i) Includes community service programs to provide training and educational opportunities for parents.

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The Salmon River Central School District will work to implement the following recommendations of the Curriculum Subcommittee of the District Health Council:

- a) Adopt a comprehensive K through 6 Wellness Curriculum from four that have been previously used in the District: Growing Healthy, Let's Get Healthy, Here's Looking at You 2000, and Walking with Grandfather;
- b) Integrate wellness into core-curriculum areas;
- c) Adjust K through 6 physical education curriculum to include a wellness dimension with focus on fitness, nutrition and health;
- d) Add electives in health/wellness topics;
- e) Modify 7 through 12 physical education curriculum to reflect wellness/fitness/life-skills/nutrition focus;
- f) Create physical education selective electives which include single gender opportunities.

**Goals for Physical Education, Physical Activity, Extra Curricular Activity, Intramural and Interscholastic Athletics**Physical Education

- a) **Physical Education (P.E.) K through 12.** All students in grades K through 12, including students with disabilities, will receive physical education 120 minutes/cycle for the entire school year. A certified physical education teacher will teach all physical education classes. Students will spend at least 50 percent of physical education class time participating in moderate to vigorous physical activity.

Physical Activity

- a) **Daily Recess.** All elementary school students will have supervised daily recess on days when physical education is not scheduled. Students should be encouraged to engage in moderate to vigorous physical activity during recess.

Schools should discourage extended periods (i.e., periods of two or more hours) of inactivity. When activities such as mandatory school-wide testing make it necessary for students to remain indoors for long periods of time, schools should give students periodic breaks during which they are encouraged to stand and be moderately active.

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- b) **Physical Activity Opportunities Before and After School.** All elementary, middle, and high schools will offer extracurricular physical activity programs, such as physical activity clubs or intramural programs.

After-school child care and enrichment programs will provide and encourage - verbally and through the provision of space, equipment, and activities - daily periods of moderate to vigorous physical activity for all participants.

- c) **Physical Activity and Punishment.** Teachers and other school and community personnel will not use physical activity (e.g., running laps, pushups) or withhold opportunities for physical activity (e.g., recess, physical education) as punishment.

Facilities

- a) The District will make the school space and facilities available to students, staff, and community members. In accordance with District Policy #3280 -- Use of School Facilities, Materials and Equipment, the community is allowed to utilize the building and grounds for specific uses that will not interfere with educational activities. Such activities may include but are not limited to recreation, physical training and athletics.
- b) The District will seek funds to create improved physical facilities to promote health, fitness and community involvement in fitness.
- c) The District will seek funding to offer community based fitness awareness and to provide the services of a health/fitness coordinator.

Intramural and Interscholastic Opportunities

In order to promote fitness, wellness and physical activity, the District will:

- a) Seek funding for the creation of an intramural program for elementary aged children;
- b) Incorporate a recreation program into the latch-key program;
- c) Seek funding to create a fitness club;
- d) Offer interscholastic programs that are open to all and which encourage lifelong fitness;
- e) Offer at least one physically demanding interscholastic sport for both boys and girls that is open to all, each season.

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**SUBJECT: DISTRICT WELLNESS POLICY (Cont'd.)****Goals for the Operation of School Meal Program in District Schools**Breakfast

The Salmon River School District will make every effort to ensure that all students eat breakfast, either at home or at school, in order for the students to work to the best of their ability both physically and mentally. In order for students to meet their nutritional needs and enhance learning, Salmon River Central School will:

- a) Operate and maintain a school breakfast program;
- b) Arrange a breakfast schedule to encourage participation by all students, including serving breakfast in the classroom and "grab-and-go" options;
- c) Inform and notify parents of the School Breakfast Program;
- d) As part of District-wide community communication effort, encourage parents to provide a healthy breakfast for their children (no doughnuts, pop tarts, danish).

Free and Reduced-Priced Lunch

The Salmon River School District will make every effort to encourage families that can benefit from the Free and Reduced Priced Lunch Program to participate in said program by:

- a) Utilizing electronic identification and payment systems;
- b) Providing meals at no charge to all children, regardless of income, according to established guidelines;
- c) Promoting the availability of school meals to all students;
- d) Using nontraditional methods for serving school meals, such as "grab-and-go" or classroom meals and a salad bar when available.

Meal Times and Scheduling

The Salmon River Central School District will:

- a) Provide students 30 minutes to receive and eat lunch;

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- b) Schedule lunch periods between 11 a.m. and 1 p.m. During this time students should not be scheduled for tutoring, club or organizational meetings unless students are allowed to eat during such activities;
- c) Schedule recess periods to follow lunch periods (in elementary schools);
- d) Provide students access to encourage hand washing or hand sanitizing before eating meals or snacks;
- e) Take reasonable steps to accommodate the tooth-brushing regime of students with special oral health needs.

**Goals for Operation of the Food Service Program**

The Salmon River Central School District will seek funding to encourage the Food Service Program to:

- a) Buy fresh food and reduce the amount of processed foods served;
- b) Increase staff hours for preparation of fresh foods, (i.e., salad bar, homemade foods, recipes, healthy snacks);
- c) Substitute healthy foods in school recipes, such as ground turkey instead of beef;
- d) Work with surrounding organizations to develop and/or implement healthy food preparation - such organizations could include surrounding colleges, St. Lawrence University, SUNY Potsdam, Paul Smiths, and the St. Regis Mohawk Tribe's Get Healthy program;
- e) Provide continuing professional development for all nutrition professionals in the District;
- f) Provide staff development programs for all school personnel, according to their levels of responsibility.

**Goals to Ensure Nutritional Quality of Foods and Beverages Sold and Served in District Schools**

In order to ensure that food served at Salmon River Schools meets, at a minimum, nutrition recommendations of the U.S. Dietary Guidelines for Americans, the District will:

- a) Ensure that meals are appealing and attractive to children;

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- b) Ensure that meals are served in clean and pleasant settings;
- c) Ensure that meals served adhere to food and safety guidelines in accordance with the Hazard Analysis and Critical Control Points (HACCP) and USDA food security guidelines;
- d) Offer a variety of fruits and vegetables;
- e) Serve only low-fat (1%) and fat-free milk and nutritionally-equivalent non-dairy alternatives (to be defined by USDA);
- f) Ensure that half of the served grains are whole grain;
- g) Engage students and parents, through taste-tests of new entrees and surveys, in selecting foods sold through the school meal programs in order to identify new, healthful and appealing food choices;
- h) Share information about the nutritional content of meals with parents and students - such information could be made available on menus, a website, on cafeteria menu boards, placards, or other point-of-purchase materials;
- h) Adopt a Food Service Management Program (e.g., Pathways, Lunch Power!, CATCH) to provide nutritional analysis of foods served;
- i) Insure that snacks served/sold during school hours, in after-school activities, or during enrichment programs will make a positive contribution to the overall well being of student health - an emphasis will be placed on serving fruits and vegetables as the primary snack, with water being the primary beverage. The District will distribute a list of healthy snack items to teachers, after-school program personnel and parents. If eligible, the Salmon River School District will provide snacks and will pursue reimbursement through the National School Lunch Program;
- j) Discourage students from sharing food or beverages with other students during meal or snack times.

**Goals for Related Wellness, Health and Fitness Guidelines in District Schools**

- a) **Food Marketing in Schools.** School-based marketing will be consistent with nutrition education and health promotion. As such, schools will discourage food and beverages that do not meet the nutrition standards for meals. The promotion of healthy foods including fruits, vegetables, whole grains, and low-fat dairy products is encouraged.

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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; 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. Marketing activities that promote healthful 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.

- b) **Staff Wellness.** The District highly values the health and well-being of every staff member and will plan and implement activities and policies that support personal efforts by staff to maintain a healthy lifestyle. Each school is encouraged to establish and maintain a staff wellness committee to develop, promote, and oversee a multifaceted plan to promote staff health and wellness. The plan should be based on input solicited from school staff and should outline ways to encourage healthy eating, physical activity and other elements of a healthy lifestyle among school staff.
- c) **Fundraising Activities.** The Salmon River School District in order to support the policies to promote health and nutrition education will discourage school fundraising activities that involve food sales that are not within the guidelines of said policies. The District will encourage fundraising activities that promote physical activities.
- d) **Rewards.** The Salmon River School District will not use food or beverages as rewards for academic performance or good behavior. The District will not withhold food or beverages (including any food or beverage served through school meals) as a punishment.
- e) **Celebrations.** The Salmon River School District will limit celebrations that involve food during the school day to no more than one (1) party per class per month. Each celebration should include no more than one (1) food or beverage that does not meet nutrition standards for food and beverages sold individually. The District will provide a list of healthy party ideas to teachers and parents.

**Goals for Monitoring and Policy Review**

The Superintendent/designee will ensure compliance with established District-wide nutrition and physical activity wellness policies. In each school, the Principal/designee will ensure compliance with those policies in his/her school and will report on the school's compliance to the Superintendent/designee.

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School food service staff, at the school or District level, will ensure compliance with nutrition policies within school food service areas and will report on this matter to the Superintendent (or if done at the school level, to the school Principal). In addition, the School District will report on the most recent USDA School Meals Initiative (SMI) review findings and any resulting changes.

The Superintendent/designee will develop a summary report every three (3) years on District-wide compliance with the District's established nutrition and physical activity wellness policies, based on input from schools within the District. Each school in the District will conduct a baseline assessment of the school's existing nutrition and physical activity environments and policies. The results of those school-by-school assessments will be compiled at the District level to identify and prioritize needs.

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