

**WELLNESS POLICY****Mission Statement**

The Guilderland Central School District is committed to developing healthy schools that support student learning and create an environment conducive to the health and well-being for faculty, staff and all students, while also supporting parents in accomplishing this goal.

**I. Nutritional Standards of Foods and Beverages Sold and Served on School Grounds:****School Meals**

Meals served through the National School Lunch and Breakfast program will:

- be appealing and attractive to children;
- be served in a clean and pleasant setting;
- meet, at a minimum, the nutrition requirements set by the New York State and the federal government;
- offer a variety of fruits and vegetables;
- serve only low fat milk varieties;
- ensure that whole grain breads are used whenever possible.

**Breakfast**

It is important that all children have breakfast, either at home or at school, in order to meet their nutritional needs and enhance their ability to learn.

- The elementary and middle schools will operate the National School Breakfast Program.
- The school district will make parents aware of the breakfast program.
- The schools will encourage parents to provide a healthy breakfast for their children through newsletters, take home material, or other means.
- The Hooked on Health Committee will provide information on how to apply for free “Think Breakfast” materials to all classroom teacher.

**Free and Reduced Priced Meals**

School personnel will make every effort to prevent overt identification of students who are eligible for free and reduced price school meals.

**Meal Times and Scheduling**

- Students will be provided at least 10 minutes to eat breakfast after sitting down and 25 minutes for lunch after sitting down.
- Lunch will be served between 10:30 a.m. and 1:00 p.m. at all schools.

- No clubs, tutoring, or organizational meetings will be scheduled at lunchtime, unless students may eat during such activities.
- Access to hand washing before students eat meals or snacks will be provided.

### **Sharing of Foods and Beverages**

Given concerns about allergies and other restrictions on some children's diets, students will be discouraged from sharing foods or beverages with one another during meal and snack times.

### **Foods and Beverages Sold Through Vending Machines, Snack Lines, Fund-raisers, School Store, Sporting Events, Bake Sales, Special Functions, Classroom Parties, etc.**

#### **Elementary School Level (K-5)**

The Food Service Department will approve and provide all food and beverage sales to students in the elementary school cafeterias. All snack foods (100% without exception) sold must fall under the Choose Sensibly guidelines (7 grams of fat or less, 2 grams or less of saturated fat, 15 grams or less of sugar and 360 mg. or less of sodium). Students will not have access to vending machines before, during or after the school day.

#### **Middle School/High School**

In the middle and high schools, all foods and beverages sold individually outside of the reimbursable school meal programs (including those sold through a la carte sales, vending machines, school stores, fund-raising activities, etc.) before or during the school day, or through programs for students after the school day, will meet the following nutritional guidelines:

##### **Beverages**

- Allowed: water without caloric sweetener, 100% fruit or vegetable juice, low fat flavored and unflavored milk.
- Not Allowed: soft drinks containing caloric sweeteners, iced teas, soda, lemonade, fruit based drinks containing less than 100% real juice, carbonated beverages other than water without added caloric sweeteners that have been approved by USDA, meal replacement beverages and beverages containing caffeine, excluding low fat chocolate milk (which contains trivial amounts of caffeine). Vitamin water and beverage containing artificial sweeteners.

##### **Food**

- 90% of all snack foods sold a la carte must fall under the Choose Sensibly guidelines (7 grams or less of fat, 2 grams or less of saturated fat, 15 grams or less of sugar and 360 mgs. or less of sodium).

- No candy, hard candy, breath mints, or gum will be sold on school grounds before 4:00 p.m.
- A choice of two fruits/vegetables will be offered at any location on school grounds where food is sold.
- Send booster club letter to all sports booster club presidents regarding healthy food options.

**Portion Sizes**

Limit portion sizes of foods and beverages sold individually to those listed below:

- One and one-quarter ounce serving for chips, crackers, popcorn, pretzels, nuts, trail mix, nuts and dried fruits.
- Twelve fluid ounces for canned beverages, excluding water, flavored water.
- Muffins, coffeecakes, danish or brownies can not be more than 2 ounces.
- The portion sizes of la carte entrees and side dishes will not be greater than the size of comparable portions offered as part of school meals.
- Food items must also be labeled as single servings when individually wrapped.

**Fund-raising/Bake Sales**

Fund-raising/bake sales centered solely on high sugar, high fat, low nutrition food items that present no healthy alternative or choice are specifically discouraged. The K-12 Director of Health, Physical Education & Athletics will make available a list of ideas for fund-raising.

**Snacks**

Snacks brought into school during the school day should make a positive contribution to students' and staff's diet and health. The K-12 Director of Health, Physical Education & Athletics will provide a list of healthy snack items as a recommendation for teachers to distribute to parents annually. The elementary health curriculum nutrition unit offers lesson plans using representative samples of the students' snacks as teaching tools.

**School Store**

The school store must follow all the guidelines as set forth in this policy for portion sizes, food and beverage sales.

**Student Rewards**

To the extent that rewards are used, the school district encourages rewards such as healthy snacks, physical activity and appropriate non-food rewards, and discourages the use of unhealthy sugary, high fat snacks particularly as daily token rewards.

**Celebrations/Parties**

Classroom, club, team celebrations and parties, to the extent that they are food events, should reflect the school district's policy promoting healthy food choices.

**II. Physical Education**

The Guilderland Central Physical Education program is in line with the NYS Physical Education Learning Standards. The program is designed to educate students through a sequence of experiences from 1<sup>st</sup>-12<sup>th</sup> grades. Students will have an opportunity to develop the knowledge and skills necessary to perform a variety of physical activities. Through these activities the students will understand the benefits, and enjoy and value physical activity as an ongoing part of a healthy lifestyle.

All students attending Physical Education classes are taught by NYS certified Physical Education teachers.

At the High School, students will meet for 85 minutes once every 4 days. Middle School students (grades 6-8) will meet every other day for 42 minutes. Elementary school students (grades 1-5) meet for 90 minutes a week.

Guilderland's fitness mission is to assist in making healthy lifestyle choices in order to develop, maintain, and improve personal fitness levels as part of a lifelong process. Twice-a-year, the students participate in a personal fitness assessment for an opportunity to see the results of their current life style choices.

**III. Extra-Curricular Activities****Intramurals**

Students in 4<sup>th</sup>-12<sup>th</sup> grades have the opportunity to participate in the intramural sports program. Intramurals are an outgrowth of the instructional program and involve activities which permit further skill and knowledge growth.

**Extramurals**

Students in 7<sup>th</sup> and 8<sup>th</sup> grades are eligible to participate in additional organized experiences (e.g. Friendship League). Examples include volleyball and cross country. In this activity students practice and compete against other area schools in a non-league setting. There are no tryouts and no physical examination is required, although parental permission is needed.

**Interscholastic Athletics**

Students in 7<sup>th</sup>- 12<sup>th</sup> grades are eligible to participate in interscholastic sports, which involve competitions against other area schools. Tryouts are required, and daily practices are held after school. A physical examination is required and students must sign a Code of Conduct agreement.

**IV. Recess**

Recess provides opportunities for physical activities which help students stay alert and attentive in class and provides other educational and social benefits. The district strongly encourages elementary school teachers to provide students with daily supervised recess, preferably outdoors. When outdoor recess is not an option, indoor activity breaks are strongly encouraged. Teachers will be provided with the energizers booklet which offers suggested activities. Extended periods of inactivity (2 or more hours) should be discouraged. Recess is meant to compliment rather than be a substitute for physical education classes. Whenever possible, alternative consequences for behavioral issues should be explored before with-holding recess activities. Our goals are to:

- Make classroom teachers aware of the Wellness Policy and its content.
- Have classroom teachers share how they fit recess into their day.
- Make the district teachers and administrators aware of the brain research facts concerning the importance of recess.

**V. Emotional Wellness**

The Guilderland Central School District recognizes that good mental health as well as social and emotional well-being are critical factors for the growth and success of all students. Accordingly, programs in each of the district's schools should provide the following:

- a supportive environment that includes guidance and social work services
- programs to teach students to express thoughts and feelings in a responsible and productive manner
- programs to teach students to understand, respect and value the differences in others
- programs to teach students skills and strategies for building resiliency and addressing stress and conflict

In addition to these services and programs for students, the Guilderland Central School District also provides support to staff members for social and emotional issues through a district sponsored Employee Assistance Program.

At the beginning of each school year, the assistant superintendent for human resources, building principals, and union president are reminded of the importance of reviewing with staff at the beginning of each school year, the availability of the district's Employee Assistance Program (EAP).

**VI. Staff Wellness**

The school district highly values the health and well-being of every staff member and will plan and implement activities and policies that support personal efforts by staff to maintain a healthy lifestyle.

- Maintain an environment that is free of tobacco, alcohol and prohibited substances as required by law.
- Support the development and implementation of employee wellness activities to ensure that all staff members have access to opportunities that enhance their health.
- FMS and high school offers an aerobic facility, weight room, track and free weights for staff use before and after-school hours as well as any down time from physical education class use.

**VII. Nutrition Education and Student Awareness**

The primary goal of nutrition education is to influence students' eating behaviors in a positive way.

- Nutrition education will be offered at each grade level as a part of a sequential, comprehensive, standards-based program designed to provide students with the knowledge and skills necessary to promote healthy living.
- Nutrition education will promote fruits, vegetables, whole grain products, healthy foods, preparation methods and health enhancing nutrition practices.
- Nutrition education will teach media literacy with an emphasis on food marketing.
- Teachers will have access to the Team Nutrition material through SED.
- Students in grades K-12 shall receive nutrition education that is interactive and teaches the skills they need to adopt healthy eating behaviors.
- The district will promote consistent nutrition messages throughout schools, classrooms, cafeterias, home and community.

**VIII. Community Wellness and Knowledge**

The district encourages health and wellness initiatives in the community and supports community outreach efforts that furthers the goals of this policy.

- The Wellness Policy will be made available to the community on the district website and copies will be furnished upon request.
- Discussion of the Wellness Policy will be encouraged at PTA/PTSA meetings.
- Promote the district wellness policy in the media whenever possible.
- Teachers and support staff are encouraged to work together with parents in order to share information in support of wellness as a way of life.
- A bi-annual Community Wellness Fair.

**IX. Health Education**

The health education program shall be an integral part of a coordinated school health program, be consistent with New York State's standards/guidelines/frameworks, and be reviewed by the district-wide Health Education Committee. The Guilderland Central School District health education program shall:

- be taught by certified health educators at the middle and high school level;
- integrate the health education content and concepts into other subject areas;
- emphasize learning and practicing the skills students need for healthful living;
- build functional knowledge and skills from year to year;
- include accurate and up-to-date information;
- use active, participatory instructional strategies and techniques;
- be appropriate to student development levels and cultural backgrounds;
- encourage students to assess their personal behaviors and habits, set goals for improvement, and resist peer and wider social pressures leading to unhealthy choices;
- stress the appealing aspects of living a healthy lifestyle;
- assess student achievement of health knowledge and skills through assessment instruments aligned with the curriculum;
- involve parents and families as active partners in their children's learning.

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