



Book	Lake George Central School District Policy Manual
Section	Non-Instructional Business Operations
Title	Wellness
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SUBJECT: WELLNESS

The District is committed to providing a school environment that promotes and protects children's health, well-being, and the ability to learn by fostering healthy eating and physical activity before, during, and after the school day.

The District has established a wellness committee (along with the Health & Safety Committee) that meets at least three times per year to establish goals for, and oversee the development of, the District's local wellness policy. The Committee will make policy recommendations for review and adoption by the Board. The District Wellness Committee may include, but is not limited to, representatives from each of the following groups:

- a) Parents and caregivers;
- b) Students;
- c) Physical Education teachers;
- d) School health professionals;
- e) District food service program;
- f) School Board;
- g) School administrators;
- h) General Education teachers; and
- i) Members of the public.

The District Wellness Committee (along with Health & Safety Committee) will also be responsible for assessing current activities, programs, and policies available in the District, and providing mechanisms for implementation, evaluation, and revision of this policy. In doing so, the Wellness Committee will evaluate and make recommendations which reflect the specific needs of the District and its students.

The Chair(s) of the Health & Safety (Wellness) Committee will act as the District Wellness Coordinator(s), whose duties shall include the facilitation and development of, and any proposed updates to, the District's wellness policy, and will also ensure the District's compliance with this policy.

Goals to Promote Student Wellness

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 promotion and education, physical activity, and other school-based activities.

Nutrition Promotion and Education

The District will model and encourage healthy eating by all students by engaging in nutrition education and promotion by:

- A. Nutrition education will be integrated within the comprehensive health education curriculum and other instructional areas, as appropriate, and taught K through 12. Nutrition education will follow applicable New York State Standards and be 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.
 3. Lessons and activities are encouraged to include enjoyable, developmentally-appropriate, culturally-relevant and participatory activities, such as cooking demonstrations or lessons, promotions, taste-testing, farm visits and school gardens. They will promote fruits, vegetables, whole-grain products, low-fat and fat-free dairy products and healthy food preparation methods that emphasize caloric balance between food intake and energy expenditure (promoting physical activity/exercise).
 4. Nutrition education is encouraged to be linked with school meal programs, cafeteria nutrition promotion activities, school gardens, Farm to School programs, other school foods and nutrition-related community services.
- B. Marketing and Promotion
 1. The District will promote nutrition education activities that involve parents, students, and the community throughout the school year. 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.
 2. The District's school meal program will promote healthy food and beverage choices for all students and encourage participation in school meal programs. This will occur by using techniques which guide students toward healthful choices and ensuring that 100% of foods and beverages available to students meet the [Smart Snacks in School \(click here for USDA link\)](#) nutrition standards, which can be found on the United States Department of Agriculture's (USDA) official website. The District also uses the USDA's Smarter Lunchroom tools and other resources available on their website.
 3. The District will promote school and community awareness of this policy through various means, such as publication on the District website.
 4. The District will as feasible encourage and promote wellness through social media, newsletters, and wellness events.
 5. The District will work towards as feasible, implementation of Farm to School activities such as: hosting a school garden.
 6. The District will include fresh, locally-grown foods in school meals from farms engaged in sustainable practices whenever possible and these foods will be promoted in taste tests.
 7. Marketing and advertising of foods and beverages on school campuses during the school day will be consistent with nutrition education and health promotion. As such, the District will restrict food and beverage marketing to the promotion of those foods and beverages that meet the nutrition standards set forth by the Healthy, Hunger-Free Kids Act's "Smart Snacks in Schools" Rule and that are consistent with this policy. Specifically as feasible;

- a. The Criteria for selecting educational materials for the classroom shall be expanded to include review of advertising content. Every effort will be made to select materials free of brand names/logos and illustrations of unhealthy foods.
 - b. Advertising of any food or beverage that may not be sold on campus during the school day is prohibited.
 - c. Advertising of any brand on containers used to serve food or in areas where food is purchased is avoided when feasible.
8. The District is cognizant of the fact that certain scoreboards, signs, and other durable equipment it employs may market foods and beverages in a way that is inconsistent with the aims of this policy. While the immediate replacement of this equipment is not required, the District will replace or update this equipment over time (as feasible) to ensure the message it delivers to students regarding nutrition, health, and well-being is consistent. As the District reviews existing contracts, or considers new contracts, resulting decisions should reflect the marketing guidelines established by this policy.
- C. Additional provisions
- 1. A list of healthy party ideas as relevant for teachers and parents to refer to.
 - 2. The District will provide upon request to parents a list of classroom snacks and beverages that meet Smart Snacks nutrition standards.
<https://api.healthiergeneration.org/resource/459>
 - 3. School personnel are discouraged from using food as a reward or withholding food as punishment. Teachers and other appropriate school staff will be provided with a list of alternative ways to reward students.
<https://www.actionforhealthykids.org/activity/healthy-active-non-food-rewards/>
 - 4. District staff will be encouraged to model as appropriate healthy eating, drinking, and physical activity behaviors for students.

Physical Activity

- A. The District will provide as best as possible and feasible, opportunities for every student to participate in physical education and, in an effort to comply with the recommendation that children and adolescents participate in at least 60 minutes of physical activity each day, is also committed to providing opportunities for physical activity before, during, and after school. In doing so, the District aims to promote among students, staff, and community members the development of knowledge and skills for specific physical activities, the maintenance of physical fitness, regular participation in physical activity, and an understanding of the short-term and long-term benefits of a physically active and healthy lifestyle. Physical activity opportunities will be in addition to, not in lieu of, physical education and will not be used as a punishment for students, but rather another means by which students may develop or maintain a healthy and active lifestyle.
- B. The District will ensure that the following standards are met to achieve its goals relative to physical education and physical activity:
- 1. 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:
 - 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. All students in grades K-12 shall be required to take physical education class. Schools will not accept waivers or allow students to be exempted from or substitute other school or community activities for required physical education class time or credit.
 - d. Interscholastic sports, intramural sports, and recess do not serve as substitutes for a quality physical education program;
 - e. Students are afforded the opportunity to participate in moderate to vigorous activity for at least 50% of physical education class time as feasible;
 - f. It provides adequate space and equipment for physical education and conforms to all applicable safety standards;

- g. An age-appropriate, written, 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;
 - h. A physical and social environment is provided that encourages safe and enjoyable activity for all students;
 - a. Activities or equipment are adapted 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;
 - j. All students, including students in need of adaptive physical education, will be encouraged to participate in physical fitness programs and competitions.
2. 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.
- a. All classroom teachers, and particularly those engaged in the instruction of K through 5 students, are strongly encouraged to incorporate into the school day short breaks for students that include physical activity, especially after long periods of inactivity. Teachers are encouraged to incorporate kinesthetic learning approaches into core learning subjects when possible to limit sedentary behavior during the school day.

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

- b. The District strongly recommends staff use physical activity as a reward, whenever feasible.
- C. The District strongly recommends that physical activity during the school day, including, but not limited to, recess or classroom activity breaks, not be withheld for disciplinary action unless the student is a danger to him or herself or others. Recess will complement, not substitute, physical education class. Recess monitors or teachers will encourage students to be active, and will serve as role models by being physically active alongside the students, whenever feasible. Physical education time will not be canceled for instructional make up time.

Other School-Based Activities

The District is committed to establishing a school environment that is conducive to healthy eating and physical activity for all. The District will, therefore, adopt the following standards:

A. Federal School Meal Programs

- 1. The District will participate to the maximum extent practicable in available federal school meal programs (including the School Breakfast Program (SBP) and National School Lunch Program (NSLP). Food served through these programs will meet all applicable federal and state standards.
- 2. The District will ensure that food service directors, managers, and staff are provided with annual professional development in the areas of food and nutrition consistent with USDA Professional Standards for State and Local Nutrition Programs. District food service staff will meet with students in grades 4 through 12 through student-elected government structures annually to solicit feedback on the school breakfast and/or school lunch program(s).

B. Access to School Nutrition Programs

- 1. 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. Applications for free/reduced priced meals are sent home to all families at the beginning of the school year. The application is also available on the District website.

2. The District will utilize a system of student payment that ensures all eligible students have access to free/reduced meals in a non-stigmatizing manner. All students, regardless of the type of payment they make for school meals, or the food being purchased (meal or a la carte) are given a code to enter at the cash register.

C. Meal Environment

The District will ensure:

1. School dining areas have sufficient space for students to sit and consume meals;
2. School dining areas are clean, safe, and pleasant environments that reflect the social value of eating;
3. Enough serving areas are provided to ensure student access to school meals with a minimum of wait time;
4. All students will be offered a scheduled lunch period;
5. Students will be allowed at least 15 minutes to eat breakfast and at least 20 minutes to eat lunch;
6. Lunch times are scheduled near the middle of the school day as feasible;
7. Students are given adequate time to eat healthy meals;
8. Students and staff have access to free, safe, and fresh drinking water throughout the school day and where school meals are served;
9. Staff Wellness and Health Promotion;
10. School staff are encouraged and supported to practice healthy nutrition and physical activity behaviors in and out of school;
11. Teachers wishing to consume snacks or lunch alongside their students are encouraged to consume healthy food/beverages. The staff is provided with break/lunch periods and are not required to eat with students;
12. Teachers are encouraged to model physical activity by participating in exercise breaks during class time with their students;
13. The Wellness Committee will continue to explore opportunities for staff wellness. Schools in the District will implement strategies to support staff in actively promoting and modeling healthy eating and physical activity behaviors.

D. Community Access to District Facilities for Physical Activities

As feasible and based on availability and supervision, School grounds and facilities will be available to students, staff, community members and organizations, and agencies offering physical activity and nutrition programs consistent with District policy, including provisions regarding conduct on school grounds and administrative approval of use by outside organizations.

E. Community Partnerships

The District will continue to support and explore relationships with community partners in support of the implementation of this policy. Existing and new community partnerships will be evaluated to ensure they are consistent with this policy and its goals.

F. Community Involvement, Outreach, and Communications

The District will use its official website, along with other electronic and non-electronic means, to notify parents and the public, in culturally and linguistically appropriate ways, about the content, implementation of, and updates to this policy as well as how to become involved and support this policy. The District will use these same means to inform the community about the availability of the annual and triennial reports relative to this policy.

G. Before and After School Activities

The District will offer opportunities for students to participate in physical activity before and/or after the school day through various methods, such as physical activity clubs, intramurals, and interscholastic sports.

H. Active Transport

The District supports active transport to and from school, i.e. walking or biking. The District will encourage this behavior by securing storage facilities for bicycles and equipment and instructing students on walking and bicycling safety.

Nutrition Guidelines

In an effort to encourage healthy life-long eating habits by providing foods that are high in nutrients, low in saturated fat and added sugars, have zero grams' trans-fat per serving, and are of moderate portion size, the District Wellness Committee recommends nutrition standards to be set for all foods and beverages available for purchase by students. For purposes of this policy, the school day is defined as the period from the midnight before, to 30 minutes after the end of the official school day.

School Meals

All schools within the District participate in the USDA child nutrition programs, including the NSLP and the SBP. School meals will, at a minimum, meet the program requirements and nutrition standards of these programs. The USDA Smart Snack standards for beverages sold in elementary and middle schools will also apply to beverages sold at the high school during the school day.

The District is committed to ensuring that meals through the SBP and NSLP are accessible to all students, are served in sanitary settings, are appealing to children, and meet or exceed those nutrition requirements established by local, state, and federal law and regulation. The USDA nutrition standards are available at:

<http://www.fns.usda.gov/school-meals/nutrition-standards-school-meals>.

Fundraising

- A. All foods and beverages sold as or during a fundraiser during the school day will meet, or exceed, the nutritional requirements listed in the USDA Healthy, Hunger-Free Kids Act, the "Smart Snacks in Schools" Rule. These foods and beverages sold as fundraisers will not be sold until the end of the last lunch period, so as not to compete with the NSLP.
- B. School-sponsored fundraisers conducted outside of the school day will be encouraged to support the goals of this 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.
- C. All school-sponsored fundraisers must be approved by the appropriate building principal prior to being conducted.

Competitive Foods and Beverages Sold and Served to Students During the School Day

Competitive foods--which include all foods and beverages sold to students outside of the school meal programs, on the school campus in student accessible areas, and at any time during the school day -- will follow, at a minimum, the nutrition standards specified by the Smart Snack guidelines (linked below). These standards will apply to all foods and beverages sold

individually and outside of the reimbursable school meal, including vending machines, school stores, and cafeteria a la carte lines. A guide to Smart Snacks in Schools is available at:

<https://www.fns.usda.gov/cn/smart-snacks-school>

https://schoolnutrition.org/uploadedFiles/About_School_Meals/What_We_Do/Competitive-Foods-Fact-Sheet.pdf

Competitive Foods and Beverages Served to Students During the School Day

The District will encourage staff and parents to provide students with healthy options at any event where foods and beverages are served to students (i.e., classroom and school-wide celebrations and rewards and extracurricular club meetings).

Foods and Beverages Sold or Served at Events Outside of the School Day

- A. It is recommended that all foods and beverages sold or served at school-sponsored events will be in serving sizes which are in accordance with recommended dietary guidelines and/or nutrition standards. -
- B. It is recommended that at events where food and beverages are sold, offerings should include a balance of healthy options or snacks that meet the USDA Healthy, Hunger-Free Kids Act "Smart Snacks in Schools" Standards.

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. In order to locate the training that best fits their learning needs, school nutrition personnel will refer to the USDA's Professional Standards for School Nutrition Standards website.

Implementation and Evaluation of the Wellness Policy

- A. The Health and Safety (Wellness) Committee, comprised of school district administrators, faculty, teachers of physical education, school health professionals, support staff members, Board of Education, community members, and student representation, meets at least 3 times annually and will monitor and evaluate the implementation of this policy. The superintendent or designee will ensure compliance with established district-wide nutrition and physical activity wellness policies. In each school, the principal or designee will ensure compliance with those policies in their respective school and will report on the school's compliance and include any recommended changes or revisions to the superintendent or designee annually. The food service director will ensure compliance with nutrition policies within school food service areas and will report on this matter and include any recommended changes or revisions to the Health and Safety (Wellness) Committee.

The Health and Safety Committee shall conduct a quantitative assessment of policy implementation every three years using the Wellness School Assessment Tool located at www.wellsat.org.

The annual progress report, triennial assessments, and policy updates will be provided to the Board, posted on the District's official website, and distributed to the District Wellness Committee, parent-teacher organizations, building principals, and school health services personnel within the District. Printed copies will also be made available to community residents upon request.

- B. The triennial progress report will be posted on the district website. The report will include an assessment on compliance, the extent to which our wellness policy compares to model wellness policies, and progress made in achieving goals.
- C. The triennial progress report will be posted on the district website. The report will include an assessment on compliance, the extent to which our wellness policy compares to model wellness policies, and progress made in achieving goals.

Annual Notification

The District will inform families and the general public each year, via the District website and/or District-wide communications, of information about this policy, including, but not limited to, its content as well as any updates. 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 policy implementation. Each year, the District will also publicize the name and contact information of the District official leading and coordinating the wellness committee as well as how the community may get involved with the wellness committee.

Record Keeping

The District will retain records relative to compliance with the requirements of this 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 policy has been made available to the public;
- C. Documentation of efforts to review and update this policy;
- D. Documentation to demonstrate compliance with the annual public notification requirements;
- E. The most recent assessment on the implementation of this policy;
- F. Documentation demonstrating the most recent assessment on the implementation of this policy has been made available to the public.

National School Lunch Act, 42 USC § 1758(b)

National School Lunch Program and School Breakfast Program regulations, 7 CFR § 210.11 Local School Wellness Policy Implementation Under the Healthy, Hunger-Free Kids Act of 2010; 79 FR 10693

Education Law § 915

8 NYCRR § 135.4

NOTE: Refer also to Policy # 5660 -- School Food Service Program (Lunch and Breakfast).