Non-Instructional/Business Operations

**SUBJECT: WELLNESS**

The Colton-Pierrepont Central School District is committed to providing a school environment that promotes and protects children's health, well-being, and ability to learn, by fostering healthy eating and physical activity before, during, and after the school day.

The District has established a wellness committee that meets to establish goals for and oversee the development of the District's local wellness policy. The Committee will make policy recommendations for review and adoption by the Board. The District Wellness Committee invites representatives from each of the following groups:

a) Parents and caregivers;
b) Students;
c) Physical Education teachers;
d) School health professionals;
e) District food service program representatives;
f) School administrators;
g) General Education teachers;
h) Members of the public.

**Governance**

District Wellness Committee

The District has established a wellness committee that meets at least two times per year to oversee and establish goals for school health and safety policies and programs, including the development, implementation, and periodic review and update of this district-level wellness policy. The District Wellness Committee will evaluate and make recommendations that reflect the specific needs of the District and its' students.

## Goals to Promote Student Wellness

The District seeks to ensure all of its students obtain the knowledge and skills necessary to make nutritious selections and enjoy life-long physical activity. To this end, the District sets forth the following goals relating to nutrition promotion and education, physical activity, and other school-based activities.

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1. **Review and update the current policy**
2. **Focus on increased movement and healthy nutrition for all students throughout the school day**
3. **Explore grant opportunities to promote health and wellness**

**Additional provisions**

1. A list of healthy party ideas, including nonfood celebration ideas will be posted on the school website for families to consider.

2. District staff will be encouraged to model healthy eating, drinking, and physical activity behaviors for students.

**Physical Activity**

a) The District will provide opportunities for every student to participate in physical education and, in an effort to comply with the recommendation that children and adolescents participate in at least 60 minutes of physical activity each day, is also committed to providing opportunities for physical activity before, during, and after school.

b) In doing so, the District aims to promote among students, staff, and community members the development of knowledge and skills for specific physical activities, the maintenance of physical fitness, regular participation in physical activity, and an understanding of the short-term and long-term benefits from a physically active and healthy lifestyle. Physical activity opportunities will be in addition to, not in lieu of, physical education and will not be used as a punishment for students, but rather another means by which students may develop or maintain a healthy and active lifestyle.

c) The District will ensure that the following standards are met to achieve its goals relative to physical education and physical activity:

I. The District will have a Board-approved Physical Education Plan on file with the New York State Education Department that meets or exceeds the requirements set forth in Section 135.4 of the Commissioner's regulations.

2. 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:

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(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 a yearly 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 for at least 50% of physical education class time;

(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;

(h) Activities or equipment are adapted 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 the student may be eligible for adapted physical education;

(i) All students, including students in need of adaptive physical education, will be encouraged to participate in physical fitness programs and competitions.

3. 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's schools.

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d) All classroom teachers and staff are strongly encouraged to incorporate into the school day short breaks for students that include physical activity, especially after long periods of inactivity. Teachers are encouraged to incorporate kinesthetic learning approaches into core learning subjects when possible, so as to limit sedentary behavior during the school day. Additionally, all elementary students will be offered one daily period of recess for a minimum of 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 be offered in a place that accommodates moderate to vigorous physical activity.

e) Physical activity during the school day, including, but not limited to, recess or classroom activity breaks, will be discouraged to be withheld for disciplinary action unless the student is a danger to him or herself or others. A short reteaching/reflection time will be permitted during recess but not to exceed ten minutes. Recess, physical education, or other physical activity time will not be canceled for instructional make up time.

f) Community Access to District Facilities for Physical Activities School grounds and facilities will be available to students, staff, community members and organizations, and agencies offering physical activity and nutrition programs consistent with District policy, including provisions regarding conduct on school grounds and administrative approval of use by outside organizations.

g) Community Involvement, Outreach, and Communications-The District will use its official website, along with other electronic and non-electronic means, to notify parents and the public, in culturally and linguistically appropriate ways, about the content, implementation of, and updates to this policy as well as how to become involved and support this policy. The District will use these same means to inform the community about the availability of the reports relative to this policy

h) Before and After School Activities-The District will offer opportunities for students to participate in physical activity before and/or after the school day through various methods, such as physical activity clubs, intramurals, and interscholastic sports.

i) Active Transport-The District supports active transport to and from school, i.e. walking or biking. The District will encourage this behavior by securing storage facilities for bicycles and equipment and instructing students on walking and bicycling safety.

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**Nutrition Guidelines**

In an effort to encourage healthy life-long eating habits by providing foods that are high in nutrients, low in saturated fat and added sugars, have zero grams' trans-fat per serving, and are of moderate portion size, the District Wellness Committee recommends nutrition standards to be set for all foods and beverages available on school campus. For purposes of this policy, the school day is defined as the period from the midnight before, to 30 minutes after the end of the official school day.

School Meals

All schools within the District participate in the USDA child nutrition programs, including the NSLP and the SBP. School meals will, at a minimum, meet the program requirements and nutrition standards of these programs. The District is committed to ensuring that meals through the SBP and NSLP are accessible to all students, are served in sanitary settings, are appealing to children, and meet or exceed those nutrition requirements established by local, state, and federal law and regulation. The USDA nutrition standards are available at:

http://www.fns.usda.gov/school-meals/nutrition-standards-school-meals.

**Fundraising**

a) All foods and beverages sold as or during a fundraiser during the school day will meet, or exceed, the nutritional requirements listed in the USDA Healthy, Hunger-Free Kids Act "Smart Snacks in Schools" Rule; these foods and beverages sold as fundraisers will not be sold until the end of the last lunch period, so as not to compete with the NSLP.

b) School-sponsored fundraisers conducted outside of the school day will be encouraged to support the goals of this policy by promoting the sale of healthy food items (fresh fruit and produce) and/or non-food items, such as water bottles, plants, etc., and by promoting events involving physical activity.

c) All school-sponsored fundraisers must be approved by the appropriate building principal prior to being conducted.

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**Competitive Foods and Beverages Sold and Served to Students During the School Day**

Competitive foods--which include all foods and beverages sold to students outside of the school meal programs, on the school campus in student accessible areas, and at any time during the school day -- will follow, at a minimum, the nutrition standards specified by the Healthy, Hunger-Free Kids Act. These standards will apply to all foods and beverages sold individually and outside of the reimbursable school meal, including vending machines, school stores, and cafeteria a la carte lines.

**Competitive Foods and Beverages Served to Students During the School Day**

The District will encourage staff and parents to provide students with healthy options at any event where foods and beverages are served to students (i.e., classroom and school-wide celebrations and rewards).

**Foods and Beverages Sold or Served at Events Outside of the School Day**

All foods and beverages sold or served at school-sponsored events will be recommended to include healthy options.

**Professional Development**

All school nutrition program directors, managers, and staff will meet or exceed hiring and annual continuing education and training requirements as specified in the USDA Professional Standards for School Nutrition Professionals. In order to locate the training that best fits their learning needs, school nutrition personnel will refer to the USDA's Professional Standards for School Nutrition Standards website.

**Implementation and Evaluation of the Wellness Policy**

a) The District will establish an implementation and evaluation plan for this policy in order to monitor its effectiveness and the possible need for modification over time. To this end, the District has designated the following individual(s) as District Wellness Coordinator to ensure that the District meets the goals and mandates of this policy: Superintendent's Designee. The contact information for this/these individual(s) is available in the District Office.

b) This/these designated Wellness Coordinator(s) will also serve as liaison(s) with community agencies in providing outside resources to help in the development of nutritional education programs and promotion of physical activities.

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c) The District will report on the progress each of its schools has made toward meeting the goals of this policy. This report may include:

1. The website address for the wellness policy and/or information on how the public can access a copy;
2. A description of the school's progress in meeting the wellness policy goals;
3. A summary of the school's local school wellness events or activities;
4. Contact information for the leader(s) of the Wellness Committee; and
5. Information on how individuals can get involved in the Wellness Committee's work.

d) Evaluation and feedback from interested parties, including an assessment of student, parent, teacher, and administration satisfaction with the wellness policy, are welcomed as an essential part of the District's evaluation program.

e) The District will document the financial impact, if any, to the school food service program, school stores, and vending machine revenues based on the implementation of the wellness policy.

f) Assessments of compliance with the District's wellness policy and implementation efforts will be repeated on a triennial basis. The assessment will include:

1 Compliance with the wellness policy;
2 How the wellness policy compares to model wellness policies; and
3 Progress made in attaining the goals of the wellness policy.

The position/person responsible for managing the triennial assessment is Superintendent's Designee and his or her contact information is available in the District Office.

g) The District will, as necessary, revise and update this wellness policy, but at least every three years following the triennial assessment, and develop work plans to facilitate its implementation.

h) The progress report, assessments, and policy updates will be available to all stakeholders and the community.

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**Annual Notification**

The District will inform families and the general public each year, via the District website and/or District-wide communications, of information about this policy, including, but not limited to, its content as well as any updates. The District will endeavor to share as much information as possible about its schools' nutrition environment, including, a summary of school events or activities relative to this policy implementation. Each year, the District will also publicize the name and contact information of the District official leading and coordinating the wellness committee as well as how the community may get involved with the wellness committee.

**Recordkeeping**

The District will retain records relative to compliance with the requirements of this policy in the District Office and/or on the District's central computer network. Documentation maintained at this location includes, but is not limited to:

a) The written wellness policy;
b) Documentation demonstrating that this policy has been made available to the public;
c) Documentation of efforts to review and update this policy;
d) Documentation to demonstrate compliance with the annual public notification requirements;
e) The most recent assessment on the implementation of this policy;
f) Documentation demonstrating the most recent assessment on the implementation of this policy has been made available to the public.

National School Lunch Act, 42 USC 1758(b) ; National School Lunch Program and School Breakfast Program regulations, 7 CFR 210.1 1 ; Local School Wellness Policy Implementation Under the Healthy, Hunger-Free Kids Act of 2010; 79 FR 10693; Education Law 915 8 NYCRR 135.4

NOTE: Refer also to Policy # 5660 Meal Charging and Prohibition Against Meal Shaming

Adopted: July 2, 2025