

Schroon Lake Central School District Wellness Policy

Health & Wellness Committee

Health Office

Home & Careers Teacher

Cafeteria Manager

Health Teacher

School Counselors

PTSO Representative

Board of Education Members

Review Process

Health & Wellness Program

PTSO

Board of Education

Schroon Lake Central School District is committed to providing school environments that promote and protect children's health, well-being, and ability to learn by supporting healthy eating and physical activity. Therefore, it is the policy of the Schroon Lake Central School District that:

- I. The school district has engaged students, parents, teachers, food service professionals and health professionals, in developing, implementing, monitoring, and reviewing district-wide nutrition and physical activity policies.
- II. All students in grades K-12 will have opportunities, support, and encouragement to be physically active on a regular basis.
- III. Foods and beverages sold or served at school will meet the nutrition recommendations of the U.S. Dietary Guidelines for Americans.
- IV. Food service professionals will provide students with access to a variety of affordable, nutritious, and appealing foods that meet the health and nutrition needs of students; and will provide clean safe, and pleasant settings and adequate time for students to eat.
- V. To the maximum extent practicable, our school will participate in available federal school meal programs (including the School Breakfast Program, National School Lunch Program (including after-school snacks).
- VI. Our school will provide nutrition education and physical activity to foster lifelong habits of healthy eating and physical fitness and will establish linkages between health education and school meal programs.
- VII. Recess or Physical Education will be held daily for grades K-6 and will offer opportunities to be physically active.

TO ACHIEVE THESE POLICY GOALS:

I. Health and Wellness Team

The school district will create, strengthen, or work within existing school comprehensive health and wellness team to develop, implement, monitor, review, and, as necessary, revise school nutrition and physical activity policies

II. Nutritional Quality of Foods and Beverages Sold and Served on Campus

- ☐ Meals served through the national school lunch and breakfast programs will:
 - ☐ Be appealing and attractive to children;
 - ☐ Be served in clean and pleasant settings;
 - ☐ Meet, at a minimum, nutrition requirements established by local, state, and federal statutes and regulations;
 - ☐ Offer a variety of fruits and vegetables ¹;
 - ☐ Serve a variety of milk, including low-fat (1%) and fat free² milk and nutritionally equivalent non-dairy alternatives (to be defined by USDA), water, or juice with documentation of a nutritional/medical reason for such substitution from a physician. Ensure that half of the served grains are whole grain³
 - ☐ Ensure students are afforded choice .
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¹ To the extend possible. schools will offer at least two non-fried vegetable and two fruit options each day and will offer five different fruits and five different vegetables over the course of a week.

² As recommended by the *Dietary Guidelines for Americans 2005*

³ A whole grain is one labeled as a "whole" grain product or with a whole grain listed as the primary grain ingredient in the ingredient statement. Examples include "whole" wheat flour, cracked wheat, brown rice, and oatmeal.

Breakfast. To encourage that all children have breakfast, either at home or at school, in order to meet their nutritional needs and enhance their ability to learn.

- Our school will, to the extent possible, operate the School Breakfast Program.
- Our school serves breakfast to students and will notify parents and students of the availability of the School Breakfast Program.
- Our school will encourage parents to provide a healthy breakfast for their children through newsletter articles, take-home materials, or other means.

Free and Reduced-priced Meals. Our school will make every effort to eliminate any social stigma attached to, and prevent the overt identification of, students who are eligible for free and reduced-price school meals.⁴ Toward this end, our school may utilize electronic identification and payment systems; may provide meals at no charge to all children, regardless of income (no student will be refused) promote the availability of school meals to all students.

Meal Times and Scheduling

Our school:

- Will attempt to provide students with at least 10 minutes to eat after sitting down for breakfast and 20 minutes after sitting down for lunch;
- Should schedule meal periods at appropriate times, *e.g.*, lunch should be scheduled between 10:30 - 12:30; or as close to those times as contract times allow.
- Should not schedule tutoring, club, or organizational meetings or activities during mealtimes, unless students may eat during such activities;
- Will provide students access to hand washing or hand sanitizing before they eat meals or snacks.
- Should take reasonable steps to accommodate the tooth-brushing regimens of students with special oral health needs (*e.g.*, orthodontia or high tooth decay risk)

Qualifications of School Food Service Staff. Experienced food service professionals will administer the school meal programs to the extent possible. As part of the school district's responsibility to operate a food service program, we will provide continuing professional development for all nutrition professionals in the school. Staff development programs should include appropriate certification and/or training programs for, school nutrition/cafeteria manager, and cafeteria workers, according to their levels of responsibility.⁵

Sharing of Foods and Beverages. The school should discourage younger students from sharing their foods or beverages with one another during meal or snack times, given concerns about allergies and other restrictions on some children's diets.

⁴ It is against the law to make others in the cafeteria aware of the eligibility status of children for free, reduced-price, or "paid" meals.

⁵ School nutrition staff development programs are available through the USDA, School Nutrition Association, and National Food Service Management Institute.

Elementary School The school food service program will approve and provide all food and beverage sales to students in elementary grades. Given young children's limited nutrition skills, food in elementary schools should be sold as balanced meals. If available, foods and beverages sold individually should be limited to low-fat and non-fat milk, fruits, and non-fried vegetables.

Middle/Junior High and High Schools In middle/junior high and high school, all foods and beverages sold individually outside the reimbursable school meal programs (including those sold through a la carte [snack] lines, or through programs for students after the school day, will meet the following nutrition and portion size standards:

Beverages

- **Allowed:** water or seltzer water⁶ without added caloric sweeteners; fruit and vegetable juices and fruit-based drinks that contain at least 50% fruit juice and that do not contain additional caloric sweeteners; unflavored or flavored low-fat or fat-free fluid milk and nutritionally equivalent non-dairy beverages (to be defined by USDA)
- **Not allowed:** soft drinks containing caloric sweeteners; fruit-based drinks that contain less than 50% real fruit juice or that contain additional caloric sweeteners; beverages containing caffeine, excluding low-fat or fat-free chocolate milk (which contain trivial amounts of caffeine) .

Food

- A food item sold individually:

✓ Will have no more than 35% of its calories from fat (excluding nuts, seeds, peanut butter, and other nut butters) and 10% of its calories from saturated and trans fat combined;

✓ Will have no more than 35% of its *weight* from added sugars;⁷

✓ Will contain no more than 230 mg of sodium preserving for chips, cereals, crackers, French fries, baked goods, and other snack items; will contain no more than 480 mg of sodium per serving for pastas, meats, and soups; and will contain no more than 600 mg of sodium for pizza, sandwiches, and main dishes;

- A choice of at least two fruits and/or non-fried vegetables will be offered for sale at any location on the school site where foods are sold. Such items could include, but are not limited to, fresh fruits and vegetables; 100% fruit or vegetable juice; fruit-based drinks that are at least 50% fruit juice and that do not contain additional caloric sweeteners; cooked, dried, or canned fruits (canned in fruit juice or light syrup); and cooked, dried, or canned vegetables (that meet the above fat and sodium guidelines).⁸

⁶ Surprisingly, seltzer water may not be sold during meal times in areas of the school where food is sold or eaten because it is considered a "Food of Minimal Nutritional Value" (Appendix 8 of 7 CFR Part 210).

⁷ If a food manufacturer fails to provide the *added* sugars content of a food item, use the percentage of weight from *total* sugars (in place of the percentage of weight from *added* sugars), and exempt fruits, vegetable, and dairy foods from this total sugars limit.

⁸ Schools that have vending machines are encouraged to include refrigerated snack vending machines, which can accommodate fruits, vegetables, yogurts, and other perishable items.

Portion Sizes:

- Limit portion sizes of foods and beverages sold individually to those listed below:
 - ✓ One and one-quarter ounces for chips, crackers, popcorn, cereal, trail mix, nuts, seeds, dried fruit, or jerky;
 - ✓ Once ounce for cookies;
 - ✓ Two ounces for cereal bars, granola bars, pastries, muffins, doughnuts, bagels, and other baker items;
 - ✓ Four fluid ounces for frozen desserts, including, but not limited to, low-fat or fat-free ice cream
 - ✓ Eight ounces for non-frozen yogurt;
 - ✓ Twelve fluid ounces for beverages, excluding water; and
 - ✓ The portion size of a la carte entrees and side dishes, including potatoes, will not be greater than the size of comparable portions offered as part of school meals. Fruits and non-fried vegetables are exempt from portion-size limits.

Fundraising Activities. To support children's health and school nutrition-education efforts, school fundraising activities which take place during the school day (purchased and consumed during the school day 8-3) will not involve food or will use only foods that meet the above nutrition and portion size standards for foods and beverages sold individually. The school will encourage fundraising activities that promote physical activity. The school district will make available a list of ideas for acceptable fundraising activities.

Snacks. Snacks provided by the school and served during the school day or in after-school care or enrichment programs will make a positive contribution to children's diets and health, with an emphasis on serving fruits and vegetables as the primary snacks and water as the primary beverage. The school will assess if and when to offer snacks based on timing of school meals, children's nutritional needs, children's ages, and other considerations.

⁹ Unless this practice is allowed by a student's individual education plan (IEP)

III. Nutrition and Physical Activity Promotion and Food Marketing

- Is part of not only health education classes, but also infused in the general curriculum when appropriate for classroom instruction in subjects such as math, science, language arts, social sciences, and elective subjects;

Nutrition Education and Promotion. Schroon Lake Central School District aims to teach, encourage, and support healthy eating by students. The school should provide nutrition education and engage in nutrition promotion that:

- 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
- includes enjoyable, developmentally-appropriate, culturally relevant, participatory activities, such as contests, promotions, taste testing, farm visits, and school gardens;
- promotes fruits, vegetable, whole grain products, low-fat and fat-free dairy products, healthy food preparation methods, and health-enhancing nutrition practices;
- emphasizes caloric balance between food intake and energy expenditure (physical activity/exercise);

- links with school meal programs, other school foods, and nutrition-related community services;
- teaches media literacy with an emphasis on food marketing.

Integrating Physical Activity into the Classroom Setting. For students to receive the nationally-recommended amount of daily physical activity and for students to fully embrace regular physical activity as a personal behavior, students need opportunities for physical activity beyond physical education class. Toward that end:

- classroom health education will complement physical education by reinforcing the knowledge and self-management skills needed to maintain a physically-active lifestyle and to reduce time spent on sedentary activities;
- opportunities for physical activity will be incorporated into other subject lessons when applicable;
- classroom teachers will provide short physical activity breaks between lessons or classes, when appropriate.
- field trips combining classroom activities with hiking, walking, canoeing, etc. will be offered whenever possible.

10 Advertising of low-nutrition foods and beverages is permitted in supplementary classroom and library materials, such as newspapers, magazines, the internet, and similar media, when such materials are used in class lesson or activity, or as a research tool

11 Schools should not permit general brand marketing for food brands under which more than half of the foods or beverages do not meet the nutrition standards for foods sold individually or the meals are not consistent with school meal nutrition standards.

IV. Physical Activity Opportunities and Physical Education

Daily Physical Education (P.E.) K-12. All students in grades K-12, including students with disabilities, special health-care needs, and in alternative educational settings, will receive physical education (equivalent of 90 minutes/week for students) for the entire school year. A certified physical education teacher will teach all physical education. Student involvement in other activities involving physical activity (*e.g.*, interscholastic or intramural sports) will not be substituted for meeting the physical education requirement. Acceptable substitutions may be for students with customized education plans involving physical activities. This time may be used to calculate the expected number of minutes each week for grades 7-12. Students will spend at least 50 percent of physical education class time participating in moderate to vigorous physical activity.

Every attempt will be made not to schedule the gym space for classes during regularly scheduled recess. Thus allowing the gym to be used during inclement weather.

Physical Activity and Punishment. Teachers and other school and community personnel will be encouraged not to use physical activity or exercises or withhold in total opportunities for physical activity (*e.g.*, recess, physical education) as a form of punishment

Use of School Facilities Outside of School Hour. School spaces and facilities should be available to students, staff, and community members offering physical activity. School policies concerning safety will apply at all times.

VI. Monitoring and Policy Review

Monitoring. The superintendent or designee will ensure compliance with established districtwide nutrition and physical and physical activity wellness policies.

School food service staff, will ensure compliance with nutrition policies with in school food service areas and will report on this matter to the superintendent. In addition, the school district will report on the most recent USDA School Meals Initiative (SMI) review findings and any resulting changes. If the district has not received a SMI review from the state agency within the past five years, the district will request from the state agency that a SMI review be scheduled as soon as possible.

¹² Useful self-assessment and planning tools include the *School Health Index* from the Centers for Disease Control and Prevention (CDC), *Changing the Scene* from the Team Nutrition Program of the U.S. Department of Agriculture (USDA), and *Opportunity to Learn Standards for Elementary, Middle, and High Physical Education* from the National Association for Sport and Physical Education