

Schenectady City School District Wellness Policy Implementation Guidelines

I. School Health Council

- Should include members who are interested in health, nutrition, physical fitness and wellness of the staff and students in their building.
- Is encouraged to collaborate with community agencies and entities that are involved in wellness initiatives such as Schenectady County Public Health Services, Cornell Cooperative Extension, Schenectady's Promise, BOCES programs such as Reality Check, etc.
- A PTO/PTA/PPT representative is suggested to help facilitate the activities of these groups in following the guidelines of the SCSD Wellness Policy.
- Meetings as deemed necessary by the SHC; at least 4 per year

II. Nutrition Quality of Foods and Beverages Sold and Served in School Buildings

A. Standards of Meals Served

- The majority of milk choices will be 1% and fat-free.
- Schools are encouraged to develop strategies to increase the amount of fruits and vegetables consumed in their buildings (nutrition education, taste-testing, use of the Dole 5 a Day Program, contests, etc.) through collaboration with the Food Service contractor.
- Nutritional content of school meals will be available on menus with the healthiest items labeled on signs positioned in the cafeteria.

B. Breakfast

- Schools will promote the use of the school breakfast program in newsletters, at parent meetings, and through other venues in an effort to increase the numbers of students who eat breakfast at school.
- The relationship between a healthy breakfast and academic performance will be communicated to parents and students.

C. Professional Development

- Food Service management will provide verification that this professional development has taken place. This should be included in the annual report to the Superintendent due May 1st.

E. Eating Routines

- Will provide students with at least 10 minutes to eat after sitting down for breakfast and 20 minutes after sitting down for lunch
- Tutoring, club or organizational meetings or activities should not be scheduled during mealtimes, unless students may eat during these activities
- Schools will be encouraged to schedule recess before lunch in the elementary schools when possible (see Recess Handout)

III. **Foods and Beverages Sold Individually Outside of the School Meal Program**

Professional Responsibility – There should be a concerted effort on the part of the professional staff to have knowledge of the following:

A. **Sale of Beverages and Foods**

NUTRITION AND PORTION SIZE STANDARDS

BEVERAGES

Encouraged:

- Water
- Seltzer water without added caloric sweeteners
- Flavored water without added caloric sweeteners
- Fruit and vegetable juices and fruit-based drinks that contain at least 50% fruit juice and do not contain additional caloric sweeteners
- Unflavored or flavored low-fat or fat-free fluid milk

Discouraged:

- Soft drinks containing caloric sweeteners
- Sports drinks
- Iced teas
- Fruit-based drinks that contain less than 50% real fruit juice or that contain caloric sweeteners
- Beverages containing caffeine, excluding low-fat or fat-free chocolate milk (which may contain very small amounts of caffeine)

FOODS

■ 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
- Will contain no more than 230 mg sodium per serving 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
- Will contain no more than 600 mg of sodium for pizza, sandwiches, and main dishes

■ Schools are encouraged to have a choice of at least one fruit and/or non- fried vegetable 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/or 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)

- Cooked, dried, or canned vegetables (that meet the above fat and sodium guidelines)
- B. **Fundraising** – see list of Healthier Fundraising Ideas.
If fundraiser involves food, refer to IIA for guidance
- C. **Snacks** - see list of *Healthier Snack Ideas*
Refer to IIA on Guidance Document
- D. **Rewards** - *See Healthier Reward Ideas*
Refer to IIA on Guidance Document
Alternatives to Using Food as a Reward
Constructive Classroom Rewards: Promoting Good Habits While Protecting Children's Health
- E. **Celebrations** - *See Healthier Celebration Ideas*
- F. **School Sponsored Events** - Refer to IIA on Implementation Guidelines
- Place healthier items in prominent location; front row; at eye level
 - When possible, price healthier items at lower prices to encourage their purchase (ie: water = \$.75 / soda = \$1.00)

PORTION SIZES

Limit portion sizes of foods and beverages sold individually to those listed below:

- 1 ¼ oz for chips, crackers, popcorn, cereal, trail mix, nuts, seeds, dried fruit, or jerky
- 1 ounce for cookies
- 2 oz for cereal bars, granola bars, pastries, muffins, doughnuts, bagels, and other bakery items
- 4 fluid oz for frozen desserts, including, but not limited to, low-fat or fat-free ice cream
- 8 oz for non-frozen yogurt
- 12 fluid oz for beverages, excluding water
- 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.*

IV. Nutrition and Physical Activity Promotion and Food Marketing

A. Nutrition Education and Promotion

- Schools are encouraged to include enjoyable, developmentally appropriate, culturally relevant participatory activities such as contests, promotions, taste-testing, farm visits, school gardens, etc. as part of their nutrition education activities
- Community collaboration encouraged (Cornell Cooperative Extension, etc.)
- Promote fruits, vegetables, whole-grain products, low-fat and fat-free dairy products, healthy food preparation methods and health-enhancing nutrition practices

- Emphasize relationship between food intake and physical activity/exercise

B. Communication

- Provide information about physical education and other school-based physical activity opportunities before, during, and after the school day
- Schools are encouraged to include nutrition and physical activity items in their monthly newsletters (see Toolkit)

C. Integrating Physical Activity Into the Classroom Setting

- Classroom teachers are encouraged to provide short physical fitness breaks between lessons or classes, as appropriate. This is especially encouraged during testing times.
- *Energizers* www.ncpe4me.com

D. Food Marketing in School Buildings

- The marketing of brands promoting predominantly low-nutrition foods and beverages is discouraged.
- Market activities that promote healthful behaviors (and are therefore allowable) including: vending machine covers promoting water; price structures that promote healthy options in a la carte lines or vending machines; sales of fruit for fundraisers; and coupons for discount gym memberships.

D. Staff Wellness

- Input from staff will be solicited by the School Health Council
- Opportunities for staff wellness will be communicated to all staff
- Establishment of an EAP Program

V. Physical Activity

A. Physical Education Requirements

- Focus on developing a healthy lifestyle through lifetime sports and physical fitness vs. developing skills in team sports such as football, basketball and baseball
- Assess students based on their progress in reaching personal physical activity and fitness goals
- Use technology such as heart rate monitors and pedometers to customize physical fitness goals for each student
- Motivate children to embrace health and fitness for a lifetime
- Meet the needs of all students, not just the athletically-inclined

B. Recess

- Elementary Schools are encouraged to provide recess that is at least 20 minutes a day, is outside when possible, encourages moderate to vigorous activity and discourages extended periods of inactivity (2 or more hours)
- Scheduling recess before lunch is encouraged as schedules permit
 - 1) *Practical Tips and Advice from Montana Schools With Recess Before Lunch Policies*
 - 2) *Steps to Implementing a Recess Before Lunch Policy*
 - 3) *Recess Before Lunch* pamphlet

C. Extracurricular Physical Activity Programs

D. Physical Activity and Punishment

E. Safe Routes to School

F. Use of School Facilities Outside of School Hours

VI. Monitoring of the Wellness Policy

- Report template and other tools will be provided to School Health Councils.
- Annual Report will be due to the Superintendent or his Designee by April 30th of that school year.