(X) Required
(X) Local

STUDENT WELLNESS

Preamble
South Kortright Central School (hereto referred to as the District) is committed to providing a school environment that promotes and protects students' health, well-being, and ability to learn, by fostering healthy eating and physical activity before, during, and after the school day. This wellness policy outlines the District's approach to ensuring environments and opportunities for all students, staff, and school community members to practice healthy eating, physical activity, and other wellness-promoting behaviors throughout the school day while minimizing commercial distractions.

I. School Wellness Committee

Committee Role and Membership
The District will convene a wellness committee (hereto referred to as the SKDWC) that meets at least two times per year to establish goals and oversee school health and safety policies and programs, including development, implementation, and periodic review and update of this district wellness policy (heretofore referred as "wellness policy"). The District Wellness Coordinator will meet periodically with portions of the committee to assess progress throughout the year.

The District will actively seek members for the SKDWC through the use of email, newsletters, the District's website and social media pages. The SKDWC membership will represent all school levels, and include (to the extent possible), but not be limited to, representatives from the following groups: (a) parents and caregivers, (b) students, (c) physical education teacher(s), (d) school health professionals, (e) District food service program representatives, (f) school board, (g) school administrators, (h) teachers, (i) members of the public

Leadership
The Superintendent or designee(s) will convene the SKDWC and facilitate development of and updates to the wellness policy, and will ensure each school's compliance with the wellness policy. The designated official for oversight is the Wellness Coordinator(s), hereto referred to as the WC.

The names, titles, and contact information of these individuals are listed on the school website.

II. Wellness Policy Implementation, Monitoring, Accountability, and Community Engagement

Implementation Plan
The District will develop and maintain a plan for implementation to manage and coordinate the execution of this wellness policy. The Wellness Coordinator will meet with appropriate committee members 3-4 times a year to track, plan, and organize wellness activities specific to

South Kortright Central School. They will review and evaluate changes that would enhance wellness efforts in the district; discuss information about who will be responsible to make what change, by how much, where and when; as well as specific goals and objectives for nutrition standards and beverages available on the school campus, food and beverage marketing, nutrition promotion and education, physical activity, physical education, and other school-based activities that promote student wellness.

Recordkeeping

The District will retain records to document compliance with the requirements of the wellness policy at the District's Administrative Offices and/or on school webpage. Documentation maintained in this location will include but will not be limited to:

- The written wellness policy;
- Documentation demonstrating that the policy has been made available to the public;
- Documentation of efforts to review and update this wellness policy; including an indication of who is involved in the update and methods the District uses to make stakeholders aware of their ability to participate on the SKDWC
- Documentation to demonstrate compliance with the annual public notification requirements
- The most recent triennial assessment on the implementation of the local school wellness policy;
- Documentation demonstrating the most recent assessment on the implementation of the triennial assessment have been made available to the public

Annual Notification of Policy

The District will actively inform families and the public each year of basic information about this policy, including its content, any updates to the policy and implementation status. The District will make this information available via the district website and/or district-wide communications. The District will provide as much information as possible about the school nutrition environment. This will include a summary of the District's events or activities related to wellness policy implementation. Annually, the district will also publicize the name and contact information of the District Wellness Coordinator, as well as information on how the public can get involved with the school wellness committee.

Triennial Progress Assessments

At least once every three years, the District will evaluate compliance with the wellness policy to assess the implementation of the policy and include:

- The extent to which the District is in compliance with the wellness policy;
- A description of the progress made in attaining the goals of the District's wellness policy

The following District officials are responsible for managing the District's triennial assessment, whose contact information can be found on the school website:

- Wellness Coordinator
- Food Services Coordinator
- Superintendent

The District will actively notify households/families of the availability of the triennial progress report.

Revisions and Updating the Policy
This wellness policy will be assessed and updated, at a minimum, every three years based on the results of the triennial assessment. This wellness policy may also be updated as: District priorities change; community needs change; wellness goals are met; new health science, information and technology emerge; and/or new federal and state guidelines.

Evaluation and feedback from interested parties are welcomed as an essential part of revising and updating this policy.

Community Involvement, Outreach, and Communications
The District is committed to being responsive to community input, which begins with an awareness of this policy. On an annual basis, that District will make this wellness policy and the triennial assessment results available to families and the public. The District will also annually inform families and the public, in culturally and linguistically appropriate ways, of its content and implementation status, as well as any updates to this wellness policy. The District will make this information available via the District website and/or District-wide communications.

III. Nutrition

The District seeks to ensure all of its students obtain the knowledge and skills necessary to make nutritious food selections. To this end, the District sets forth the following goals related to nutrition:

School Meals
The District is committed to promoting student health and reducing childhood obesity by:

(a) Serving meals that meet or exceed nutrition requirements established by local, state, and federal laws and regulations;
(b) Ensuring all students have a scheduled lunch period or are given an opportunity to eat;
(c) Providing all students with adequate time to consume meals;
(d) Promoting healthy food and beverage choices;
(e) Preparing meals that are appealing and attractive to students;
(f) Serving meals in clean and pleasant settings;
(g) Encouraging student participation in federal Child Nutrition Programs

The District participates in USDA child nutrition programs, including the National School Lunch Program (NSLP), the School Breakfast Program (SBP), Summer Food Service Program (SFSP), and After School Snack Program (ASSP). The District also operates additional nutrition related programs and activities including Farm to School programs (when possible), Second Breakfast, SK Presents, and takes advantage of other opportunities as they arise.

Additionally, the district will aim to promote the diet and health of students by doing the following:

- Fruit is available daily at all meals, in the line of sight and reach of students
- All staff members, especially those serving, have been trained to politely prompt students to select the daily vegetable options with their meal
- Alternative entree options (e.g. salad bar) are posted as options on the monthly calendar. The salad bar is available for grades 5-12 during regular school days, and fresh vegetables are available to all grades on a daily basis.
- Student surveys and taste testing opportunities are used to support menu development, dining space decor, and promotional ideas.
- Local foods will be purchased when possible.
- Menus will be posted on the District website

Staff Qualifications and Professional Development

All school nutrition program directors, managers, and staff will meet or exceed hiring and annual continuing education/training requirements in the USDA professional standards for child nutrition professionals. These school nutrition personnel will refer to the District's resources for professional development to search for training that meets their learning needs.

Water

To promote hydration, free, safe, unflavored drinking water will be available to all students throughout the school day, including before and after school activities. The District will make drinking water available where school meals are served during mealtimes. Students will be allowed to bring and carry water bottles filled with only water with them throughout the day.

Competitive Foods and Beverages

To improve student health and well-being, the District is committed to ensuring that foods and beverages made available to students by the cafeteria throughout the school day support healthy choices. The District will continue to encourage those selling and serving food and beverages outside of the school meal programs (a-la-carte items, school stores, vending machine items) to select items that meet the USDA Smart Snacks in School nutrition standards.

Celebrations and Rewards

The District is committed to educating students and parents of the benefits of eating healthy and nutritious foods. The District and WC will encourage teachers and staff to provide healthy and/or non-food classroom reward options. The District, WC, and classroom teachers will be available to assist parents and caregivers in selecting healthier snack choices for any celebrations held in school, sharing resources, recipes, and any important dietary restriction information.

Fundraising

The District will encourage fundraising groups to sell foods and beverages that meet USDA Smart Snacks in Schools nutrition standards. School-sponsored fundraisers conducted outside of the school day will be encouraged to support the goals of this wellness policy by offering healthy food items and/or non-food items if possible.

Nutrition Promotion and Education
Nutrition promotion and education positively influence lifelong eating behaviors. The district will model and encourage healthy eating by:

(a) Promoting healthy food and beverage choices for all students by using Smarter Lunchroom techniques which guide students toward healthful choices, as well as by ensuring that 100% of foods and beverages promoted to students meet the USDA Smart Snacks in School Nutrition Standards
(b) Promoting nutrition education activities that involve parents, students, and the community
(c) Promoting school and community awareness of this wellness policy through various means, such as publication on the District website
(d) Encouraging and promoting wellness through activities and events during and after the school day
(e) Encouraging participation in federal Child Nutrition Programs
(f) Ensuring that the marketing and advertising of foods and beverages on school campus during the school day is consistent with nutrition education and health promotion.
(g) Integrating nutrition education within the comprehensive health education curriculum and other instructional areas, as appropriate, and taught at every grade level, K-12. Nutrition education will be based on current scientific knowledge and guidelines. Nutrition education follows applicable NYS standards and is designed to help students acquire:

1. Nutrition knowledge, including, but not limited to: the benefits of healthy eating; essential nutrients; nutritional deficiencies; principles of healthy weight management; the use and misuse of dietary supplements; and safe food storage, handling, and preparation.
2. Nutrition-related skills, including, but not limited to: planning healthy meals; understanding using food labels, critically evaluating nutrition information, misinformation, and commercial food advertising; assessing personal eating habits; and setting and achieving goals related to concepts.

(h) Providing families and teachers with a list of healthy party ideas

Food and Beverage Marketing in Schools
All foods and beverages marketed or promoted to students on the school campus during the school day will be encouraged to meet the USDA Smart Snacks nutrition standards. Food marketing commonly includes oral, written, or graphic statements made for the purpose of promoting the sale of a food or beverage product.

IV. Physical Activity

Since physical activity affects students' emotional and physical well-being, as well as their cognitive development, the District is committed to ensuring that all students, including students with disabilities requiring adaptations or modifications, are provided the opportunity daily to

participate in physical activity before, during, and after school. Physical activity opportunities will be in addition to, not in lieu of, physical education.

Recess, physical education, or other physical activity time will not be cancelled for instructional make-up time, nor will it be withheld for disciplinary action when possible, and unless the student is a danger to himself, herself, or others. This does not include participation or sport teams that may have specific academic requirements.

The District is committed to encouraging physical activity through the following:

a) Classroom Physical Activity Breaks (Elementary and Secondary): All classroom teachers are strongly encouraged to incorporate into the school day short breaks for students that include physical activity, especially after long periods of inactivity.
b) Recess (Elementary and Secondary): All students PK-12 will be offered at least one daily period of recess for 20 minutes. This requirement will not apply on days where students arrive late, leave early, or are otherwise on campus for less than a full day. Outdoor recess will be offered when weather permits. In the event that indoor recess is necessary, it will offered in a place that accommodates moderate to vigorous physical activity.
c) Active Academics: Teachers are encouraged to incorporate kinesthetic learning approaches into core learning subjects when possible to limit sedentary behavior during the day.
d) Before and After School Activities: The District will offer opportunities for all student to participate in physical activity before and/or after the school day through various methods, such as physical activity clubs, intramurals, and interscholastic sports.

Physical Education

The District will provide students with physical education, using an age-appropriate, sequential physical education curriculum consistent with national and state standards for physical education. All students will be required to fulfill the physical education requirements set forth in the Commissioner's regulations as a condition of graduating from the District.

The District recognizes the importance of physical education classes in providing students with meaningful opportunities for physical exercise and development. Consequently, the district will ensure that:

a) All physical education classes are taught or supervised by a certified physical education teacher;
b) All physical education staff receive professional development relevant to physical education on an annual basis
c) Interscholastic sports, intramural sports, and recess do not serve as substitutes for a quality physical education program
d) Students are afforded the opportunity to participate in moderate to vigorous activity
e) It provides adequate space and equipment for physical education and conforms to all applicable safety standards

f) An age-appropriate, sequential physical education curriculum consistent with national and state standards for physical education is implemented, with a focus on students' development of motor skills, movement forms, and health-related fitness.
g) A physical and social environment is provided that encourages safe and enjoyable activity for all students; and
h) Activities or equipment are adapted or modified to meet the needs of students who are temporarily or permanently unable to participate in the regular program of physical education. In doing so, the District will abide by specific provisions in 504 plans and/or individualized education programs (IEP). To that end, the Committee on Special Education (CSE) will ensure that a certified physical education teacher participates in the development of a student's IEP, if that student may be eligible for adapted physical education.

V. Other Activities that Promote Wellness

The District will integrate wellness activities across the entire school setting - not just in the cafeteria, other food and beverage venues, and physical activity facilities. The District will coordinate and integrate other initiatives related to physical activity, physical education, nutrition, and other wellness components so all efforts are complementary, not duplicative, and work towards the same set of goals and objectives promoting student wellbeing, optimal development, and strong educational outcomes.

Community Partnerships
The District will develop, enhance, and continue relationships with school community partners in support of the implementation of this wellness policy. The District will provide all school community partners with a copy of this wellness policy so that they are aware of the District's requirements and goals.

Community Health Promotion and Family Engagement
School grounds and facilities will be made available to students, staff, community members, organizations, and agencies offering physical activity and/or nutrition programs consistent with the District policy. This is subject to provisions regarding conduct on school grounds and administrative approval of use by outside organizations.

Staff Wellness and Health Promotion
The SKDWC will continue to provide a school environment that focuses on staff wellness issues, identifies and disseminates wellness resources and performs other functions that support staff wellness in coordination with human resources staff.

The District will support strategies to assist staff in actively promoting and modeling healthy eating and physical activity behaviors. Examples of strategies the District will use, as well as specific actions staff members can take, include providing opportunities to participate in physical activity, distribute healthy recipes, provide occasional opportunities to participate in wellness challenges, and provide access to health screenings in-house. The District promotes staff member participation in health promotion programs and will support programs for staff members on healthy eating/weight management that are accessible and free or low-cost.

Professional Learning

When feasible, The District will offer annual professional learning opportunities and resources for staff to increase knowledge and skills promoting healthy behaviors in the classroom and school. Professional learning will help District staff understand the connections between academics and health and the ways in which health and wellness are integrated into ongoing district reform or academic improvement plans/efforts.

Ref: P.L. 111-296 (The Healthy, Hunger-Free Kids Act of 2010), §204 amending 42 USC §1758b
P.L. 108-265 (Child Nutrition and WIC Reauthorization Act of 2004), §204
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; 210.12; 210.15; 210.18; 210.30 (National School Lunch Program participation requirements – nutrition standards for lunch and competitive foods; community involvement; recordkeeping; state review; local wellness policy)
7 CFR §§220.8; 220.12 (School Breakfast Program participation requirements – nutrition standards for meals and competitive foods)
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) (physical education requirements)
Appeal of Williams, 32 EDR 621 (1993) (dec. no. 12,934) (physical education requirements)

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