

## DISTRICT WELLNESS

### Introduction

Beacon City School District (hereto referred to as the District) is committed to the wellness and optimal development of every student. The District believes that all students matter, and for students to have the opportunity to achieve personal, academic, developmental, self-care and social success, we need to create positive, safe and health-promoting learning environments, for all students throughout the school year, by designing programs that will enable our youth to grow into well-rounded, enlightened young adults who are empowered to make healthy and self-supporting choices.

This policy outlines the District's approach to ensuring environments and opportunities for all students to practice healthy eating, hydrating and physical activity behaviors throughout the school day while minimizing commercial distractions. Specifically, this policy establishes goals and procedures to ensure that:

- Students in the District have access to healthy foods throughout the school day – both through reimbursable school meals and other foods available throughout the school campus– in accordance with Federal and state nutrition standards;
- Students receive quality nutrition education that helps them develop lifelong healthy eating behaviors;
- Students have opportunities to be physically active before, during and after school;
- Schools engage in nutrition and physical activity promotion and other activities that promote student wellness;
- School staff are encouraged and supported to practice healthy nutrition and physical activity behaviors in and out of school;
- The community is engaged in supporting the work of the District in creating continuity between school and other settings for students and staff to practice lifelong healthy habits; and
- The District establishes and maintains an infrastructure for management, oversight, implementation, communication about and monitoring of the policy and its established goals and objectives.

This policy applies to all students, staff and schools in the District.

## **I. School Wellness Committee** ***Committee Role and Membership***

The District will convene a representative district wellness committee that meets at least four times per year to establish goals for and review school health and safety policies and programs, including development, implementation and periodic review and update of the district's wellness policy.

The Wellness Committee membership will represent all schools and include, to the extent possible, but not be limited to: parents and caregivers; students; representatives of the school nutrition program; physical education teachers; health education teachers; school nurses; pupil personnel services staff (school guidance counselors, social workers, or school psychologists); school administrators, school board members; community health agencies and other community partners. To the extent possible, the Wellness Community will include representatives from each school building and reflect the diversity of the community.

Each school principal will designate, on an annual basis, a school wellness liaison to participate in district wellness committee meetings.

### ***Leadership***

The Superintendent or designee, the Assistant Superintendent for Instructional Services, will convene the Wellness Committee and facilitate development of and updates to the wellness policy, and will ensure each school's compliance with the policy.

The designated officials for oversight of district policy and development of procedural guidelines for implementation of policy components is shared among the Director of Physical Education, Athletics and Recreation for Physical Education and Health Education components, the Director of Food Services for Nutritional Standards and Provision of School Meal Programs and the Director of Pupil Personnel Services for Student 504 and Social / Emotional Intervention Support.

School principals are responsible to ensure compliance with the Wellness policy at a school level through the development and implementation of school level plans and activities.

Questions or comments on the policy should be directed to the following email address:

rumley.c@beaconk12.org

## **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 the wellness policy. The plan delineates roles, responsibilities, actions and timelines

specific to each school; and includes 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 for all foods 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.

This wellness policy and the progress update reports can be found at: [www.beaconk12.org](http://www.beaconk12.org)

### ***Recordkeeping***

The District will retain records to document compliance with the requirements of the wellness policy at the superintendent's office and/or on the district's website at [www.beaconk12.org](http://www.beaconk12.org). 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 the schools' Wellness Plan; including stakeholder participation and attendance stakeholders
- Documentation of communication to all stakeholders to seek participation and/or provide feedback to the Wellness Committee
- Documentation to demonstrate compliance with the annual public notification requirements

Schools will maintain records of their annual planned activities and supporting documentation for Wellness Policy implementation at the principal's office and/or on the school's webpage.

### ***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 communicate to households/families of the availability of annual reports and implementation data on planned Wellness Policy activities through multiple communication pathways (annual written notifications, school website, social media, phone/text/email announcements).

### ***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 schools under the jurisdiction of the District are in compliance with the wellness policy;
- The extent to which the District's wellness policy is leading to addressing district priorities and resulting in measurable goal attainment;
- A description of the progress made in attaining the District's wellness priorities and goals.

The Superintendent and/or designee(s) in collaboration with individual school leaders, will monitor schools' compliance with this wellness policy, and share updates with the Wellness Committee periodically, throughout the school year.

### ***Revisions and Updating the Policy***

The wellness policy will be assessed and updated as indicated at least every three years, following the triennial assessment, and/or as deemed necessary by federal or state education laws and NYS Commissioner Regulations.

### ***Community Involvement, Outreach and Communications***

The District will actively notify the public about the content of or any updates to the wellness policy at least once annually.

Information will be shared with all stakeholders regarding Wellness Plan activities through multiple communication modes (annual written notifications, school website, social media, phone/text/email announcements) throughout the school year.

## **Nutrition**

### ***School Meals***

Our school district is committed to serving healthy meals to children, with plenty of fruits, vegetables, whole grains, and fat-free and low-fat milk; that are moderate in sodium, low in saturated fat, and have zero grams trans fat per serving (nutrition label or manufacturer's specification); and to meeting the nutrition needs of school children within their calorie requirements. The school meal programs aim to improve the diet and health of school children, help mitigate childhood obesity, model healthy eating to support the development of lifelong healthy eating patterns and support healthy choices.

All schools within the District participate 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 snacks for enrichment programs may be available for students in eligible schools, based upon federal requirements.* The District is committed to pursue and participate in, when possible, additional nutrition-related enrichment programs and activities that may include, but not be limited to, *Farm to School programs, school gardens.*

All schools within the District are committed to offering school meals through the NSLP and SBP programs, and other applicable Federal child nutrition programs, that:

- Are accessible to all students;
- Are appealing and attractive to children;
- Are served in clean and pleasant settings;
- Meet or exceed current nutrition requirements established by local, state, and Federal statutes and regulations. (The District offers reimbursable school meals that meet [USDA nutrition standards](#).)

In addition,

- *Menus will be posted on the District website or individual school websites.*
- *Menus will be created/reviewed by a certified nutrition professional.*
- *School meals are administered by a team of child nutrition professionals.*
- *The District child nutrition program will accommodate students with special dietary needs, as determined by their 504 Plan/IEP/Emergency Medical Care Plan.*
- *Students will be allowed at least 10 minutes to eat breakfast and at least 20 minutes to eat lunch,*
- *Students are served lunch at a reasonable and appropriate time of day.*
- *Lunch will follow the recess period whenever applicable to better support learning and healthy eating.*
- *Participation in Federal child nutrition programs will be promoted among students and families to help ensure that families know what programs are available in their children's school.*

### ***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](#)

### ***Water***

The District will make drinking water available where school meals are served during mealtimes.

### ***Competitive Foods and Beverages***

The foods and beverages sold and served outside of the school meal programs (e.g., “competitive” foods and beverages) will meet, at a minimum, the USDA Smart Snacks in School nutrition standards.

To support healthy food choices and improve student health and well-being, all foods and beverages outside the reimbursable school meal programs that are **sold** to students on the school campus during the school day will meet or exceed the USDA Smart Snacks nutrition standards. These standards will apply in all locations and through all services where foods and beverages are sold, which may include, but are not limited to, à la carte options in cafeterias, vending machines, school stores and snack or food carts.

### ***Celebrations and Rewards***

All foods **offered** on the school campus during school hours are encouraged to meet or exceed the USDA Smart Snacks in School nutrition standards including:

1. Celebrations and parties. The district will provide a list of healthy party ideas to parents and teachers, including non-food celebration ideas, and encourage healthy option offerings (e.g. water, fruit, etc)
2. Classroom snacks brought by parents.
3. Rewards and incentives. The District will provide teachers and other relevant school staff a [list of alternative ways to reward children](#).

Individual snacks provided by parents for their child are encouraged to consider nutritional guidelines, **however, are not subject to the District’s Wellness Policy.**

### ***Fundraising***

Foods and beverages that meet or exceed the USDA Smart Snacks in Schools nutrition standards may be sold through fundraisers on the school campus\* during the school day provided that they meet district policy requirements regarding solicitation of charitable donations.

### ***Nutrition Promotion***

Students and staff will receive consistent nutrition messages throughout schools, classrooms, gymnasiums, and cafeterias.

The District will promote healthy food and beverage choices for all students throughout the school campus, as well as encourage participation in school meal programs. This promotion will occur through at least:

- Ensuring 100% of foods and beverages promoted to students meet the USDA Smart Snacks in School nutrition standards.

### ***Nutrition Education***

The District will teach, model, encourage and support healthy eating by all students. Schools will provide nutrition education and engage in nutrition promotion in accordance with federal and state education laws and regulations.

### ***Essential Healthy Eating Topics in Health Education***

The district will provide a health education curriculum in accordance with the NYS Part 100 Regulations. Curriculum development, implementation and monitoring of effectiveness will occur regularly as determined by the superintendent or designee in order to ensure compliance with regulatory requirements.

The District will include in the health education curriculum developmentally appropriate content and instructional strategies that address the NYS Learning Standards and utilize available NYSED resource and guidance documents.

### ***Food and Beverage Marketing in Schools***

Any foods and beverages marketed or promoted to students on the school campus\* during the school day\* will meet or exceed the USDA Smart Snacks in School nutrition standards

## **II. Physical Activity**

Children and adolescents should participate in physical activity every day. Opportunities to engage in physical activity at school include: quality physical education as the foundation; physical activity before, during and after school. The district strives to promote and encourage staff involvement, family and community engagement and is committed to providing these opportunities, to the extent possible. Schools will ensure that these varied physical activity opportunities are in addition to, and not as a substitute for, instruction in physical education.

Participation in recess or physical education class **will not be withheld** as punishment for unfinished classwork or homework. The district will provide teachers and other school staff with a [list of ideas](#) for alternative ways to discipline students.

Participation may be restricted based upon principal discretion as needed for individual students due to behavior plans or discipline infraction that students engage in during Physical Education class or recess.

Participation on district sports teams is subject to the Student Athlete Handbook and District Code of Conduct, and may be restricted for infractions, and/or academic eligibility requirement.

To the extent practicable, the District will ensure that its grounds and facilities are safe and that equipment is available to students to be active. The District will conduct necessary inspections and repairs.

### ***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. The physical education curriculum will promote the benefits of a physically active lifestyle and will help students develop skills to engage in lifelong healthy habits, as well as incorporate essential health education concepts. The curriculum will support the essential components of physical education, in accordance to the NYS Learning Standards for Physical Education.

All students will be provided equal opportunity to participate in physical education classes. The District will make appropriate accommodations to allow for equitable participation for all students and will adapt physical education classes and equipment as necessary, as determined by an individual student's IEP or 504 Accommodation Plan.

All **elementary students** in each grade will receive instruction in physical education in accordance with NYS Part 100 Regulation requirements.

All **middle school and high school students** are required to take the equivalent of one academic year of physical education, in accordance with NYS Part 100 Regulation requirements.

### ***Essential Physical Activity Topics in Health Education***

The district will provide a physical education and health curriculum in accordance with the NYS Part 100 Regulations. Curriculum development, implementation and monitoring of effectiveness will occur regularly as determined by the superintendent or designee in order to ensure compliance with regulatory requirements.

***Recess (Elementary)***

All elementary schools will offer at least **20 minutes of recess** on all days operating on a regular instructional schedule during the school year. If recess is offered before lunch, schools will have appropriate hand-washing facilities and/or hand-sanitizing mechanisms located just inside/outside the cafeteria to ensure proper hygiene prior to eating and students are required to use these mechanisms before eating. Hand-washing time, as well as time to put away coats/hats/gloves, will be built in to the recess transition period/time frame before students enter the cafeteria.

**Outdoor recess** will be offered when weather is feasible for outdoor play and adhere to district regulations and guidelines for temperature and weather advisory conditions that permit or restrict outdoor physical activity (See accompanying proposed District Regulation).

In the event that the school or district must conduct **indoor recess**, teachers and staff will follow the indoor recess guidelines that promote physical activity for students, to the extent practicable, as determined by the school principal.

Recess will complement, not substitute, physical education class. Recess monitors or teachers will encourage students to be active, and will serve as role models by being physically active alongside the students whenever feasible.

***Classroom Physical Activity Breaks (Elementary and Secondary)***

The District recommends teachers provide short (3-5-minute) physical activity breaks to students during and between classroom time at least three days per week. These physical activity breaks will complement, not substitute, for physical education class, and recess.

***Active Academics***

Teachers will incorporate movement and kinesthetic learning approaches into “core” subject instruction when possible (e.g., science, math, language arts, social studies and others) and do their part to limit sedentary behavior during the school day.

Teachers and classroom instructional support staff (teaching assistants and teacher aides) will serve as role models by being physically active alongside the students, whenever feasible.

***Before and After School Activities***

The District will offer opportunities for students to participate in physical activity either before and/or after the school day (or both) through a variety of methods. The District will encourage students to be physically active before and after school through planned activities and communications designed by the Wellness Committee and/or event planning teams at the district or school level.

***Community Partnerships***

The District will *continue* to build and foster relationships among community partners, families, students and staff in support of the wellness policy and its implementation.

***Community Health Promotion and Family Engagement***

The District will inform and educate parents, caregivers, families, and the general community the benefits of and approaches for healthy eating and physical activity throughout the school year.

Adoption date: October 10, 2017

Revised: June 18, 2018