

Students

SUBJECT: DISTRICT WELLNESS POLICY

The District is committed to providing a school environment that promotes and protects students' health, well-being, and ability to learn, by fostering healthy eating, physical and emotional well-being, health education, physical activity before, during, and after the school day and a positive school climate. This wellness policy outlines the District's approach to ensuring environments and opportunities for all students to practice healthy behaviors while minimizing commercial distractions. This wellness policy applies to all students, staff, and schools in the District.

The District is committed to greater alignment, integration, and collaboration between education and health to improve each child's cognitive, physical, social, and emotional development

The District seeks to ensure all of its students obtain the knowledge and skills necessary to make nutritious food selections, enjoy life-long physical activity, and engage in behaviors that promote social-emotional health.

Definitions

For the purpose of this wellness policy, school property is defined as in or within any building, structure, athletic playing field, playground, parking lot or land contained within the real property boundary line of the District's elementary or secondary schools, or on a school bus; and a school function shall mean a school-sponsored event, activity, or athletic contest, whether on school property or not.

District Health and Wellness Committee

The District has established a Health and Wellness Committee that meets at least four times per year to oversee and establish goals for school health and wellness policies and programs, including the development, implementation, and periodic review and update of this district-level wellness policy. The District Health and Wellness Committee will evaluate and make recommendations that reflect the specific needs of the District, its students, and staff.

The District will actively seek members for the District Health and Wellness Committee through the use of email, newsletters, the District's website, the PTSA, the District's social media page(s), and/or advertisements as needed.

The District Health and Wellness Committee membership will represent all school levels, and include (to the extent possible), but not be limited to, representatives from the following groups:

- a) Director of Student Services, or Designee
- b) Parents/Guardians and/or Caregivers
- c) Students

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- d) Community Services Coordinator
- e) Director of Food Services
- f) Prevention Coordinator
- g) Representatives from health, family & consumer sciences, physical education, school nurses, counselors, psychologists, building administrators, such that every school building is represented.

The District Health and Wellness Committee will work to align and integrate health principles and activities to promote the development of cognitive, physical, social and emotional development.

District Health and Wellness Leadership

The Superintendent has appointed the Director of Student Services, student_services@pittsford.monroe.edu) to be responsible for the implementation, oversight, and evaluation of this district-level wellness policy. Information about the District Health and Wellness Committee and the contact information will be posted on the District's website.

The District Health and Wellness Official will convene the District Health and Wellness Committee, facilitate the development of and updates to this wellness policy, and serve as liaison(s) with community agencies. The District Health and Wellness official will also work to ensure each school's compliance with this wellness policy.

Wellness Policy Implementation, Monitoring, Accountability, and Community Engagement

The District will develop and maintain an implementation plan to manage and coordinate the execution of this wellness policy. The plan delineates roles, responsibilities, actions, and timelines specific to each school and/or the District. It also includes specific goals and objectives for nutrition standards for all foods and beverages available on the school property, food and beverage marketing, nutrition promotion and education, physical activity, physical education, and other school-based activities that promote student physical and emotional wellness. In developing these goals, the District will review and consider evidence-based strategies and techniques.

Annual Notification of Policy

The District will inform parents/guardians and/or caregivers and the general public each year, via the District website and/or District-wide communications, of information about this wellness policy, including, but not limited to: its implementation status, its content, and any updates to the policy. The District will endeavor to share as much information as possible about its schools' nutrition environment, including a summary of school events or activities relative to this wellness policy implementation. Each year, the District will also publicize the name and contact information of the District official(s) leading and coordinating the District Health and Wellness Committee, as well as information on how the community may get involved with the District Health and Wellness Committee.

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SUBJECT: DISTRICT WELLNESS POLICY (Cont'd.)Triennial Assessments

At least once every three years, the District will assess its compliance with this wellness policy. The triennial assessment will measure the implementation of this wellness policy, and include an assessment of:

- a) The extent to which schools in the District are in compliance with this wellness policy;
- b) The extent to which this wellness policy compares to model local school wellness policies; and
- c) A description of the progress made in attaining the goals of this wellness policy.

The following District official(s) is/are responsible for managing the District's triennial assessment:

Director of Student Services

The contact information for this individual is student_services@pittsford.monroe.edu

The District will communicate to the public of the availability of the triennial assessment results.

Revisions and Updating the Policy

This wellness policy will be assessed and updated, at a minimum, every three years based on the results of the triennial assessment. This wellness policy may also be updated as District priorities change, community needs change, wellness goals are met, new health science, information and technology emerge, and/or new Federal or State guidance or standards are issued.

Evaluation and feedback from interested parties are welcomed as an essential part of revising and updating this wellness policy.

Recordkeeping

The District will retain records to document compliance with the requirements of this wellness policy in the District Office and/or on the District's central computer network. Documentation maintained at this location includes, but is not limited to:

- a) The written wellness policy;
- b) Documentation demonstrating that this wellness policy has been made available to the public;

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- c) Documentation of efforts to review and update this wellness policy, including an indication of who is involved in the update and methods the District uses to make stakeholders aware of their ability to participate on the District Health and Wellness Committee;
- d) Documentation demonstrating compliance with the annual public notification requirements;
- e) The most recent triennial assessment on the implementation of this wellness policy; and
- f) Documentation demonstrating that the most recent triennial assessment results have been made available to the public.

Community Involvement, Outreach, and Communications

The District is committed to being responsive to community input, which begins with awareness of this wellness policy. The wellness policy will be posted on the District Website.-The District will periodically inform parents/guardians and/or caregivers and community of the status of the goals of the Health and Wellness Committee, in culturally and linguistically appropriate ways. The District will make this information available via the district website and/or district-wide communications. The District will use these same means to inform parents/guardians and/or caregivers and the public on how to become involved with and support this wellness policy, as well as about the results of the triennial assessment.

Nutrition

The Pittsford Central School District made the decision at the end of the 2013 school year to leave the National School Lunch Program. The District runs its own Pittsford School Lunch Program that attempts to meet or exceed federal nutrition standards. <https://www.fns.usda.gov/school-meals/nutrition-standards-school-meals> The District strives to provide students well-balanced, nutritionally sound food options.

The District seeks to ensure all of its students obtain the knowledge and skills necessary to make nutritious food selections and enjoy life-long physical activity. To this end, the District sets forth the following goals relating to nutrition.

School Meals

The District is committed to promoting student health and reducing childhood obesity by:

- a) Serving meals that meet or exceed nutrition requirements established by local, state, and Federal statutes and regulations;
- b) Encouraging all students to have the opportunity for a lunch period;

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- c) Providing all students with adequate time to consume meals;
- d) Promoting healthy food and beverage choices;
- e) Preparing meals that are appealing and attractive to students;
- f) Serving meals in clean and pleasant settings;
- g) Whenever possible, having lunch follow the recess period to better support learning and healthy eating; and

The District's school lunch program aims 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. Additionally, the District and the District's school lunch program will operate nutrition related activities which promote positive diet and health practices.

The District will ensure that eligible children have access to free and/or reduced-price meals and will make every effort to prevent social stigma attached to unpaid meal debt.

District food service staff will engage with students in grades 4 through 12 periodically to solicit feedback on the school breakfast and/or school lunch program(s).

Staff Qualifications and Professional Development

All school nutrition program directors, managers, and staff will meet or exceed hiring and annual continuing education and training requirements as specified in the USDA Professional Standards for School Nutrition Professionals (www.fns.usda.gov/cn/professional-standards).

Water

To promote hydration, free, safe, unflavored drinking water will be available to all students and staff throughout the school day. Students and staff may choose to carry a water bottle throughout the school day. The District will make drinking water available where school meals are served during meal times.

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SUBJECT: DISTRICT WELLNESS POLICY (Cont'd.)Competitive Foods and Beverages

Competitive foods should attempt to meet, the USDA Smart Snacks in School nutrition standards (www.fns.usda.gov/cn/smart-snacks-school). Competitive foods include food and beverages available for sale to students on the school property other than meals provided through the District lunch program. In response to student allergies and other health concerns, food/snacks may not be shared in the classroom, in the cafeteria or at other school events unless it is a pre-approved building celebration. Ingredient lists must be provided to the teacher/event coordinator.

The foods and beverages provided, but not sold, to students on the school property during the school day (e.g. classroom parties, classroom snacks brought by parents, or other foods given as incentives) will meet the requirements set forth in the accompanying regulations. Parents/guardians and/or caregivers, as well as teachers are encouraged to provide classroom snacks and beverages that meet the Smart Snacks nutrition standards.

Foods and Beverages Provided, But Not Sold, to Students During the School Day

The District is committed to ensuring that foods and beverages available to students on the school campus during the school day support healthy eating. The foods and beverages provided, but not sold, to students on the school campus during the school day (e.g. classroom parties, classroom snacks brought by parents, and other food given as incentives) will meet or exceed the USDA Smart Snack in School nutrition standards to the greatest extent possible.

Fundraising

School-sponsored fundraisers will be encouraged to support the goals of this wellness policy by promoting the sale of healthy food items (fresh fruit and produce) and/or non-food items, such as water bottles, plants, etc., and by promoting events involving physical activity. Fundraising will meet the USDA Smart Snacks in School standards to the greatest extent possible.

Foods and Beverages Available for Sale at Events Outside of the School Day

The District is committed to ensuring that foods and beverages available to students support healthy eating. The foods and beverages that are available for sale at school sponsored events outside of the school day will support the goals of this wellness policy and meet the USDA Smart Snacks in Schools standards to the greatest extent possible.

Food and Beverages Marketing in Schools

All foods and beverages marketed or promoted to students on the school campus during the school day will meet, at a minimum, the USDA Smart Snacks in School nutrition standards. Food marketing commonly includes oral, written, or graphic statements made for the purpose of promoting the sale of a food or beverage product.

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SUBJECT: DISTRICT WELLNESS POLICY (Cont'd.)Nutrition Promotion and Education

Nutrition promotion and education positively influences lifelong eating behaviors. Promotion activities will involve students, staff and the community. The District and parents/guardians and/or caregivers will be encouraged to model and encourage healthy eating, drinking and physical activities.

The District, with the assistance of the Health and Wellness Committee as appropriate, will:

- a) Promote healthy food and beverage choices for students through lunchroom techniques which guide students toward healthful choices.
- b) Promote nutrition education activities that involve parents/guardians and/or caregivers, students, and the community;
- c) Promote school and community awareness of this wellness policy through various means;
- d) Encourage and promote wellness through social media, newsletters, and other means;
- e) Ensure that the marketing and advertising of foods and beverages on school property during the school day is consistent with nutrition education and health promotion;
- f) Integrate nutrition education within the comprehensive health education curriculum and other instructional areas, as appropriate, and taught at grades k-5, 6-8 and 10. Nutrition education follows applicable New York State Standards and is designed to help students acquire:
 1. Nutrition knowledge, including, but not limited to: the benefits of healthy eating; essential nutrients; nutritional deficiencies; principles of healthy weight management; the use and misuse of dietary supplements; and safe food storage, handling, and preparation;
 2. Nutrition-related skills, including, but not limited to: planning healthy meals; understanding and using food labels; critically evaluating nutrition information, misinformation, and commercial food advertising; assessing personal eating habits; and setting and achieving goals related to these concepts;
- g) Providing parents/guardians and/or caregivers and teachers with a list of healthy party ideas, including non-food celebration ideas;
- h) Providing parents/guardians and/or caregivers with a list of classroom snacks and beverages that meet USDA Smart Snacks in School nutrition standards;

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- i) Discouraging staff from using food as a reward or withholding food as punishment under any circumstance – teachers and other appropriate school staff will be provided with a list of alternative ways to reward students; and
- j) Encouraging District staff and parents/guardians and/or caregivers to model healthy eating, drinking, and physical activity behaviors for students.

Physical Activity and EducationPhysical Activity

Since physical activity affects students' emotional and physical well-being, as well as their cognitive development, the District is committed to ensuring that all students, including students with disabilities requiring adaptations or modifications, are provided the opportunity to participate in physical activity before, during, and after school. These physical activity opportunities will be in addition to, not in lieu of, physical education.

Recess, physical education, or other physical activity time should not be cancelled for instructional make-up time, nor withheld for disciplinary action unless the student is a danger to themselves or others. This does not include participation on sport teams that may have specific academic requirements. Classroom teachers will be provided with a list of ideas for alternative ways to discipline students.

The District is committed to encouraging physical activity through the following:

- a) Classroom Physical Activity Breaks (Elementary and Secondary)

All classroom teachers, and particularly those engaged in the instruction of K through 5 students, are encouraged to incorporate into the school day short breaks for students that include physical activity, especially after long periods of inactivity.

- b) Recess (Elementary)

All elementary students will be offered one daily period of recess for a minimum of 20 minutes. This requirement may not apply on days where students arrive late, leave early, or are otherwise at school for less than a full day. Outdoor recess will be offered when weather permits. In the event that indoor recess is necessary, attempts will be made to offer recess in a place that accommodates physical activity.

- c) Active Academics

Teachers are encouraged to incorporate kinesthetic learning approaches into core learning subjects when possible to limit sedentary behavior during the school day.

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d) Before and After School Activities

The District offers opportunities for all students to participate in activities before and/or after the school day through various methods.

e) Active Transport

The District has established policy and regulations related to transportation for school age students. The District supports a parent/guardian and/or caregiver's choice to allow their children to walk/bike to/from school (active transport). Procedures are established at each school building.

Physical Education

The District will have a Board-approved Physical Education Plan on file with the New York State Education Department that meets or exceeds the requirements set forth in the Commissioner's regulations. All students will be required to fulfill the physical education requirements set forth in the Commissioner's regulations as a condition of graduating from the District's schools.

The District recognizes the importance of physical education classes in providing students with meaningful opportunities for physical exercise and development. Consequently, the District will ensure that:

- a) All physical education classes are taught or supervised by a certified physical education teacher;
- b) All physical education staff receive professional development relevant to physical education on a yearly basis;
- c) Interscholastic sports, intramural sports, and recess do not serve as substitutes for a quality physical education program;
- d) Students are afforded the opportunity to participate in moderate to vigorous activity for at least 50% of physical education class time;
- e) It provides adequate space and equipment for physical education and conforms to all applicable safety standards;
- f) An age-appropriate, sequential physical education curriculum consistent with national and state standards for physical education is implemented, with a focus on students' development of motor skills, movement forms, and health-related fitness;

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- g) A physical and social environment is provided that encourages safe and enjoyable activity for students which support the development of knowledge and skills for physical activity, short and long term benefits of a physically active and healthy lifestyle, including behavioral choices related to nutrition, general health, sleep, and sedentary activities such as screen time, etc.
- h) Activities or equipment are adapted or modified to meet the needs of students who are temporarily or permanently unable to participate in the regular program of physical education. In doing so, the District will abide by specific provisions in 504 Plans and/or individualized education programs (IEP). To that end, the Committee on Special Education (CSE) will ensure that a certified physical education teacher participates in the development of a student's IEP, if the student may be eligible for adapted physical education.

Other School-Based Activities that Promote Student Wellness

The District is committed to establishing a school environment that is conducive to healthy eating physical activity and well-being for all. The District recognizes the importance of integrating social emotional learning and mental health instruction into its comprehensive wellness policy and programs. The District will incorporate the NYSED Mental Health Literacy requirements; the NYSED Social Emotional Learning benchmarks are incorporated into efforts related to wellness, nutrition and physical activity.

Community Partnerships

The District will develop, enhance, and continue relationships with community partners in support of the implementation of this wellness policy. Existing and new community partnerships will be evaluated to ensure they are consistent with this wellness policy and its goals. The District will provide community partners with a copy of this wellness policy so that they are aware of the District's requirements and goals.

Community Access to District Facilities for Physical Activities

The District has identified policy and procedures related to use of facilities and has provisions regarding conduct on school grounds and administrative approval of use by outside organizations.

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SUBJECT: DISTRICT WELLNESS POLICY (Cont'd.)Professional Learning

The District will offer professional learning opportunities and resources for staff to increase knowledge and skills about promoting healthy behaviors in the classroom and school. Professional learning will help District staff understand the connections between academics and health and the ways in which health and physical and emotional wellness are integrated into curriculum, instruction and activities/events sponsored by the District.

42 USC. §§ 1758, 1758b

7 CFR. §§ 210.10, 210.11, 210.18, 210.31, and 220.8

USDA, SP 24-2017, Local School Wellness Policy: Guidance and Q&As (Apr. 6, 2017)

81 Fed. Reg. 50,151 (July 29, 2016) (codified at 7 C.F.R. pts. 210 & 220)

Education Law § 915

8 NYCRR § 135.4

Memorandum from N.Y. St. Educ. Department on Smart Snacks Standards and Fundraisers (Sept. 16, 2014)

Add: Use of facilities policy

NOTE: Refer also to Policy # 5660 – School Food Service Program