

SUBJECT: *DISTRICT WELLNESS PLAN FOR IMPLEMENTATION
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The 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, physical activity, and social-emotional learning. The District's wellness committee makes recommendations for review and implementation on the district wellness policy. The District's wellness committee includes, but is not limited to, representatives from each of the following groups:

- a) Parents
- b) Students – Multiple students in round table discussions
- c) The District's food service program
- d) The School Board
- e) School administrators
- f) Physical Education Teachers
- g) Health Education Teachers
- h) Family and Consumer Science Teachers
- i) School Nurse
- j) Social-Emotional and Mental Health Team

Taking into account the parameters of the School District (academic programs, annual budget, staffing issues, and available facilities) as well as the community in which the District is located (the general economy; socioeconomic status; local tax bases; social cultural and religious influences; geography; and legal, political and social institutions) the Wellness Committee recommends the following District goals relating to :

- nutrition education and wellness promotion,
- nutrition standards,
- physical activity,
- other school-based activities,
- social-emotional health and wellness,
- and monitoring and evaluation.

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Section 1: Nutrition Education and Wellness Promotion

The District will provide nutrition education and promote wellness to facilitate the voluntary adoption of healthy eating habits and other nutrition-related behaviors conducive to health and well-being by establishing the following standards for:

a) Nutrition Curriculum

A curriculum enables students through a comprehensive curriculum to gain the knowledge and skills necessary to make healthy food choices for a lifetime. All elementary students receive sequential and comprehensive nutrition education. All middle school and high school students also receive sequential and comprehensive nutrition education at least three times in their middle and high school years (grades 5-12).

b) Skill Based

Nutrition education teaches specific skills and activities that are behavior focused which include media awareness, menu planning and reading Nutrition Facts labels.

c) Integration into other subjects beyond Health Education

Nutrition education is integrated into Physical Education, Family and Consumers Sciences, Science, and Gifted and Talented.

d) Linked with the School Food Environment

The nutrition education program works with the school meal program to develop and implement harvest of the month, Farm to School initiatives, and community gardens.

e) Addresses Agriculture and the Food System

School gardens and nutrition instruction are encouraged as part of the nutrition curriculum.

f) Coordinated School Health Program Model

The district is working toward the use of the Center of Disease Control and Prevention's (CDC) coordinated school health program model. The CDC's "School Health Index" tool will be used for regular program assessment.

g) Families and Community Information Sharing and Input

Nutrition education will be provided to parents in the form of handouts, the school website, articles and information provided in district or school newsletters, presentations that focus on nutrition and healthy lifestyles, and through any other appropriate means available to reach parents.

h) Advisory Committees to Address Health and Wellness Beyond Policy

The school district will create, strengthen, or work within existing school health councils to develop, monitor, review, and revise nutrition and physical activity policies. The councils will serve as resources to school sites for implementing these policies.

Section 2: Standards for USDA Child Nutrition Programs and School Meals

The District Wellness Committee will recommend which nutrition standards will be established for **all** foods available on school campus during the school day. The goal is to encourage healthy lifelong eating habits by providing foods that are high in nutrients, low in fat and added sugars, and of moderate portion size.

Nutritional Values of School Meals

a) Nutrition standards For School Meals

All school meals meet the USDA (National School Lunch Program/School Breakfast Program). See link below.

b) Access to and promotion of the School Breakfast Program (USDA)

All schools will provide breakfast through the USDA Breakfast Program.

c) Protect the Privacy of Students who Qualify for Free or Reduced Priced Meals

All students, regardless of the type of payment they make for school meals, or the food being purchased (meal or a la carte) are given a code to enter at the cash register.

d) Addresses Feeding Children with Unpaid Meal Balances

According to the district policy 5660: Meal Charging and Prohibition Against Meal Shaming the following statement is made in regards to unpaid meal balances: Staff will not publicly identify or stigmatize any student in line for a meal or discuss any outstanding meal debt in the presence of any other students.

e) Providing Information to Families About Free/Reduced Meals

Applications for free/reduced priced meals are sent home to all families at the beginning of the school year and available on the district website and main office of all school buildings year round.

f) Strategies To Increase Participation In School Meal Programs

School meals shall be made attractive to students by appealing to their taste preferences and promoted via Food Service menu, monthly promotions, and district calendar. Periodic food promotions are provided to encourage taste testing of healthy new foods being introduced on the menu. The district shall use the USDA Smarter Lunchroom tools. Grab and Go breakfast are available in all schools.

g) Adequate time to eat

After obtaining food, students will have at least 20 minutes for lunch, and at least 10 minutes for breakfast.

h) Access To Free Drinking Water

Free water is always available. Students and staff will have access to free, safe, and fresh drinking water throughout the school day.

i) Nutrition Training for Food Service

The USDA Professional Standards for State and Local Nutrition Programs are followed to ensure that professional development in the area of food and nutrition is provided for food service directors, managers and staff.

j) Purchasing Local Foods for the School Meal Program

School meals will include fresh, locally-grown foods from farms engaged in sustainable practices whenever possible and these foods will be promoted in the cafeteria.

Section 3: Nutrition Standards For Competitive And Other Foods And Beverages

The District Wellness Committee recommends nutrition standards which will be established for the sale or service of food outside USDA School Meals (competitive foods) during the school day. The goal is to encourage healthy lifelong eating habits by providing foods that are high in nutrients, low in fat and added sugars, and of moderate portion size.

Nutrition Guidelines

a) Nutrition Standards

All food and beverages sold to students during the school day are required to meet USDA Smart Snacks Federal Nutrition Standards. (Linked).

b) Food Service A La Carte

All items sold through food service a la carte shall meet USDA Smart Snacks Federal Nutrition Standards. (Linked).

c) Vending Machines

All items sold through vending machines shall meet USDA Smart Snacks Federal Nutrition Standards. (Linked).

d) School Stores

All items sold through school stores shall meet USDA Smart Snacks Federal Nutrition Standards. (Linked).

e) Food Sold For Fundraising for Consumption During the School Day

All food items served or offered (for sale) to students during the school day (from midnight prior, to 30 minutes after the end of the official school day) will meet all federal, state, and local standards for all nutrient and competitive food guidelines-Smart Snacks in School Rule.

f) Caffeine in the High Schools

High school principals are encouraged to limit the sale of beverages with caffeine to high school students (e.g. coffee from the school store).

g) Class Parties and School Celebrations

Class parties, celebrations, etc. shall be limited to purchased items which follow the Smart Snack Standards. Non-food celebrations are encouraged.

h) Foods and Beverages Served to Students Before or After the School Day

Requires that foods and beverages served to students in before/aftercare, whether run by the school or an outside party (e.g., YMCA) will meet CACFP nutrition standards OR Smart Snacks standards. Any meals served as a part of an afterschool school activity, will be encouraged to provide at least one healthy menu option.

i) Foods and Beverages Sold to Students Before or After the School Day

The food and beverages that are available for sale at school-sponsored events outside of the school day will be encouraged to meet or exceed the USDA Smart Snack in School nutrition standards.

j) Food Not Being Used As a Reward

Prohibition of food as a reward with the exception of Individual(ized) Education Plans (IEP). The use of food or candy as a classroom reward for any school is prohibited and teacher are provided with a list of alternative ideas. We strongly recommend the use of physical activity when feasible.

k) Access To Free Drinking Water

Free water is always available. Students and staff will have access to free, safe, and fresh drinking water throughout the school day.

Section 4: Physical Education and Physical Activity

Physical Activity

The District will provide opportunities for every student to develop the knowledge and skills for specific physical activities, to maintain physical fitness, to regularly participate in physical activity, and to understand the short-term and long-term benefits of a physically active and healthy lifestyle.

The Wellness Committee has determined that the following standards are necessary to achieve implementation:

a) Required Written Physical Education Curriculum For Each Grade Level

The district has a written physical education curriculum for grades K-12 aligned to the National Shape America and NYS Physical Education standards

b) Required Time Per Week Of Physical Education For Elementary School Students

Schools will use NYS Department of Education mandates, 150 minutes per week or more, as a guide when planning physical education classes.

c) Required Time Per Week Of Physical Education For Middle/High School Students

Schools will use NYS Department of Education mandates, 225 minutes per week or more, as a guide when planning physical education classes.

d) Qualifications For Physical Education Instructors K-12

Physical education will be taught by a licensed instructor which follows -Shape America and NYS Standards.

e) District Provides Physical Education Training For Physical Education Teachers

The school district shall provide all physical education teachers with annual professional development opportunities that are focused on physical education/physical activity topics and competencies. The school district shall provide all health education teachers with annual professional development opportunities that are focused on health education topics and competencies.

f) Physical Education -Exemption and Substitution Requirements

Schools shall not give physical education credit to students involved in sports. Sports and academic activities may not take the place of physical education.

g) Family and Community Engagement in Physical Activity Opportunities

Physical activity opportunities should be provided at the school for families and community members.

h) Structured Physical Activity Before Or After School

Physical activity classes, clubs, intramurals or interscholastic activities shall be made available-for all students.

i) Daily Recess In Elementary School

Schools shall provide a minimum of 10 minutes of active daily recess to all elementary school students. Recess, PE or other physical activities will not be withheld from students as a punishment for poor behavior or incomplete class work.

j) Regular Physical Activity Breaks

Classrooms are encouraged to provide at least one physical activity break for every 60 minutes of academic instruction daily in addition to PE and recess.

k) Joint or Shared Use Agreements of School Facilities

The district encourages schools to enter into joint-use agreements for community use of school facilities and school use of community facilities for physical activity programming.

l) Active Transports and Safe Routes to School

The district addresses active transport for all K-12 students who live within walkable/bikeable distances from school by promoting walking and biking to school. (Safe Routes to School)

Section 5: Social Emotional Health and Wellness

The district will provide lessons to teach social and emotional skills, behavioral regulation strategies, and practice those skills in authentic learning settings in an attempt to recover and further develop those skills. In addition, a significant amount of support must be made available to support self-regulating skills during the learning process. Ken-Ton will provide the necessary staff, support, and structures so Ken-Ton students will display improvement in social-emotional

wellness.. This will include: Preventive Mental Health, Restorative and Trauma-Informed Practices, and, Behavior and Social Skills Programming.

Section 6: Wellness Promotion and Marketing

a) Encourage Staff to Be Role Models for Healthy Behavior

Staff will be encouraged to model healthy eating and physical activity as a valuable part of daily life.

b) Addresses Strategies to Support Employee Wellness

Health and Wellness classes will be provided by the staff development center. The Family Support Center offers staff opportunities for wellness activities. Staff has activities to encourage staff wellness on staff development days, including the staff Wellness Activity and walking Challenges.

c) Physical Activity as a Reward

Food rewards are discouraged and teachers are provided with alternative ideas. It is strongly recommended that staff use physical activity as a reward, when feasible.

d) Physical Activity is Not to be used as a punishment

Physical activity may not be assigned to students as a consequence of poor behavior or punishment for any reason during the school day. (Example: running laps or jogging around a playground)

e) Restricting Physical Activity As Punishment

Students should not be pulled out of physical education for any other content area instruction or punishment or be denied participation in recess or other physical activity opportunities as a form of discipline or punishment.

f) Marketing to Promote Healthy Choices

It is recommended that organizations operating concessions at school function to label/mark healthy food items available so students know which are healthy items and these items will be comparably priced.

g) Restricting Marketing of Unhealthy Choices

School based marketing shall be consistent with Smart Snacks Nutrition Standards.

h) Marketing on School Property and Equipment

The District is aware that certain scoreboards, signs, and other durable equipment it employs may market foods and beverages in a way that is inconsistent with the aims of this wellness policy. While the immediate replacement of this equipment is not required, as the District replaces or updates this equipment over time, it will ensure its replacement and purchasing decisions reflect the marketing guidelines established by this wellness policy.

i) Marketing on Educational Materials

Criteria for selecting educational materials for the classroom shall be expanded to include review of advertising content. Every effort will be made to select materials free of brand

names/logos and illustrations of unhealthy foods.

j) Marketing Where Food is Purchased

Advertising of any food or beverage that may not be sold on campus during the school day is prohibited.

k) Marketing in School Publications and Media

Schools will attempt to limit advertising of unhealthy products in school publications. All ads should be approved by the principal before being printed or included on the school website.

l) Marketing Through Fundraisers and Corporate Incentive Programs

It is recommended that schools avoid participation in fundraising or corporate incentive programs that promote a message inconsistent with our goals for a healthy school community.

Section 7: Policy Implementation, Evaluation, and Communication

a) Stakeholders

Yearly communication will be sent to the school community via email, inviting members of the community to join building and district wellness committees. Parents, students, representatives of the school food authority, PE teachers, school health professionals, the school board, school administrators, and the general public will be included in the development, implementation, review and update of the wellness policy."

b) Policy Implementation and Compliance

The Superintendent or designee shall ensure compliance with established district wide nutrition and physical activity policies outlined in the Wellness Plan. In each school, the building administrator or designee shall ensure compliance.

c) Wellness Policy Availability to the Public

The district wellness policy will be made available to the public via the district webpage, in a brochure to all new registrants and in the yearly district calendar under policies. It is also shared and communicated with students and parents on a regular basis throughout the school year.

d) Policy Assessment of Implementation

The Advisory Council shall conduct a quantitative assessment of policy implementation every three years using the Wellness School Assessment Tool-Implementation (WellSAT-I) or the School Health Index.

e) Triennial assessment results will be made available to the public

A triennial progress report with information about each school's wellness related activities will be shared with the entire school community.

f) Plan for Updating Policy Based on Triennial assessment

Every three years, the wellness committee will review the latest national recommendations pertaining to school health and will update the wellness policy accordingly.

g) Building Level Wellness Teams

All schools will have a wellness team made up of identified stakeholders and will meet monthly to discuss Wellness activities and policy implementation.

Appendix A: Resources and References

Nutrition Education

Society for Public Health Education:

- [Policy brief on health education in the Every Student Succeeds Act](#)

Cairn Guidance:

- [A Systems Approach to Integrating Health in Education](#)

USDA:

- [USDA Food and Nutrition Information Center](#)
- [USDA My Plate](#)

Society for Nutrition Education and Behavior:

- [Society for Nutrition Education and Behavior Website](#)
- [Publications](#)

Centers for Disease Control and Prevention

- [Tips for Teachers: Promoting Healthy Eating and Physical Activity in the Classroom](#)

Standards for USDA School Meals

Alliance for a Healthier Generation:

- [School Wellness Committee Toolkit](#)
- [Wellness Councils and Wellness Policies](#)

Center for Science in the Public Interest:

- [Healthier School Lunches](#)

Centers for Disease Control and Prevention:

- [CDC Local Wellness Policies](#)
- [Putting Local School Wellness Policies into Action: Stories from School Districts and Schools](#)

- [Wellness Teams Work: A Guide for Putting Wellness Policies into Practice in Schools](#)

The University of Illinois at Chicago:

- [National Wellness Policy Study](#)
- [Food Service Directors: Speaking From Experience](#)

USDA:

- [Child Nutrition Programs](#)
- [Wellness Policies](#)

ChangeLab Solutions:

- [Wellness Policy Enforcement](#)
- [District Policy Restricting Food and Beverage Advertising on School Grounds](#)

National Alliance for Nutrition and Activity:

- [Model School Wellness Policies](#)

National Association of State Boards of Education:

- [State School Health Policy Database](#)

Wellness Policy and Implementation Examples:

- [California Project Lean](#)

The Kids' Safe and Healthful Foods Project:

- [School Meal Programs Innovate to Improve Student Nutrition](#)

Shape America:

- [State School Health Policy Matrix 2.0](#)

National Collaborative on Education and Health:

- [Report to the National Steering Committee](#)

National Association of Chronic Disease Directors:

- [A Guide for Incorporating Health and Wellness into School Improvement Plans](#)
- [A Guide for Communicating School Health Achievements](#)

Nutrition Standards for Competitive and Other Foods and Beverages

Berkeley Media Studies Group:

- [Examining the public debate on school food nutrition guidelines: Findings and lessons learned from an analysis of news coverage and legislative debates](#)

Centers for Disease Control and Prevention:

- [A comprehensive framework for addressing the school nutrition environment and services](#)
- [Competitive Foods in School](#)

The Kids' Safe and Healthful Foods Project:

- [Kids' Safe and Healthful Foods Project Website](#)

Alliance for a Healthier Generation:

- [Snacks and Beverages](#)
- [Smart Snacks Product Calculator](#)
- [Smart Food Planner](#)

Centers for Disease Control and Promotion

- [Water Access in Schools](#)

Physical Education & Physical Activity

Centers for Disease Control and Prevention:

- [Recess Planning in Schools](#)
- [Strategies for Recess in Schools](#)
- [Physical Education Curriculum Analysis Tool](#)

Shape America:

- [The Essential Components of Physical Education](#)
 - [SHAPE America Website \(formerly AAHPERD\)](#)
 - [Guide for Physical Education Policy](#)
-

Wellness Promotion and Marketing

Berkeley Media Studies Group:

- [Eye on Marketers](#)
- [Toolkit on Stopping Junk Food Marketing to Kids \(English\)](#)
- [Toolkit on Stopping Junk Food Marketing to Kids \(Spanish\)](#)
- [Stopping Junk Food Marketing to Kids Video \(English\)](#)
- [Stopping Junk Food Marketing to Kids Video \(Spanish\)](#)
- [Target Marketing Soda & Fast Food: Problems with Business as Usual \(English\)](#)
- [Target Marketing Soda & Fast Food: Problems with Business as Usual \(Spanish\)](#)
- [The Soda and Fast Food Industries Target their Marketing Towards Mothers of Color \(English\)](#)
- [The Soda and Fast Food Industries Target their Marketing Towards Mothers of Color \(Spanish\)](#)

ChangeLab Solutions:

- [District Policy Restricting Food and Beverage Advertising on School Grounds](#)

Other Relevant Websites:

- [Digital Ads: Exposing How Marketers Target Youth](#)
 - [Center for Science in the Public Interest](#)
 - [Food Marketing Workgroup](#)
 - [Campaign for a Commercial-Free Childhood](#)
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Implementation, Evaluation & Communication

Action for Healthy Kids:

- [Parent Toolkit](#)
- [Tools for Schools](#)

Centers for Disease Control and Prevention:

- [School Health Guidelines](#)
- [School Health Index](#)
- [Tips for Teachers: Promoting Healthy Eating and Physical Activity in the Classroom](#)

Healthy Schools Campaign:

- [ESSA Implementation: Key Opportunities to Support Health and Wellness](#)

- [State ESSA Plans to Support Student Health and Wellness: A Framework for Action](#)

National Association of Chronic Disease Directors:

- [Speaking Education's Language: A Guide For Public Health Professionals Working in the Education Sector](#)

ChangeLab Solutions:

- [National Policy & Legal Analysis Network to Prevent Childhood Obesity \(NPLAN\)](#)