

Scotia-Glenville Central School District Wellness Policy

Compiled by the Scotia-Glenville CSD Wellness Committee

Updated April 2023

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Scotia-Glenville CSD Wellness Policy

Purpose

The Board of Education is committed to providing a school environment that enhances the learning and development of lifelong wellness practices for all of the children in the school district. In order to accomplish these goals, the Board hereby directs the Superintendent to develop regulations that:

1. are consistent with Federal, State and local laws and wellness practice guidelines; specifically following the 2017 requirements which include guidelines from the Child Nutrition WIC Reauthorization Act and Healthy Public Law 108-265, Section 204 and the Hunger-Free Kids Act. Nutritional guidelines for foods and beverages, as set forth by the USDA for the National School Lunch and Breakfast programs and Smart Snacks in School, are also used as guidelines in determining allowable options within each school.
2. support and promote a comprehensive health and physical education program for all of the students in the district.

This document is continuously monitored and updated to reflect necessary changes in policy and procedure and is formally updated once every three years.

Wellness Committee

The District has created a Wellness Committee co-chaired by the district health coordinator and athletic director. Core members of the committee include the school business manager, teachers and teaching assistants, administrators, the director of food services, the school resource officer, and the athletic trainer. A subcommittee will comprise students, parents and community members. This committee creates and revises the wellness policy and acts as a liaison between interested parties. The Superintendent oversees the implementation of the policy, with the school business manager overseeing the nutrition aspect in coordination with the director of food services. Building principals will handle the day to day enforcement of the policy within their buildings. Any community member is welcome to join the wellness committee. Mass email invitations are sent to faculty and staff. The district website invites community members to join.

Wellness Policy Guidelines

Nutrition Education

The district believes that nutrition education is a key component in introducing and reinforcing healthy behaviors in students. Nutrition education that teaches the knowledge, skills, and values needed to adopt healthy eating behaviors shall be integrated into the curriculum. Nutrition education information shall be offered throughout the school campus including, but not limited to, school dining areas and classrooms. Staff members who provide nutrition education shall be appropriately certified and trained.

In particular it is expected that the district:

- Provides students with a standards-based, skills-centered comprehensive health education program in accordance with New York State Commissioner's Regulations Part 135.3 at the elementary, middle, and high school levels that is scientific, age- and developmentally appropriate, culturally inclusive, and provided in a safe and supportive learning environment where all students feel valued. While the majority of nutrition education will take place in health education classes at the secondary level, these standards are also woven into the following courses: life science/biology, physical education and family and consumer science.
- Provides nutrition education that includes, at minimum:
 - The benefits of healthy eating, essential nutrients, nutritional deficiencies, the use and misuse of dietary supplements, safe food preparations, handling and storage, caloric balance between food intake and energy expenditure (physical activity/ exercise), and adequate fruits and vegetables, whole grains and low-fat dairy.
 - Planning a healthy meal, understanding and using food labels, critically evaluating nutrition information, misinformation, and commercial food advertising.
 - Helping students learn how to assess one's personal eating habits, and how to set and achieve goals for improvement.
 - Reinforces lifelong balance, emphasizing the link between caloric intake (eating) and exercise in ways that are age-appropriate.
- Makes nutrition information regarding foods served by the food services contractor available to students, parents and staff. Menus with nutritional information are posted on MenuWorks and are available through the district website.
- Provides educational information and promotion for students and families about nutrition and nutrition resources. Schools share information about food being served in the lunchroom during announcements, in newsletters, during community meetings, and as part of nutrition education lessons. Doing so allows students to learn about the benefits and value of healthy choices.

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- Provides information to students and families about the School Breakfast Program (SBP) and National School Lunch Program (NSLP) and their benefits.
- As goal to promote nutrition education, the district has launched a campaign in the 2022-2023 school year to increase the number of students participating in the free and reduced lunch and breakfast program:

Nutrition Education Goal 1: To increase nutrition education promotion, thereby, increasing the number of students participating in the free and reduced priced lunch and breakfast program by 10% in 2025, using the 2019-2020 school year as a baseline (pre-COVID).

Nutrition Education Goal 2: Schools will implement at least ten or more evidence-based healthy food promotion techniques through the school meal programs using Smarter Lunchroom each year from 2022 through 2025.

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Physical Activity

Physical education (PE) class is an essential component of educating the whole child. In PE, students learn about their bodies, how to take care of them, and how to move, as well as the skills to engage in lifelong healthy habits. Physical Education is an academic subject that students need and deserve in order to maintain focus in school and develop healthy habits for a lifetime.

In particular it is expected that:

- Scotia-Glenville CSD must provide students with physical education according to New York State Education Law 803, and under rules set forth in Commissioner's Regulations 135. According to New York State Commissioner's Regulations Part 135.4, Scotia-Glenville CSD must provide students in grades K–12 with an instructional physical education program aligned to academic learning standards, in every grade, and PE programs should meet or exceed the specified instructional time and frequency requirements:
 - Each student participates in at least 40 minutes of physical education classes every other day at the elementary, middle and high school level;
 - All students will be provided equal opportunity to participate in physical education classes. Schools will make appropriate accommodations to allow for equitable participation for all students, and will adapt physical education classes and equipment as necessary;
 - Scotia-Glenville CSD provides a K-12 Physical Education curriculum aligned with state and national PE standards. The curriculum documents are intended to guide schools in providing age-appropriate, scaffolded skills for all students K-12.
 - PE curriculum documents available upon request from Physical Education teachers.
- Opportunities for club/intramural level physical activities will be offered to students at the elementary, middle and high school levels.
 - Interscholastic teams are available to students at the Secondary level

Physical Activity Goal 1: Survey all students at Scotia-Glenville CSD to determine which students are involved in a club, intramural, or school-affiliated activity. Students who are not connected to a before or after school program will be asked what they would participate in should the option be made available through the district.

Physical Activity Goal 2: Based on the survey results, the district will recruit and enroll a 5% increase in students involved in a club, intramural, or school-affiliated activity from the 2022-2023 baseline year.

- Scotia-Glenville CSD recognizes that students are more attentive and ready to learn when they have periodic breaks to be physically active or stretch. Accordingly, physical activity breaks should complement, not substitute for physical education class, recess,

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and/or class transition periods. Opportunities for physical activity breaks throughout the day include:

- Elementary students participate in daily in-class movement activity breaks in addition to recess;
 - Middle school students have recess or game-oriented activities during their lunch period;
 - High school students have access to the fitness center during the school day.
- Walk or bike to school is promoted for students with Safe Routes to School in Health Education and Physical Education classes. These programs are also accompanied by safe walking and biking education programs and NYS laws related to walking and biking.
 - Scotia-Glenville CSD has created a walking and biking path between the high school and middle school to promote safe travel for students.
 - The district encourages students to walk and bike to and from school as many of the district's residents live within walkable distance from the elementary, middle, and high school buildings.
 - Physical activity during the school day (including but not limited to recess, physical activity breaks, or physical education) will not be withheld as punishment for any reason, nor will it be used as a punishment for any reason. This does not include participation in out-of-school activities or school sports teams, which may have specific rules and requirements for participation.

Standards for USDA Child Nutrition Programs and School Meals

Scotia Glenville CSD is committed to serving healthy meals to children, with plenty of fruits, vegetables, whole grains, and fat-free and low-fat milk; that are moderate in sodium, low in saturated fat, and have zero grams trans-fat per serving (nutrition label or manufacturer's specification); and to meeting the nutrition needs of school children within their calorie requirements. The school meal programs aim to improve the diet and health of school children, help mitigate childhood obesity, model healthy eating to support the development of lifelong healthy eating patterns and support healthy choices while accommodating cultural food preferences and special dietary needs.

All schools within the district participate in USDA child nutrition programs, including the National School Lunch Program (NSLP) and the School Breakfast Program (SBP). The district also operates additional nutrition related programs and activities including Breakfast in the Classroom, Mobile Breakfast carts, Grab 'n' Go Breakfast, etc. All schools within the district are committed to offering school meals through the NSLP and SBP programs, and other applicable Federal child nutrition programs, that:

- Are accessible to all students;
- Are appealing and attractive to children;
- Are served in clean and pleasant settings;
- Meet or exceed current nutrition requirements established by local, state, and Federal statutes and regulations.

Promote healthy food and beverage choices using the following:

- The district food service vendor provides only 100% juice, skim milk, Powerade zero, tea and water;
- Whole fruit options are displayed in attractive bowls or baskets;
- Sliced or cut fruit is available daily.
- Daily fruit options are displayed in a location in the line of sight and reach of students.
- All staff members, especially those serving, have been trained to politely prompt students to select and consume the daily vegetable options with their meal.
- Student surveys and taste testing opportunities are used to inform menu development, dining space decor and promotional ideas.
- Student artwork is displayed in the service and/or dining areas.
- Daily announcements are used to promote and market menu options.

School Meals

- Menus will be posted on the district website and individual school websites. They will include nutrient content and allergen information.
- School meals are administered by a team of child nutrition professionals.

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- Our point of sale (POS) system maintains the integrity of the student eligibility. Student rosters where applicable are coded to prevent overt identification of the students' eligibility.
- The district child nutrition program will accommodate students with special dietary needs.
- Students will be allowed at least 10 minutes to eat breakfast and at least 20 minutes to eat lunch, counting from the time they have received their meal and are seated (meets Healthy Schools Program Gold-level criteria).
- Students are served lunch at a reasonable and appropriate time of day.
- Participation in Federal child nutrition programs will be promoted among students and families to help ensure that families know what programs are available in their children's school.
- Local and/or regional products are incorporated into the school meal program.
- Messages about agriculture and nutrition are reinforced throughout the learning environment.

Staff Qualifications and Professional Development

All school nutrition program directors, managers and staff put in place by the FSMC will meet or exceed hiring and annual continuing education/training requirements specified by the USDA for food service staff. These school nutrition personnel will refer to USDA Professional Standards for training that meets their learning needs.

Water

Potable water is afforded to all students in or adjacent to the cafeteria dining area or a cooler of water with cups will be made available. Students will be allowed to bring and carry (approved) water bottles filled with only water with them throughout the day.

Purchasing of Local Foods

The district shall continue to work with our FSMC to achieve more local purchasing and strives to meet the NYS 30% Initiative. This will include local farms, dairies, bakeries and production facilities.

Nutrition Standards for Competitive and Other Foods and Beverages

Foods and Beverages Available in School and School-Sponsored Events

The district recognizes that a nutritious, well-balanced, reasonably portioned diet is essential for student wellness. To help students possess the knowledge and skills necessary to make nutritious food choices for a lifetime, the district shall work to ensure that all foods and beverages available in school promote good nutrition, balance, and reasonable portion sizes. The district shall strive to have reimbursable school meals meet or exceed the program requirements and nutrition standards found in federal regulations (including the Dietary Guidelines for Americans and Food Guide Pyramid). Additionally, the district is committed to only allowing marketing of food on the school campus during the school day for those foods and beverages that meet Smart Snack standards.

In particular it is expected that:

Food as a Celebration

- Classroom celebrations involving food are limited to two times per month. Because of increased concerns regarding childhood obesity and food allergies, commercially pre-packaged and store bought (and labeled) goods are encouraged, if the celebration is to involve food.
- The district discourages the use of food/candy as an incentive.

Vending Machines

- Every vending machine accessible to students offers only foods and beverages in compliance with the USDA Smart Snacks guidelines. Vending machines will not be available for sales during scheduled meal times.

Fundraising

- Fundraising is supportive of healthy eating by emphasizing the sale of healthy food items or of non-food items. Food items sold during the school day must meet the Smart Snacks nutritional guidelines.
 - Organizations who wish to fundraise using food items can check the compliance of the food item to the Smart Snacks Program using the calculator and planner linked below:
 1. Smart Snacks Calculator: <https://foodplanner.healthiergeneration.org/calculator/>
 2. Smart Snacks Planner: <https://foodplanner.healthiergeneration.org/>
- Individual schools have advisory groups, which might include administrators, teachers, students and parents to plan fundraising calendars and healthy choice options for fundraising.
- Fundraising in the district involving food cannot take place during any time the cafeteria is operational.

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- Students and/or school clubs may only sell products which follow all nutritional guidelines used by the district. In particular, the selling of candy and soda are prohibited.
 - Exceptions:
 1. Baked goods *may* be sold during the school day, but not during cafeteria operating hours. Baked goods must meet the Smart Snack criteria¹ yet may be offset by also providing a healthy alternative for sale as well. Baked goods *may only* be sold if the revenue goes to a student club or organization. Baked goods must include an ingredient list card;
 2. Distribution of fundraising order forms are permissible throughout the school day. i.e. The student senate may have a pre-order form available for individual orders throughout the school day, but food orders cannot be picked up during cafeteria operating hours.
 3. Foods and beverages that meet the Smart Snacks standards can be sold for fundraising anytime the school cafeteria is not in operation on the school campus. In addition, there are healthy fundraising options, such as selling non-food items (books, gift wrap, candles, plants/flowers/seeds); and activities/events such as a talent show, car wash, fun run, etc.
 - Alternatives to food for fundraisers:
https://www.actionforhealthykids.org/wp-content/uploads/2019/11/TS_Fundraising_v3.pdf
- All fundraising activities involving food and beverages must receive prior approval from the district wellness coordinator and the school principal.
- School-affiliated community groups (PTA, booster club, etc.):
 - *Fundraising during the school day:* Community groups who sell food or drinks during the school day are required to follow the nutritional guidelines used by the district. In particular, the selling of candy and soda are prohibited. Food items, other than candy and soda, that do not meet the nutritional guidelines may be sold if a healthy alternative is offered for sale as well.
 - *Fundraising after school hours:* Community groups who sell food or drinks after school hours are strongly encouraged to offer healthy choices.

¹ U.S. Department of Agriculture Food and Nutrition Service. (2022, May). A Guide to Smart Snacks in Schools [Fact sheet]. <https://fns-prod.azureedge.us/sites/default/files/resource-files/smartsnacks.pdf>

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Wellness Promotion and Marketing

Employee Wellness Campaign

Steps are taken to address strategies to support employee wellness through the following programs:

- Employee Assistance Program
- Specialized programs through CDPHP and Blue Shield to focus on:
 - Nutrition counseling
 - Fitness
 - Cardiovascular health
 - Diabetes care
 - Elder/parent care
- District-wide Wellness Day

Student Wellness Campaign

Steps are taken to address strategies to support student wellness through the following methods:

- Promotion and recruiting of students to participate in after-school intramurals, sports, and club activities;
- School-based newsletters sent to families with information about school cafeteria menus, helpful parenting tips, reminders about wellness policies, and opportunities for students to become involved in after school activities;
- Student wellness fairs that include culinary and nutrition education, career education, and wellness/fitness activities;
- Farm to school field trip opportunities.

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Mental Health

The district is committed to providing a safe, welcoming, supportive and culturally sensitive environment, promoting respect and equity toward all individuals, embedding social and emotional learning into the culture and curriculum. The district is in the process of reviewing and making necessary adjustments to the curriculum to ensure that we are in compliance with all current legal requirements. The district currently:

- Provides staff in-service programs on a number of related topics.
- Houses and coordinates services with Saratoga Center for Family.
- Employs qualified guidance counselors, nursing staff, social workers, psychologists, health, physical education and FACS teachers to best educate and assist the school community.
- Has updated resources in the LMCs on a variety of mental health topics.
- Has increased student access to social workers and social programs to enhance the environment and empower students.
- Provides Support Room Services in Elementary buildings to coach students toward self-regulation and personal accountability. The common goal is to provide every student with a safe and productive learning environment that fosters growth in multiple domains with a focus on social and emotional development.

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