

Sweet Home Central School District Local Wellness Policy 2009-2010

The Sweet Home Board of Education is committed to providing a school environment that encourages and models nutritious eating habits and physical activity, thus enhancing learning and the development of lifelong wellness practices.

Sweet Home Central Schools foster an environment in which our students recognize healthy foods and acquire skills that promote lifelong healthy eating habits and physical activity through the efforts of staff, students, parents, and community members. This coordinated effort will contribute to students' knowledge of nutrition and physical activity.

To accomplish these goals:

1. Child Nutrition Programs comply with federal, state and local requirements. Child Nutrition Programs are accessible to all children.
2. Sequential and interdisciplinary nutrition education is provided and promoted.
3. Patterns of meaningful physical activity connect to students' lives outside of physical education.
4. All school-based activities are consistent with local wellness policy goals.
5. All foods and beverages made available on school grounds (including vending, concession, a la carte, student stores, parties and fundraising during the school day are consistent with the current Dietary Guidelines.
6. All foods made available at school adhere to food safety and security guidelines.
7. The school environment is safe, comfortable, pleasing, and allows ample time and space for eating meals. Physical activity is not to be used as a consequence. Food used as a reward will be consistent with dietary guidelines.

Students will:

- Learn to use appropriate resources and tools to make informed and educated decisions about lifelong healthy eating habits and beneficial physical activity.
- Practice making healthy food and physical activity selections as an integral part of the school day through: school meals, vending machines, special events, school stores, fundraisers, physical education classes and extracurricular activities.
- Create and maintain personal nutrition and physical activity plans through setting goals and activities that recognize the connection between healthy eating and physical activity.
- Recognize the various influences (i.e.; family, community, culture, marketing and advertising, peers) on nutrition and physical activity choices.

Component 1: Nutrition Education

The primary goal of nutrition education is to influence students' eating behaviors.

- Nutrition concepts will be integrated into other areas of the curriculum such as math, science, language arts and social studies.
- Preparation and professional development activities will provide basic knowledge of nutrition combined with skill practice, in program-specific activities and instructional techniques and strategies designed to promote healthy eating habits.
- Qualified professionals will review nutrition education information.

- School cafeterias serve as a learning opportunity for students to apply critical thinking skills.
- Nutrition education information is shared with families to positively impact students.
- Sweet Home will provide information to families to encourage them to teach their children about health and nutrition and reinforce what is taught in school.
- Students will be encouraged to start each day with a healthy breakfast.
- Good nutrition is reinforced during classroom snack times, in addition to school meal times.

Component 2: Setting Physical Activity Goals

The primary goal is to provide opportunities for all students to develop the knowledge and skills for specific physical activities, maintain physical fitness, regularly participate in physical activity and understand the short- and long-term benefits of a physically active and healthy lifestyle.

- Physical activity is integrated across curricula and throughout the school day.
- Physical education courses will have an environment where student's learn, practice and are assessed on developmentally appropriate motor skills, social skills and knowledge.
- Students are given opportunities for physical activity during the school day.
- Physical education includes the instruction of individual activities as well as competitive and non-competitive team sports to encourage life-long physical activity and well-being.
- In accordance with national and state recommended guidelines, the district recognizes the benefits of providing, to the extent practicable, opportunities for students to participate in physical activity on a daily basis.
- Each elementary school should strive to provide a daily recess time that is not used as a punishment or a reward.
- Adequate equipment is available for all students to participate in physical activity. Physical activity facilities on school grounds are safe and well maintained.
- The district will provide information to families and community members to help incorporate physical activity into their lives and institute programs that support physical activity.

Component 3: Other School Based Activities

- After school activities will encourage physical activity and healthy lifestyles.
- The district's wellness policy goals are considered when planning school-based activities (such as school events, field trips, dances and assemblies).
- Foods and beverages sold at fundraising events and school-sponsored events will include healthy choices and provide age-appropriate selections for elementary, middle and high schools.

Component 4: Nutrition Guidelines for Foods Available on Campus During the School Day

The types of foods and beverages available to them influence students' lifelong eating habits. The district must ensure that reimbursable school meals meet the program requirements and nutrition standards set forth under the 7CFR Part 210 and Part 220.

- Foods and beverages sold on campus during the school day will offer a variety of age-appropriate, healthy choices and should include selections that fall under the NYS Choose Sensibly program. Foods sold on school grounds include: vending machines, a la carte sales, beverage contracts and concession stands/student stores.
- Food Services will take every measure to ensure that the foods and beverages offered meet the nutrition requirements established by local, state and federal regulations/guidelines.

- Nutrition information for products offered in snack bars, a la carte, vending and school stores is readily available near the point of purchase.
- Snacks in the classroom will support healthy choices.
- Food Service in consultation with school administration, will choose the competitive food selections.

Component 5: Food Safety/Environments

- Foods and beverages available on school grounds comply with the state and local food safety and sanitation regulations.
- All schools provide students adequate time (at least 20 minutes for lunch) to eat from the time the student is seated.
- To encourage children to eat breakfast, schools will, to the extent possible, operate the School Breakfast Program, notify parents and students of its availability, and make healthy breakfast items accessible.
- Schools are not to schedule activities during mealtimes, unless students may eat during such activities.
- School dining areas are clean and have enough space for seating students.
- Students will be reminded and encouraged to clean their hands before eating.
- Food is not to be used as a punishment for student behaviors.

Component 6: Food and Nutrition Services Program

- Food and Nutrition Services is an essential educational support activity that aims to be financially self-supporting. If subsidy of the child nutrition fund is needed, it will not be from the sale of foods that have minimal nutritional value and/or compete nutritionally with program meals.
- Food and Nutrition Services will ensure that all students have affordable access to the varied and nutritious foods they need to stay healthy and learn well.
- All school food service personnel shall have adequate training in food service operations, and are considered an integral part of the school community.
- Schools will prevent the overt identification of students eligible for free and reduced-priced school meals.
- For the safety and security of the food, access to the food service operations is limited to authorized personnel and food service staff.

Component 7: Monitoring/Review

- The Superintendent (or designee) will ensure compliance with established district-wide nutrition and physical activity wellness policies.
- School food service staff will ensure compliance with nutrition policies within school food service areas and will report on this matter to the Superintendent or designee.