

SUBJECT: DISTRICT WELLNESS POLICY

The Andes Central School is committed to creating a healthy school environment that enhances the development of lifelong wellness practices to promote healthy eating and physical activities that support student achievement.

Nutrition Education

Every year, all students shall receive nutrition education that aligns with NYS Learning Standards. Nutrition education that teaches the knowledge, skills, and values needed to adopt healthy eating behaviors shall be integrated into the curriculum and offered throughout the school campus including, but not limited to the school dining areas and classrooms. Staff members who provide nutrition education shall have the appropriate training.

Nutrition Standards

The District shall ensure that reimbursable school meals meet the program requirements and nutrition standards found in federal regulations. The District shall encourage students to make nutritious food choices.

The District shall monitor all food and beverages sold or served to students including those available outside the federally regulated child nutrition programs. The District shall consider nutrition density and portion size before permitting food and beverages to be sold or served to students.

The District Superintendent shall continually evaluate vending policies and contracts. Vending contracts that do not meet the intent and purpose of this policy shall be modified accordingly or not renewed.

Physical Education and Physical Activity Opportunities

The District shall offer physical education opportunities that include the components of a quality physical education program. Physical education shall equip students with the knowledge, skills, and desire necessary for lifelong physical activity. Physical education instruction shall be aligned with the NYS Learning Standards.

Every year, all students shall have the opportunity to participate regularly in supervised physical activities, either organized or unstructured, intended to maintain physical fitness and to understand the short- and long-term benefits of a physically active and healthy lifestyle.

Other School-Based Activities Designed to Promote Student Wellness

The District may implement other appropriate programs that help create a school environment that conveys consistent wellness messages and is conducive to healthy eating and physical activity.

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SUBJECT: DISTRICT WELLNESS POLICY (Cont'd.)**Implementation and Evaluation**

The District Superintendent shall implement this policy and evaluate how well it is being managed and enforced. The District Superintendent shall develop and implement administrative rules consistent with this policy. Input from teachers (including specialists in health and physical education), school nurses, parents, students, representatives of the school food service program, School Board members, school administrators and the public shall be considered before implementing such rules. A sustained effort is necessary to implement and enforce this policy. The District Superintendent shall report to the local school board, as requested, on the District's programs and efforts to meet the purpose and intent of this policy.

Administrative Guidelines

To assist in the creation of a healthy school environment, The District may establish a Coordinated School Health Team that will provide an ongoing review and evaluation of the Andes Central School District's Local Wellness Policy.

The Coordinated School Health Team may include representatives from the following areas: administration, counseling, food services, health education, health services, parents, students, community, and physical education.

Andes Central School recognizes that students come in all shapes and sizes. Students should receive consistent healthy messages and support for: self-respect, and respect for others, healthy eating, and physical activity.

These guidelines will be reviewed and modified, as necessary, to help assure compliance with the purpose and intent of Andes Central School's Local Wellness Policy. Any District stakeholder wishing to express a viewpoint, opinion, or complaint regarding these rules should contact:

Superintendent of Schools
Andes Central School
85 Delaware Ave - PO Box 248
Andes, New York 13731

Students, staff, and community will be informed about the Local Wellness Policy annually.

Nutrition Education

Nutrition education, a component of comprehensive health education, will be offered to the students of the District. Nutrition education topics will be integrated into the curriculum when appropriate. The District will implement a quality nutrition education program that addresses the following:

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SUBJECT: DISTRICT WELLNESS POLICY (Cont'd.)Curriculum

- a) Has a curriculum aligned with the New York State Learning Standards for Health, Physical Education and Home Economics.
- b) Equips students to acquire the knowledge and skills needed to engage in sound nutrition behavior.

Instruction and Assessment

- a) Aligns curriculum, instruction and assessment.
- b) Builds students' confidence and competence in making healthy nutrition choices.
- c) Engages students in learning that prepares them to choose a healthy diet.
- d) Includes students of all abilities.
- e) Is taught by "highly qualified teachers of health education".

Opportunities to Learn

- a) Includes students of all abilities.
- b) Provides adequate instructional time to build students' confidence and competence in health-enhancing skills.

Nutrition education should also be made available to parents and the community. This nutrition education may be provided in the form of handouts, wall or bulletin board posters or banners, postings on the District Web site, community and student oriented presentations or other communications focused on promoting proper nutrition and healthy lifestyles.

Nutrition Standards

The District will offer school meal programs with menus meeting the meal patterns and nutritional standards established by the United States Department of Agriculture (USDA). The District will encourage students to make food choices based on the most current Dietary Guidelines for Americans. Food and beverages that compete with the District's policy of promoting a healthy school environment shall be discouraged.

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SUBJECT: DISTRICT WELLNESS POLICY (Cont'd.)

The District shall offer and promote the following food and beverages in all venues outside federally regulated child nutrition programs:

- a) Whole and enriched grain products that are high in fiber, low in added fats and sugars, and served in appropriate portion sizes consistent with the current USDA standards.
- b) Fresh, frozen, canned or dried fruits and vegetables using healthy food preparation techniques, and one hundred percent (100%) fruit or vegetable juice in twelve-ounce servings or less.
- c) Nonfat, low-fat, plain and/or flavored milk and yogurt, nonfat and/or low-fat real cheese, rather than imitation cheese. Offer the following serving sizes: yogurt in eight-ounce servings or less, milk in sixteen-ounce servings or less, cheese in 1.5-ounce (two-ounce, if processed cheese) servings or less.
- d) Nuts, nut butters, seeds, trail mix, and/or soybean snacks in one-ounce portions or less; portions of three (3) ounces or less of cooked lean meat, poultry, or fish using healthy food preparation techniques.
- e) Accompaniments (sauces, dressings, and dips), if offered, in one-ounce servings or less.

The District will monitor food service distributors and snack vendors to ensure that they provide predominantly healthy food and beverage choices that comply with this policy's purpose in all venues. (See Appendix A)

The District will discourage using food as a reward. (See Appendix B)

The District will encourage serving healthy food at school parties. Notices shall be sent to parents either separately or as part of a school newsletter, reminding them of the necessity of providing healthy treats for students and/or encouraging the use of non-food treats for classroom birthday or award celebrations. (See Appendix C)

The District will encourage healthy fundraisers as alternatives to fundraising that involve selling food items of limited nutritional value, such as candy, cupcakes, or sugary beverages. Example: Sales of candy items (candy bars, sugar coated chocolate snacks, or the like) as a school or grade-level fundraising project should be replaced with non-food items such as candles, wrapping paper, greeting cards, etc. (See Appendix D)

(Example: Vending sales of soft drinks, artificially sweetened drinks, and candy will not be permitted on school grounds prior to the start of the school day or throughout the instructional day, but may be permitted at special events that begin after the conclusion of the instructional day.) (See Appendix E)

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SUBJECT: DISTRICT WELLNESS POLICY (Cont'd.)

The District will strive to create a healthy school environment that promotes healthy eating and physical activity.

- a) Lunchtime is scheduled as near to the middle of the school day as possible.
- b) Provide adequate time for students to enjoy eating healthy foods with friends in school.
- c) The District will provide drinking fountains, so that students can get water at meals and throughout the day.
- d) The District will provide adequate time for students to eat.

Physical Education and Physical Activity Opportunities

Developmentally appropriate physical education will be offered every year to all students of the District. In addition, physical education topics shall be integrated into the entire curriculum when appropriate. The District shall implement a quality physical education program that address the following:

- a) Curriculum:
 1. Equips students with the knowledge, skills and attitudes necessary for lifelong physical activity.
 2. Has a curriculum aligned with NYS Learning Standards.
 3. Influences personal and social skill development.
- b) Instruction and Assessment:
 1. Aligns curriculum, instruction and assessment.
 2. Builds students' confidence and competence in physical abilities.
 3. Engages students in curriculum choices that prepare them for a wide variety of lifetime activities.
 4. Includes students of all abilities.
 5. Is taught by a certified physical education teacher trained in best practice physical education methods.
 6. Keeps all students involved in purposeful activity for a majority of the class period.
- c) Opportunity to Learn:
 1. Build's students' confidence and competence in physical abilities.
 2. Has a teacher-to-student ratio consistent with those of other subject areas and/or classrooms.

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SUBJECT: DISTRICT WELLNESS POLICY (Cont'd.)

3. Has enough functional equipment for each student to actively participate.
4. Includes students of all abilities.
5. Provides facilities to implement the curriculum for the number of students served.

The District should offer daily opportunities for unstructured physical activity, commonly referred to as recess. Recess should be in addition to physical education class time and not be a substitute for physical education. Encourage using additional physical activity as a reward, such as a teacher or Principal walking or playing with student at recess. Physical activity will not be used as a punishment.

Other School Based Activities Designed to Promote Wellness

- a) Encourage ongoing professional training and development for staff and faculty in the areas of nutrition and physical education.
- b) Make efforts to keep District owned physical activity facilities open for use by students outside school hours.
- c) Encourage faculty and staff to serve as role models in practicing healthy eating and being physically active, both in school and at home.
- d) The District will work through its Coordinated School Health Team to encourage staff wellness.

Implementation and Measurement

Students can learn healthy lifestyle habits by observing the nutrition and physical activity patterns of school personnel and other adults who serve as role models in their lives. All employees of the District are encouraged to be a positive healthy lifestyle role model for students.

The Superintendent shall organize the Coordinated School Health Team and invite appropriate District stakeholders to become members of the Team. A Coordinated School Health Team may include representatives from the following areas: community, parents, staff, students, faculty as well as District faculty and staff. The Team will meet periodically throughout each school year to assess the program and its elements.

The Superintendent will monitor and make recommendations to employees who are making decisions affecting the students of the District, which do not support the Local Wellness Policy.

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SUBJECT: DISTRICT WELLNESS POLICY (Cont'd.)**Appendix A****Snacks**

In general single-serving-size snacks (except for nuts, seeds, and cheese) should have no more than 6 grams of fat and meet at least two (2) of the following three (3) criteria:

- a) Contain three hundred (300) or fewer calories;
- b) One (1) or more grams of fiber; or
- c) At least ten percent (10%) of Calcium, Iron, Vitamin A or Vitamin C.

For dental health also look for snacks that:

- a) Contain less than thirteen (13) grams of sugar per serving;
- b) Are "crunchy" not "sticky".

Because the food industry is constantly adding new products, please determine if a food or beverage meets the criteria by using the Nutrition Facts label on the package.

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SUBJECT: DISTRICT WELLNESS POLICY (Cont'd.)**Appendix B****Alternative to Using Food as a Reward**

At school, home and throughout the community kids are offered food as a reward for "good" behavior. Often these foods have little of no nutritional value but are easy, inexpensive, and can bring about short-term behavior change.

There are many disadvantages to using food as a reward:

- a) It undermines nutrition education being taught in the school environment.
- b) It encourages over-consumption of foods high in added sugar and fat.
- c) It teaches kids to eat when they're not hungry as a reward to themselves.

Kids learn preferences for foods made available to them, including those that are unhealthy. Poor food choices and inadequate physical activity contribute to overweight and obesity. Currently, obesity among kids is at epidemic levels and can often lead to serious health problems.

Student Learn What They Live

Kids naturally enjoy eating healthy and being physically active. Schools and communities need to provide them with an environment that supports healthy behaviors. Below are some alternatives for students to enjoy instead of being offered food as a reward at school.

ZERO-COST ALTERNATIVES

Sit by friends
Watch a video
Read outdoors
Teach the class
Have extra art time
Enjoy class outdoors
Have an extra recess
Play a computer game
Read to a younger class
Get a no homework pass
Make deliveries to the office
Give a 5-minute chat break at the end of the day
Listen to music while working
Play a favorite game or puzzle
Earn play money for privileges
Walk with a teacher during lunch

LOW-COST ALTERNATIVES

Select a paper back book
Enter a drawing for donated prizes
Take a trip to the treasure box (non-food items)
Get stickers, pencils, and other school supplies
Receive a video store or movie theatre coupon
Get a set of flash cards printed from a computer
Receive a mystery pack (notepad, folder, sports cards, etc.)

IDEAS FROM TEACHERS

Game Day: "I have my students earn letters to spell *GAME DAY*. After the letters have been earned, we play reading or phonics-type board games. The kids beg for *GAME DAY*."

Friday Free Time: "I give my students thirty (30) minutes at the beginning of the week and they can earn or lose free time according to their behavior. I use a timer and turn it on (they can

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Eat lunch outdoors with the class
Be a helper in another classroom
Eat lunch with the Principal
Dance to favorite music in the classroom
Get "free choice" time at the end of the day
Listen with a headset to a book on audiotape
Have a teacher perform special skills (i.e., sing)
Have a teacher read a special book to the class

hear it) if they are too loud working, lining up, etc. I add time when their behavior is good. Adding time is the most effective. I save time by not waiting for them to settle down so I don't feel bad about the free time."

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Schools can play a major role in helping students become fit, healthy, and ready to learn. One (1) way to accomplish this is for foods offered in schools to support lessons learned in the classroom regarding nutrition and physical activity. What better venue than schools-which have a great impact on children-to support the message that proper nutrition and physical activity are a key part of a healthy lifestyle? Positive examples of making healthy eating choices and encouraging physical activity should be visible throughout the school. Parties as well as cafeterias, school stores, vending machines, and after-school events offer opportunities for schools to reinforce the message that making healthy food choices and being physically active means a healthier body and a sharper mind.

Snack Ideas for School and Classroom Parties

Of course, the foods offered at school parties should add to the fun, but try to avoid making them the main focus. Remember, schools are responsible for helping students learn lessons about good nutrition and healthy lifestyles and students should practice these lessons during school parties. For example, consider combining student birthday parties into one (1) monthly event that incorporates physical activities as well as healthy snacks. Also, be sure to consider ethnic and medical food restrictions and allergies when providing classroom snacks.

Here is a list of healthy snack choices to consider for classroom events. Serving all healthy foods and incorporating physical activities make a powerful statement. Actions speak louder than words: Lead by example.

Fresh fruits and vegetables
Yogurt
Bagels with low-fat cream cheese
Baby carrots and other vegetables with low-fat dip
Trail mix*
Fig cookies
Animal crackers
String cheese
Single-serve low-fat or fat-free milk
Bottled water (including flavored water)

Baked chips
Low-fat popcorn
Granola bars*
Soft pretzels and mustard
Pizza (no extra cheese and no more than one meat)
Pudding
Cereal bar
100% fruit juice (small single-serves)
Nuts and seeds

*May be allergens and/or a choking risk for some people.

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SUBJECT: DISTRICT WELLNESS POLICY (Cont'd.)**Appendix D****Smart Fundraisers**

Raising money may present a constant challenge for schools. School fundraisers may help pay for computers, field trips, athletics, music, art, and other programs that educate and enrich young lives—important programs that are not always covered by shrinking school budgets. More than just raising money to pay for valuable programs, a well-run fundraiser can also be an experience that educates, builds self-esteem, provides community service, and promotes school and community spirit.

Fundraising doesn't have to involve selling food items of limited nutritional value, such as candy. Following are Web sites and fundraising ideas that offer alternatives to selling candy. When healthy food choices are used as fundraising items, the healthy eating message presented in the schools is reinforced. Some of the ideas even have the added benefit of providing additional physical activity opportunities for students.

Take a look and help your school select creative fundraising alternative to selling foods of limited nutritional value.

Search the Web

Select a search engine and type in "school fundraisers" to access 112,000+ sites. A few of these sites follow:

www.afrds.org/homeframe.html

Association of Fun-Raising Distributors and Suppliers. Site includes a Toolbox with "Fundraising Fundamentals", a checklist for evaluating fundraising companies, and a resource on product fundraising issues and trends.

www.PTOtoday.com

Lists fundraising activities by categories, has a "work vs. reward" equation, contains a parent sharing section on "what works, and what doesn't and why".

www.fundraising-ideas.com

Offers a free newsletter with programs, services, and press releases. Links to www.amazon.com with books on fundraising.

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SUBJECT: DISTRICT WELLNESS POLICY (Cont'd.)**Appendix E****Recommendations for Serving Healthy Beverages**

The following beverages are recommended:

- a) Plenty of water;
- b) 100% juice in 12-ounce servings* or less;
- c) Fat free, low fat, plain and/or flavored milk in 16-ounce servings* or less;
- d) Fruit/fruit juice smoothies in 16-ounce servings* or less.

Choosing Your Drinks Can Be Difficult! Watch Out for:

- a) Fruit punches;
- b) Fruit drinks;
- c) Juice drinks.

These are NOT 100% juice!

*Suggested serving-sizes are based on what is commonly available for use in vending machines. It should be noted that excessive juice consumption may result in an increase in calorie intake and may contribute to the development of unhealthy weight. It should also be noted that 70% of teen boys and 90% of teen girls do not meet daily calcium requirements. Offering fat free or low fat single-serve milk is another opportunity to help teens meet their nutrition needs.

Read the label!
To determine if a food or beverage meets
the criteria, use the Nutrition Facts
label on the package.

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SUBJECT: DISTRICT WELLNESS POLICY (Cont'd.)**Appendix F****Cross-Curricular Instruction: Integrating Physical Activity into Classroom Subjects**

Cross-curricular integration of lessons will help students to see connections among the subject areas and provide opportunities for teachers to work together. Below are several ideas for integrating physical movement into various subject areas:

- a) Physical activity guides for elementary classroom teachers that integrate physical movement into classroom subjects: language arts, math, science and social studies.
 1. Brain Breaks: www.emc.cmich.edu/BrainBreaks
 2. Energizers: www.ncpe4me.com/energizers.html
 3. Take Ten: www.take10.net
- b) Display posters or banners with physical activity themes:
www.nal.usda.gov/wicworks/Sharing_Center/KYactivitypyramid.pdf

Using Physical Activity to Reward Students

- a) Have an extra recess;
- b) Walk with a teacher during lunch;
- c) Dance to favorite music in the classroom;
- d) Hold Friday Activity Time where students earn extra physical activity time based on their good behaviors during the week; and
- e) Challenge another homeroom to a sport or activity.

Ideas for School Parties

- a) Make your party a dance;
- b) Modify traditional games for classroom use;
- c) Hold contests or relays.

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- a) Hoops for Heart: Engages students in playing basketball while learning the lifelong benefits of physical activity, volunteering, and fundraising. www.americanheart.org
- b) Jump Rope for Heart: Engages students in jumping rope while learning the lifelong benefits of physical activity, the seriousness of heart disease and stroke, volunteering and fundraising. www.americanheart.org/iump
- c) National Physical Education & Sport Week: Designated week for encouraging and promoting physical activity. www.aahperd.org/naspe/may

Child Nutrition and WIC Reauthorization Act of 2004, Public Law 108-265 Section 204
Richard B. Russell National School Lunch Act, 42 United States Code (USC) Section 1751 et seq.
Child Nutrition Act of 1966, 42 United States Code (USC) Section 1771 et seq.
7 Code of Federal Regulations (CFR) Section 210.10