

# Fort Ann Central School District Comprehensive Wellness Guidance Document

Fort Ann Central School District  
Fort Ann, New York  
District ID # 640502040000  
Completed: May 25, 2016  
Board of Education Approval: August 28, 2018

# Health and Wellness Policy

## Table of Contents

<b>I.</b>	<b>Background .....</b>	<b>1</b>
<b>II.</b>	<b>Philosophy .....</b>	<b>1</b>
<b>III.</b>	<b>Policy.....</b>	<b>2</b>
<b>IV.</b>	<b>Nutrition Guidelines .....</b>	<b>3</b>
<b>V.</b>	<b>Eating as a Positive Experience .....</b>	<b>6</b>
<b>VI.</b>	<b>Cafeteria .....</b>	<b>6</b>
<b>VII.</b>	<b>Nutrition Education .....</b>	<b>7</b>
<b>VIII.</b>	<b>Food and Beverages After School .....</b>	<b>7</b>
<b>IX.</b>	<b>Physical Activity .....</b>	<b>8</b>
<b>X.</b>	<b>District and Food Service Staff .....</b>	<b>9</b>
<b>XI.</b>	<b>Appendix A .....</b>	<b>10</b>

## **I. Background**

The Healthy and Hunger-Free Kids Act of 2010 (HHFKA) is a reauthorization of the Child Nutrition Act of June, 2004. Public Law 111-296, Section 204 and Section 9A, requires each Local Education Agency (LEA) participating in the National School Lunch Program and other federal Child Nutrition programs to develop a local wellness policy. Provisions of the HHFKA will go into effect for the 2012-2013 school year.

## **II. Philosophy**

The Fort Ann Central School District recognizes that good nutrition and physical activity are essential for students to maximize their full academic potential, reach their physical and mental potentials, and achieve lifelong health and well-being. A responsible approach to nutrition and physical activity promotes healthy weight maintenance and reduces the risk of many chronic diseases, including asthma, hypertension, heart disease, and Type 2 diabetes.

The Fort Ann Central School District has a responsibility to culture a school environment that helps students learn and maintain lifelong healthy eating and lifestyle habits. Many factors play a role in achieving a healthy school environment, including foods and beverages available to students while at school, nutrition education, opportunities for physical activity, and other school-based activities designed to promote student wellness. The Fort Ann Central School District believes that children of all ages who are healthy individuals can:

- learn more effectively
- and are more likely to complete their formal education.

The Fort Ann Central School District also believes that healthy staff:

- can more effectively perform their duties
- are models of appropriate wellness behaviors for students.

The Local Wellness Policy Committee is responsible for establishing and measuring the implementation of the district's Local Wellness Policy. Committee members work collaboratively and offer multiple perspectives to assure the Local Wellness Policy is consistent with district educational and budgetary goals, designed to optimize the health and well-being of students, and fulfills the requirements of The Healthy and Hunger-Free Kids Act of 2010 (Public Law 111-296).

### **III. Policy**

#### **Local Wellness Policy Committee**

##### **Mission**

The district maintains a Local Wellness Policy Committee that serves the following purposes:

- 1 Establish standards for all foods and beverages available to students in the building during the entire school day, including a la carte lines and vending machines.
- 2 Establish goals for student nutrition education, physical activity, and other school-based activities designed to promote student wellness
- 3 Develop guidance and serve as a resource to school sites for Local Wellness Policy implementation
- 4 Establish a plan for monitoring, measuring, and evaluating Local Wellness Policy implementation;
- 5 Review and evaluate the Local Wellness policy standards and implementation
- 6 Recommend all policy related standards for final approval and report findings of policy implementation evaluation to the Board of Education.

##### **Membership**

The Local Wellness Policy Committee membership will include at a minimum:

1. A school board member
2. A representative of the school administration
3. A representative of school food services
4. Student representative
5. Parent/Community representative
6. A staff/faculty representative

The Wellness Policy Committee Chairperson will be a School District employee charged with the primary responsibility for coordinating committee activities related to standards establishment, policy implementation and monitoring, and reporting to the Board of Education.

##### **Reporting**

The Chairperson of the Local Wellness Policy Committee will report on the district's compliance with the wellness policy to the school board and then be distributed to other interested parties and groups as the school board sees fit.

##### **Policy Review**

The Local Wellness Policy Committee will meet a minimum of annually to revise the Local Wellness Policy, as necessary, and develop work plans to facilitate its implementation. The Superintendent of Schools or designee(s) will ensure that schools (Elementary, Jr. /Sr. High) are meeting the requirements as established within the policy.

## **IV. Nutrition Guidelines**

### **School Meals Program**

Fort Ann Central School District Nutrition Program will:

1. Operate in accordance with the National School Lunch Program standards and applicable laws and regulations of New York State.
2. Offer varied and nutritious food choices that are consistent with the federal government's current Dietary Guidelines for Americans.
3. Menus will be planned with input from students, family members, and other school personnel and should take into account students' cultural norms and preferences.
4. Food-pricing strategies and food marketing programs will be designed and used to encourage students to purchase nutritious meals.
5. Students will be encouraged to start each day with a healthy breakfast.
6. Ensure all school meals will feature a variety of age-appropriate healthy choices that are tasty, attractive, and of high quality.
7. Support all efforts to eliminate any overt identification of students participating in the Free/Reduces price meal program.
8. Ensure all vending sales (snacks and drinks) are under the control of The Healthy and Hunger-Free Kids Act of 2010. Under Chapter 647 of New York State, the sale of candy or soda of any type cannot be sold to student anywhere in school buildings from beginning of the school day until the end of the school day.
9. Ensure that no food is sold in the school buildings during the breakfast or lunch periods in competition with the National School Breakfast/lunch program.

School meals will be prepared in a way that maximizes nutrient density and reduces fat and sodium.

\*\*Parents and caregivers are encouraged to support a healthy school environment by providing a variety of nutritious foods if meals or snacks are sent from the home.

## **Nutrition Standards for Foods**

Fort Ann Central School adheres to the following guidelines as set forth by the United States Department of Agriculture:

### **Any food sold in schools must:**

- Be a "whole grain-rich" grain product; or
- Have as the first ingredient a fruit, a vegetable, a dairy product, or a protein food; or
- Be a combination food that contains at least ¼ cup of fruit and/or vegetable; or
- Contain 10% of the Daily Value (DV) of one of the nutrients of public health concern in the 2010 Dietary Guidelines for Americans (calcium, potassium, vitamin D, or dietary fiber).\*

### **Foods must also meet several nutrient requirements:**

- Calorie limits:
  - Snack items: ≤ 200 calories
  - Entrée items: ≤ 350 calories
- Sodium limits:
  - Snack items: ≤ 230 mg
  - Entrée items: ≤ 480 mg
- Fat limits:
  - Total fat: ≤35% of calories
  - Saturated fat: < 10% of calories
  - Trans fat: zero grams
- Sugar limit:
  - ≤ 35% of weight from total sugars in foods

## **Nutrition Standards for Beverages**

### **All schools may sell:**

- Plain water (with or without carbonation)
  - Unflavored low fat milk
  - Unflavored or flavored fat free milk and milk alternatives permitted by NSLP/SBP
  - 100% fruit or vegetable juice and
  - 100% fruit or vegetable juice diluted with water (with or without carbonation), and no added sweeteners.
- Elementary schools may sell up to 8-ounce portions, while middle schools and high schools may sell up to 12-ounce portions of milk and juice. There is no portion size limit for plain water.

- The standards allow additional “no calorie” and “lower calorie” beverage options for high school students.
  - No more than 20-ounce portions of
  - Calorie-free, flavored water (with or without carbonation); and
  - Other flavored and/or carbonated beverages that are labeled to contain < 5 calories per 8 fluid ounces or ≤ 10 calories per 20 fluid ounces.
  - No more than 12-ounce portions of
  - Beverages with ≤ 40 calories per 8 fluid ounces, or ≤ 60 calories per 12 fluid ounces.

## **Other Requirements**

- Fundraisers
  - The sale of food items that meet nutrition requirements at fundraisers are not limited in any way under the standards.
  - The standards do not apply during non-school hours, on weekends and at off-campus fundraising events.
  - The standards provide a special exemption for infrequent fundraisers that do not meet the nutrition standards. State agencies may determine the frequency with which fundraising activities take place that allow the sale of food and beverage items that do not meet the nutrition standards.
- Accompaniments
  - Accompaniments such as cream cheese, salad dressing and butter must be included in the nutrient profile as part of the food item sold to help control the amount of calories
- Food Safety
  - In accordance with Section 204 of the Healthy, Hunger-Free Kids Act of 2010 Public Law 111-296, added Section 9A to the Richard B. Russell National School Lunch Act (NSLA) (42 U.S.C. 1758b), *Local School Wellness Policy Implementation*. The provisions set forth in Section 204 expand and require the continuation of the previous local wellness policy requirement from the Child Nutrition and Special Supplemental Nutrition Program for Women, Infants and Children (WIC) Reauthorization Act of 2004 (Public Law 108-265). The district will continue a food safety program for the preparation and service of school meals based upon the Hazard Analysis and Critical Control Point (HACCP) principles.
  - All food service equipment and facilities will meet applicable local and state standards for safe food preparation and handling, sanitation, and workplace safety.
  - All foods in school buildings must adhere to all food safety and security guidelines.
  - Food Service area will be restricted to child nutrition staff and authorized personnel in order to ensure food safety and to secure the facility food service area.

## ● Healthy Classroom Parties and Celebrations

- The district recognizes that classroom parties and celebrations are a tradition at school. School staff and parents are required to provide healthy food offerings, as defined in this policy, at school parties and events to support a healthy environment throughout the district.
- Special events involving “meals” (Holiday feasts, Grandparents Breakfast, etc.) must be prepared in a food service establishment which is “permitted” to prepare and sell foods.
- The District will disseminate a list of healthful snack items to teachers and parents.
- All “home” prepared items must meet the healthy food guidelines with prior verification from authorized school personnel or be an identified item on the District provided healthful snack list.

## **V. Eating as a Positive Experience**

The district will provide adequate lunch time for students to enjoy eating healthy foods and socializing, scheduled near the middle of the school day as possible. The National Association of State Boards of Education recommends that students should be provided adequate time to eat; lunch, at least 10 minutes for breakfast and 20 minutes for lunch from the time the student is seated.

Adequate serving space will be provided and efficient methods of service will be used to ensure student have access to school meals with a minimum amount of waiting time.

Adequate seating will be available to accommodate all students served during each meal period.

Adequate supervision will be provided in the dining area.

The dining area will be clean, orderly and inviting.

All students shall be encouraged to participate in the school meals program and the identity of students who eat free or reduced priced meals shall be protected.

## **VI. Cafeteria**

The school cafeteria will serve as a “learning laboratory” enabling students to apply critical thinking skills taught in the classroom. Attractive and current nutrition education materials will be prominently displayed in dining areas.

Nutrition education will be offered in the cafeteria as well as in the classroom and other venues, with coordination between the foodservice staff and teachers.

School meals will be marketed to appeal to all students who will be encouraged to choose and consume a full meal.

Competitive foods (a la carte snacks and beverages) will be marketed to promote healthful choices over less nutrient dense items.

## **VII. Nutrition Education**

### **Classroom**

Students in grades PreK-12 shall receive nutrition education that is interactive and teaches the skill that they need to adopt healthy eating behaviors.

Nutrition lessons will be designed for integration into other areas of the curriculum such as math, science, language arts, and social studies; will be integrated within the sequential, comprehensive health education program; will incorporate physical activity lessons; and will be based upon the most recent Dietary Guidelines for Americans and the USDA My Pyramid food guidance system.

The nutrition education program will engage families as partners in their children's education.

The District's Local Wellness Policy Committee will assess all nutrition education curricula and materials for accuracy, completeness, and consistency with both the District's educational and wellness policy goals.

The staff responsible for nutrition education will be adequately prepared and participate regularly in professional development activities to effectively deliver an accurate nutrition education program as planned. Preparation and professional development activities will provide basic knowledge of nutrition, skill practice in program-specific activities and instructional techniques, and strategies designed to promote healthy eating habits.

## **VIII. Foods and Beverages Available in District after the School Day:**

Students' lifelong eating habits are greatly influenced by the types of foods and beverages available in their daily environment. In addition to ensuring that reimbursable school meals meet program requirements and nutrition standards, the Fort Ann Central School District believes it must establish guidelines to address all foods and beverages sold or served to students on school grounds, including those available outside of the school meal program.

1. Foods and beverages sold as part of school-sponsored fundraising activities shall be nutritious and meet federal recommended guidelines.
2. Refreshments served at celebrations and meetings during the school day shall include nutritious food choices and meet federal recommended guidelines.
3. Foods and beverages sold in concession stands on school grounds shall include 50% nutritious food choices and meet federal recommended guidelines.

## **IX. Physical Activity**

### **Physical Activity during the School Day**

Students will be given opportunities for physical activity during the school day through daily recess periods, physical education (P.E.) classes, walking programs, and the integration of physical activity into the academic curriculum. Schools will promote an environment supportive of physical activity.

### **Physical Activity Before and After School**

Students will be given opportunities for physical activity through a range of after-school programs including intramurals, interscholastic athletics, and physical activity clubs.

### **Physical Education Classes**

Physical education classes are taught by state certified instructors in an environment where students learn, practice and are assessed on developmentally appropriate motor skills, social skills and knowledge.

Physical education will include the instruction of individual activities as well as competitive and non-competitive team sports to encourage life-long physical activity.

Fort Ann Central School currently meets and/or exceeds the physical education participation requirements according to the National Association of State Boards of Education, part 135.4 for all students in grades K-12.

### **Creating a Positive Environment for Physical Activity**

Physical activity (e.g. running laps, pushups) will not be used as a form of punishment. Opportunities for physical activity (e.g. recess) may not be withheld for the purpose of discipline unless the student is in danger to himself/herself or others as determined by administration. This guideline does not apply to physical education or extracurricular sports teams.

All schools in the district will provide a physical and social environment that encourages safe and enjoyable activity for all students, including those who are not athletically inclined.

Information will be provided to families to help them incorporate physical activity into their children's lives.

## **X. District Faculty, Staff and Food Service Staff Role in a Healthy School Environment**

### **Professional Development**

District and food service staff and faculty are encouraged to become full partners in the district's wellness goals. In support of this goal, nutrition and physical activity

educational opportunities will be provided to all district and food service staff. These opportunities will address diverse topics related to healthy lifestyles, nutrition and physical activity, and will be provided in the form of educational and informational materials, presentations and workshops.

District and food service staff are encouraged to model healthy eating behaviors.

## **XII.**

### **Appendix A**

#### **Healthy Snacks**

String Cheese  
Carrot Sticks with Ranch Dressing  
Cheerios  
Sugar Free Jello Jigglers  
Fresh Fruit Kabobs  
Cheese and Crackers  
Raisins  
Sliced Vegetables with Dip  
Fruit Juice Pops  
Pop Corn  
Low Fat Pudding  
Trail Mix  
Applesauce  
Low fat Yogurt with Fruit  
Baked Tortillas with Salsa  
Graham Crackers  
Animal Crackers  
Vanilla Wafers  
Pretzels (unsalted)  
Chex Mix  
Sugar Free Popsicles

Low fat/sugar Muffins – blueberry, lemon poppy seed, mixed berry, orange/pineapples

Please use low fat, salt, and sugar in snack preparation.