

IMPORTANT PIECES OF A HEALTHY SCHOOL ENVIRONMENT

1. NUTRITION EDUCATION
2. PHYSICAL ACTIVITY
3. FOODS AND BEVERAGES SOLD TO STUDENTS
4. NUTRITION PROMOTION
5. FOOD AND BEVERAGES, NOT SOLD, BUT PROVIDED TO STUDENTS
6. FOOD AND BEVERAGE MARKETING
7. COMMUNICATING THE WELLNESS POLICY TO ALL

ABOUT THE WELLNESS POLICY

The Kenmore-Town of Tonawanda School District is committed to providing a school environment that promotes and protects children's health, well-being and the ability to learn by fostering healthy eating habits and physical activity. The District has established a Wellness Committee to develop a local wellness policy and make recommendations for review and adoption by the Board of Education. The Kenmore-Town of Tonawanda Union Free School District Wellness Committee includes, but is not limited to, representatives from the following groups:

WELLNESS COMMITTEE MEMBERS:

School Staff
Parents
Administrators
Food and Nutrition Services
School Nurses
Mental Health Team
School Board
Students
Community Partners



DISTRICT WELLNESS POLICY HIGHLIGHTS



KENMORE-TOWN OF TONAWANDA UFSD

1500 COLVIN BLVD.
BUFFALO, NY 14223

 716-874-8400

 <https://www.ktufsd.org/wellness>

RECESS

Elementary students have a 20 minute recess block built into their daily schedules

Recess is not withheld for disciplinary reasons



KEEPING FUNDRAISERS HEALTHY

All food items served or offered (for sale) to students during the school day will meet all federal, state, and local standards and competitive food guidelines Smart Snacks in School Rule



PHYSICAL ACTIVITY

Students have opportunities to be physically active at school through PE classes, movement breaks and recess

Recommended physical activity for children and adolescents is 60 minutes or more each day



CLASS CELEBRATIONS

Class parties and celebrations are limited to purchased items which follow the Smart Snack Standards to ensure all ingredients are known for allergies and dietary restrictions

Non-food celebrations are encouraged

Please check the district website for suggestions



REWARDS

Teachers will use non-food rewards in the classroom and are encouraged to use physical activity breaks as class rewards.

MEALS SERVED IN SCHOOL

- All school meals meet the USDA Guidelines for the National School Lunch Program/School Breakfast Program.
- Our district is approved for Community Eligibility Provision (CEP) and all schools are designated as CEP schools. All students attending our schools in grades K-12 will receive FREE breakfast and lunch daily!
- Although students are automatical eligible to receive free meals for the entire school year, it is important to note that families should complete the Household Income form each year. Completing this form ensures individual eligibility for certain state aid for federal programs as well as additional school funding.
- Food Service Highlights include: Harvest of the Month with taste testing, hydroponic gardens in cafeterias, smoothie bike available for classroom instruction.

GET IN TOUCH WITH FOOD SERVICE Website

<https://www.schoolnutritionandfitness.com/index.php?sid=1491498415271>

CELEBRATING WELLNESS

Each year in March, Ken-Ton celebrates "District Wellness Week" highlighting healthy choices at school, home and in our community.