

Schenectady City School District Wellness Policy

The Schenectady School District recognizes that enhanced nutrition and physical fitness efforts in schools have been shown to have a positive effect on school attendance, student behavior, academic performance and overall health and well being. The Wellness Policy of the Schenectady City School District is designed to strengthen and further promote an institutional culture of wellness among students, staff, and the entire school community. The SCSD Wellness Policy is intended to be the document used by the individual schools as they strive to incorporate a wellness culture within their buildings. It should be viewed as a tool to support the schools as they model the positive nutrition and fitness behaviors that are necessary to fight the rising rates of obesity and its associated health risks. As a living document, it will be updated as necessary and approved by the Board of Education annually.

I. School Health Council

- A. Membership** - Each school will establish a working School Health Council (SHC) by September 2007. The SHC may be made up of the building principal, staff, parents, school nurse, community members with student membership strongly encouraged. The role of the SHC will be to monitor the compliance with the Wellness Policy and provide direction to ensure that all aspects of the Policy are implemented in that building.
- B. Reporting** - Annual written reports will be made from the SHC to the Superintendent and the Board of Education's Wellness Committee (a template will be provided).

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

- A. Standards of Meals Served** - The meals served by SCSD will at the minimum meet the nutritional requirements of the USDA Foods Program. A variety of fruits and vegetables will be served. Only low-fat (1%, 2%) and fat-free (skim) milk will be served and the food service will be encouraged to serve whole grain in at least half of the grains served.
- B. Breakfast** - The SCSD will promote and offer breakfast to all students through the National School Breakfast/Lunch Program . The importance of a daily breakfast either at home or at school will be communicated to parents through a variety of means.
- C. Professional Development** - The SCSD will require the contracted service food management company to provide continuing professional development for all nutritional professionals and employees.
- D. Student Privacy** - Schools will make every effort to ensure that there is no overt identification of students eligible for free or reduced school meals through the use of electronic and payment systems.
- E. Eating Routines** - SCSD will work to ensure that all students engage in reasonable eating patterns in pleasant eating environments.

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

- A. Sale of Beverages and Foods** - It will be strongly encouraged that all foods and beverages individually sold outside the school meal programs (including those sold through vending machines, student stores or through programs for students after the school day, will meet nutrition and portion size standards. (see Implementation Guidelines)

B. Fundraising - To support children's health and school nutrition efforts, PTOs, PTAs, PPTs and other extra-curricular activities/groups including booster clubs, will be encouraged to sponsor fundraising activities that do not involve foods. When fundraising does involve food, efforts will be made to ensure that food meets nutrition and portion size standards (see Implementation Guidelines)

C. Snacks - Snacks served during the day and after school will make a positive contribution to children's diets and health. Staff and parents will be encouraged to serve healthy snacks.

D. Rewards – Schools will be discouraged to use foods and beverages, especially those that do not meet the nutrition standards for foods and beverages sold individually (attachment) as rewards for academic performance or good behavior. In addition, foods and beverages will not be withheld as a form of punishment.

E. Celebrations - Schools are encouraged to limit the number of celebrations during the school day that involve food. Each celebration should include healthy foods and beverage choices, including water.

F. School Sponsored Events (such as athletic events, dances, receptions, performances, etc.) - Foods and beverages offered and sold at school events should include choices that meet the nutrition standards for meals and beverages sold individually (see Implementation Guidelines). When possible, these healthy choices should be sold at a lower price to encourage their purchase.

IV. Nutrition and Physical Activity Promotion and Food Marketing

A. Nutrition Education and Promotion - The SCSD will offer sequential and interdisciplinary instruction on healthy nutrition to all students through health, physical education classes, and in other subject areas as possible.

B. Communication - The SCSD will promote its healthy nutrition and physical activities through the District's website, building newsletters, District TV station and community media outlets.

C. Integrating Physical Activity into the Classroom Setting - Classroom health education will be reinforced with the knowledge and self-management skills needed to maintain a physically active lifestyle and to reduce time spent on sedentary activities. Teachers are encouraged to incorporate physical activity into other subject lessons.

D. Food Marketing in School Buildings - Schools will limit the marketing of foods and beverages that do not meet the nutrition standards for meals or for foods and beverages sold individually. Healthy foods, including fruits, vegetables, whole grains, and low-fat dairy products in addition to activities that encourage healthful behaviors will be promoted.

E. Staff Wellness - The SCSD values the health and well-being of every staff member and will encourage the planning and implementing of activities that support a healthy lifestyle.

V. Physical Activity

A. Physical Education Requirements - SCSD will provide physical education for all students according to New York State Education Department regulations. Physical education will be taught by a certified physical education teacher and will engage students in moderate to vigorous activity during at least 50% of physical education class time.

B. Recess - Recess periods at the elementary level will when possible encourage moderate to vigorous physical activity. During testing, schools will give students periodic breaks during which they are encouraged to stand and be moderately active.

C. Extracurricular Physical Activities – Each SHC will investigate opportunities to offer extracurricular physical activities for all levels and abilities of students in their school building. This will be in addition to existing intramural and interscholastic sports.

D. Physical Activity and Punishment – Classroom teachers will not use physical activity (e.g, running laps, pushups) as a punishment. Physical activity will be presented positively.

E. Safe Routes to School - SCSD will work with the local department of transportation, public safety, and others to ensure safe passage of students to and from school. SCSD will provide education on biking, walking and traffic safety to parents via the District's website and newsletters at the beginning of each school year.

F. Use of School Facilities Outside of School Hours - SEE POLICY WE HAVE ALREADY

VII. Monitoring of the Wellness Policy

The SCSD School Wellness Policy will be monitored in the following ways:

A. Compliance - The Superintendent or his designee will ensure the district-wide compliance with this policy. The principal or his/her designee, in collaboration with the School Health Council will ensure compliance with this policy in his/her school building. Resources and Implementation Guidelines will be compiled and provided to each SHC in the form of a School Wellness Toolkit to assist with compliance.

B. Reporting - The Superintendent will develop a summary report every year on district-wide compliance, based on the template report from each school building. This report shall be provided to all school health councils, parent/teacher organizations, school principals, district school health services personnel, food service management, the Board's Wellness Committee and the Board of Education.