

5405 LOCAL WELLNESS POLICY

Ossining School District Wellness Committee

The Ossining School District shall establish a Wellness Committee for the purpose of implementing the Local Wellness Policy and addressing the goals of this policy. The Wellness Committee shall include but not be limited to the School Business Official; the Director of Health, Physical Education and Athletics; the Food Service Director; the coordinator of nurses or the coordinator of nurses' designee; at least one parent; at least one student; and at least one member of the community. The Wellness Committee chairperson shall be the Wellness Coordinator(s) appointed by the District.

Mission Statement

The mission of the Wellness Committee is to educate children, their families, and Ossining UFSD personnel about the importance of good nutrition and exercise as a means toward good health and fitness and to effectuate positive practices within the schools that contribute to wellness.

Wellness Committee Goals

The goals of the Wellness Committee include the following:

- teach children to eat well;
- provide guidelines for affordable and healthy school meals;
- teach children to be physically active;
- establish a healthy school environment;
- prevent diet-related chronic diseases;
- reduce childhood obesity;
- increase awareness regarding the importance of good nutrition, physical activity and other health/wellness issues; and
- interact with the community regarding concerns relating to health, nutrition and fitness.
- promote wellness among district personnel.

Action Objectives

The Wellness Committee will develop and execute programs within the school and the community that are aimed toward fulfilling the above goals. The Wellness Committee will partner with community organizations as needed to fulfill the above goals. The following action objectives are identified to realize said goals:

A. Objectives Related to Nutrition Education & Promotion:

- 1) Provide students with information regarding health and wellness; communicate health and wellness messages and nutritional information to students in a multi-faceted manner via posters, assemblies, and other programs; and reinforce these messages and obtain feedback from students during physical education time.
- 2) Provide parents/guardians with health and wellness information to assist them in making healthier choices for their families. Such information could include but not be limited to:
 - a. Health benefits of consuming a balanced diet;
 - b. the importance of getting exercise and a good night's sleep;
 - c. simple ways to prevent obesity; and
 - d. the importance of dental health and the identification of ways to maintain good dental health.
- 3) Provide students from prekindergarten through grade 12 with nutrition education that leads to healthy lifestyles. Such education will be well integrated within a comprehensive school health education program that helps students learn more about the importance of various food groups and the relationship of a balanced diet and regular exercise to a healthy lifestyle.
- 4) Entire school environment, not just the classroom, will be aligned with healthy messages regarding good nutrition and regular physical activity. (i.e. Field trips to local farms and school gardens are encouraged).
- 5) Provide opportunities for all students to develop the knowledge and skills for specific physical activities, to maintain physical fitness, to participate regularly in physical activity, and to understand the short-term and long-term benefits of a physically active and healthy lifestyle.

B. Objectives Related to Physical Education & Physical Activity

Physical Education

- 1) Provide every student from kindergarten through grade 12 with regular, age-appropriate quality physical education as well as moderate to vigorous physical activity in accordance with nationally recommended guidelines. Such programs will build interest and proficiency in the skills, knowledge and attitudes essential to a lifelong physically active lifestyle, encouraging self-discipline and promoting activities that can be carried out over the course of students' lives. The physical education program will provide safe and

satisfying physical activity for all students, including those with special needs. The physical education curriculum will be coordinated with the health education curriculum.

2) The Physical education curriculum for grades K-12 is aligned with established state physical education standards.

All pupils in grades K-5 are instructed by certified PE staff 45 minutes 3 times per week.

All students in grades 6-8 are instructed by certified PE staff every other day for 41 minutes.

All students in grades 9-12 are instructed by certified PE staff every other day for 41 minutes.

3) Physical education for grades K-12 is required to be taught by a certified/licensed teacher who is endorsed to teach physical education.

4) The School District shall provide all PE teachers with annual professional development opportunities that are focused on PE/Physical activity topics.

5) All students in grades K – 12 are required to take a PE class. Adaptive physical education classes are provided as needed.

6) Exclusions of more than 1 day from Physical Education class require a medical note from a Health Care Provider to include diagnosis and length of exclusion. These exclusions must be approved by the building School Nurse.

7) High School students in grades 10-12 who participate on a varsity interscholastic team can use that time for PE credit if they choose to.

Physical Activity

1) Schools are encouraged to create a plan that provides physical activity throughout the school day.

2) Students who are not eligible to receive bus transportation are encouraged to walk to school (with parent/guardian as needed).

3) Provision of physical activity classes, clubs, intramurals, or interscholastic activities is required.

4) Schools shall provide at least 20 minutes of active daily recess to all elementary students.

5) Teachers are encouraged to provide students with physical activity breaks. Brain break/indoor recess ideas are listed on the District website under Wellness Program.

C. Objectives Regarding Nutritional Standards for All Foods Served and/or Sold in the Ossining Union Free School District

The Ossining District Wellness committee will assure that foods and beverages served during the school week are nutrient dense; include whole grain products and fiber-rich fruits and vegetables; and provide students a variety of healthy choices to maintain a balanced diet. Foods and beverages available should minimize the use of trans fats, saturated fats, sodium and sugar as defined by the Dietary Guidelines for Americans. A la carte foods should include a variety of choices of nutritious foods such as fruits, vegetables, whole grains, and low-fat or non-fat dairy foods. <http://www.fns.usda.gov/school-meals/nutrition-standards-school-meals>.

All monitoring and guidelines will take into account alternative food choices and safe food choices for known groups of students and staff that exhibit food allergies

Please note that the term "school campus" means all areas of the property under the jurisdiction of the school that are accessible to students during the school day and the term "school day" means the period from the midnight before to 30 minutes after the end of the school day.

Standards for USDA Child Nutrition Programs and School Meals (School lunch, breakfast, SFSP (Summer Food Service Program), etc.)

1) Assure that all foods sold in schools meet nutritional standards as required by the National School Lunch Act, as amended at section 9A(b)(2). All foods sold on each participating school campus under the jurisdiction of the local education agency (school district) during the school day must be consistent with the regulations governing the meal pattern requirements for reimbursable meals under the NSLP and SBP ([7 CFR 210.10](http://www.ecfr.gov/current/title-7/chapter-I/subchapter-A/part-210/subpart-210.10) and [7 CFR 220.8](http://www.ecfr.gov/current/title-7/chapter-I/subchapter-A/part-220/subpart-220.8)) and the regulations governing competitive foods ([7 CFR 210.11](http://www.ecfr.gov/current/title-7/chapter-I/subchapter-A/part-210/subpart-210.11)), which include food and beverages that promote student health and reduce obesity.

2) Assure that guidelines for reimbursable school meals (Guidelines: <http://www.fns.usda.gov/school-meals/nutrition-standards-school-meals>) shall not be less restrictive than regulations and guidance as outlined by the Department of Agriculture.

3) Cafeteria breakfast is available in every school building. All Elementary Buildings will also offer "Breakfast at the Bell" in the classroom.

4) Free/reduced priced meals:

a. Assures that information is provided about determining eligibility for free and reduced meals is available on the District Website <http://www.oufsdbolt.com/copy-of-menus>. Applications are sent home to all families at the beginning of every school year.

b. Privacy of such students is protected as the cafeterias are cash-less; all students are given a code or ID card to enter at the cafeteria cash registers.

5) School meals shall be made attractive to students by appealing to their taste preferences. Students will have the opportunity to provide input on school meals. Periodic taste testing will be done in all school cafeterias to introduce new foods.

6) Review and monitor the foods and beverages served in the cafeterias in regard to their nutritional values and enhance such values where possible, taking financial impact into consideration.

a. The Food Services Director can be contacted for nutritional information of all school cafeteria food offerings.

7) The USDA Professional Standards for State and Local Nutrition Programs are followed to ensure that professional development in the area of food and nutrition is provided for all food service staff.

8) School Meal Environment:

a. Appropriate supervision shall be provided in the cafeteria and rules for safe behavior shall be consistently enforced.

b. High School Administrative staff will strive to manage the lunch period schedule in a way that ensures adequate space and time for all students to eat.

c. Lunch periods will not be less than 20 minutes.

d. Schools are encouraged to schedule recess before the lunch period whenever possible.

e. All lunches will be served between the hours of 10am and 2pm.

9) Students will be made aware of the availability of water during meals. Water fountains and cups will be present in the cafeteria and supervisory staff will allow students to access water throughout the meal period.

10) Continue to actively seek the District's participation in the U. S. Department of Agriculture's Food and Nutrition Service's Summer Food Service Program, which is administered through the New York State Education Department. This program was established to ensure that low-income children continue to receive nutritious meals during summer school.

Standards for Competitive Foods (ala carte, vending, school stores) and Other Foods and Beverages

1) All food & beverages **SOLD** to students during the school day in vending machine, at school stores, as fundraisers and a la carte cafeteria items will meet Smart Snacks Standards.

a. The USDA's Smart Snack standards are practical, science-based nutrition standards for snack foods and beverages sold to children at school during the school day. Those standards can be found at <http://www.fns.usda.gov/healthierschoolday/tools-schools-focusing-smart-snacks>

b. Foods and beverages containing non-nutritive sweeteners are not sold in the Elementary or Middle Schools. Only limited items containing non-nutritive sweeteners will be sold in the High School. Water, 100% juice, and milk are always offered.

c. No caffeine products are sold in any of the Elementary or Middle Schools. The only caffeine products that will be sold in the High School are Coffee and Tea.

2) Student Vending Machines:

a. Vending sales of soda, candy, and chewing gum to students are not allowed on school grounds.

b. All student vending machines will be maintained by the District Food Service Provider.

c. All items offered within the vending machines during the school day must meet the Smart Snacks in school standards: http://www.fns.usda.gov/sites/default/files/allfoods_flyer.pdf

i. The USDA recommends using the Alliance for a Healthier Generation Smart Snacks Calculator if unsure of a product https://www.healthiergeneration.org/take_action/schools/snacks_and_beverages/smart_snacks/alliance_product_calculator/

3) Student Stores and Student Related Sales

a. No candy, chewing gum or soda will be sold in school stores.

b. Foods sold during the school day at student stores must meet the aforementioned Smart Snack Standards.

c. School stores should not sell food or beverage items until after the last lunch period has ended, as per the NYS noncompetitive clause.

4) Fundraisers:

a. **Fundraisers that are using food cannot compete with the NSLP (National School Lunch Program) and therefore cannot be permitted during the lunch periods as per the NYS noncompetitive clause.**

b. It is recommended that non-food items be used, however, if they are used the District shall provide the PTA and other School Clubs/Organizations with a list of foods that meet Smart Snacks nutrition standards

c. If food items are sold and consumed during the school day (as defined previously) then they must meet the Federal Smart Snack Standards <http://www.fns.usda.gov/healthierschoolday/tools-schools-focusing-smart-snacks>

d. Some ideas for alternative fundraisers include plants, discount cards, seeds, water bottle sales, as well as dance-a-thons, walk-a-thons and other such events.

e. For a list of other ideas and "how-to" information visit link below <http://www.nyc.gov/html/doh/downloads/pdf/dpho/dpho->

5) Classroom Celebrations/Parties: Celebrations involving food made available to all classroom students should be on a pre-selected date and limited to no more than once per month per classroom during the school day.

- a. Foods and beverages made available to all classroom students (such as in classroom parties and celebrations) must exclude peanut and tree nut derived ingredients to every extent possible.

D. Objectives Related to Wellness Promotion and Marketing Teachers and other school staff are important role models for students of all ages. The District will educate staff on how to role model positive health behaviors and eliminate marketing of products not sold in school. Marketing, promotion and advertising of food and beverage products can impact student health and nutrition behaviors. The district will use the following strategies in all of its schools.

Staff & Student Wellness Promotion

- 1) Staff are encouraged to model *healthy* food & beverage* consumption when in the presence of students. For example; Teachers wishing to consume snack or lunch alongside their students are encouraged to opt for healthy food/beverages choices and teachers with water bottles are encouraged to drink water in the classroom. **For the purposes of this document "healthy" is defined by the Smarter Snack Standards previously mentioned and found at <http://www.fns.usda.gov/healthierschoolday/tools-schools-focusing-smart-snacks>*
- 2) In addition, a District employee wellness program will be established to meet the unique wellness needs of school staff i.e. nutrition/exercise education, wellness challenges, walking clubs, healthy lunch clubs etc.
- 3) To the extent possible teachers will model physical activity by participating in exercise breaks/brain breaks during class time with their students.
- 4) Incentives involving food should be eliminated. Non-food rewards or incentives are strongly encouraged to be used to encourage student achievement or desirable behavior. Examples include items such as stickers, pencils, extra activity, and class leader. We strongly recommend staff use physical activity as a reward when feasible. Other ideas for all grade levels can be found at <http://www.actionforhealthykids.org/storage/documents/parent-toolkit/rewardsf3a.pdf>
- 5) Recess or other physical activities shall not be withheld from students as a consequence of poor behavior (unrelated to activity during recess), punishment, or to make up class work.
- 6) Students shall not be required to engage in physical activity as punishment. For example, students may not be singled out to run extra laps, or perform other physical activities that the entire class is not engaged in, as a behavioral consequence.
- 7) Students are encouraged to incorporate small bouts of activity into their daily schedules; for example, they are encouraged to participate in brain break activities, take the stairs, etc.
- 8) Nutrition and physical activity will be incorporated into family events provided throughout the school year.

Wellness Promotion & Marketing

- 1) Schools, in collaboration with Food Service Personnel and community partners, shall promote healthy food items including fruits, vegetables, whole grains and low-fat dairy products. Promotions may include taste tests, posters and signage, highlighting healthy items on the menu during morning announcements, etc.
- 2) District Food Service Provider is encouraged to use creative names for fruits, vegetable, and targeted entrees.
- 3) District Food Service Provider is expected to train staff to prompt students to select fruits and vegetables in the cafeteria(s).
- 4) The advertising of foods and beverages that are not available for sale in district schools will not be advertised on any school property.
- 5) Criteria for selecting educational materials for the classroom shall be expanded to include review of advertising content. Every effort will be made to select materials free of brand names/logos and illustrations of unhealthy foods such as donuts, lollipops and candy.
- 6) Advertising of any food or beverage that may not be sold on campus during the school day is prohibited. Advertising of any brand on containers used to serve food or in areas where food is purchased is prohibited.
- 7) The district will not expose students to food marketing of any kind. All advertising in school publications and school media outlets must be approved by Central Office Administration.
- 8) Schools that participate in incentive programs that promote brands or provide children with free or discounted foods or beverages will ensure that those products meet the aforementioned Smarter Snack and/or National School Lunch standards. This includes District wide, school based, classroom and PTA efforts.

Implementation and Evaluation of Local Wellness Policy.

The Local Wellness Policy shall be implemented and evaluated as follows:

- A. The Assistant Superintendent for Business or his/her designee will be charged with the operational responsibility for ensuring that the District effectively implements the Local Wellness Policy.
- B. The principal or other designated individual in each school will be responsible for ensuring that the wellness policy is followed and for reporting progress/wellness related programs to the district wellness committee/wellness coordinator(s).
- C. Activities and programs will be reviewed by the Wellness Committee on a regular basis to increase participation and ensure continued

success in working toward the goals of the Local Wellness Policy.

D. The Wellness Committee will meet at least four times during the school year including an end-of-the-year meeting to assess the progress of programs and evaluate the achievement of established goals.

E. The Wellness Committee will report periodically to the Superintendent of Schools on the District's compliance with the Local Wellness Policy and said report shall be forwarded to the Board of Education.

- a. Progress reports/wellness programs/wellness information will be shared with the public using the District Wellness web page.
- b. The Committee will assess compliance with its local school wellness policy and make this assessment available to the public at least once every three years.
- c. The Local Wellness Policy will be revised periodically to keep up with changing needs and keep the policy current.

A. The Wellness Committee will review the Wellness Policy annually and will update the policy according to the latest national recommendations as needed.

Communication

- The District's Wellness Policy, progress reports, wellness program/information will be shared with the public via any or all of the following: the District website, direct mailings to families, presentations to the PTA, press release to local news media, or the District Wellness Fair.
- Education on nutrition and physical activity, particularly as it relates to new standards, will be provided to parents in the form of handouts, the District website, articles and information provided in district or school newsletters, presentations that focus on nutrition, physical activity and healthy lifestyles, and through any other appropriate means available to reach parents.

Ref:

Local School Wellness Policy Implementation Under the Healthy, Hunger-Free Kids Act of 2010, Final Rule [7 CFR Parts 210 and 220](#), [FNS–2014–0010], RIN 0584–AE25. *Federal Register* /Vol. 81, No. 146. July 29, 2016

Healthy Hunger Free Kids Act of 2010, [Public Law 111–296](#) —DEC. 13, 2010 124 STAT. 3183

Child Nutrition and WIC Reauthorization Act of 2004, [Public Law 108–265](#) §204 ([7 CFR 210.10](#), [210.11](#) and [7 CFR 220.8](#))

Richard B. Russell National School Lunch Act, [42 United States Code \(USC\) Section 1751](#) et seq.

Child Nutrition Act of 1966, [42 United States Code \(USC\) Section 1771](#) et seq.

[7 Code of Federal Regulations \(CFR\) Section 210.10](#)

Professional Standards for State and Local School Nutrition Programs, Personnel as Required by the Healthy, Hunger-Free Kids Act of 2010. DEPARTMENT OF AGRICULTURE, Food and Nutrition Service, [FNS–2011–0030], [7 CFR Parts 210 and 235](#), RIN 0584–AE19.

First Reading: May 24, 2006

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