

Draft 8/29/06  
Green Island Union Free School District  
Local Wellness Policy

Preamble

Good health fosters student attendance and education. Children need access to healthful foods and opportunities to be physically active in order to grow, learn, and thrive. Childhood obesity rates have doubled in children and tripled in adolescents over the last two decades.

Causes of childhood obesity can be attributed to the family, an imbalance between energy consumed and expended, and heredity. Treatment of childhood obesity includes interventions such as increasing physical activity, diet management, and behavior modification.

Overweight and obesity are known risk factors for diabetes, heart disease, stroke, hypertension, gallbladder disease, osteoarthritis (degeneration of cartilage and bone of joints), sleep apnea and other breathing problems, and some forms of cancer (uterine, breast, colorectal, kidney, and gallbladder).

(<http://win.niddk.nih.gov/statistics/index.htm#other>)

Thus, the Green Island Union Free School District is committed to providing school environments that promote and protect children's health, well-being, and ability to learn by supporting healthy eating and physical activity. Therefore, it is the policy of the Green Island Union Free School District that:

- The school district will engage students, parents, teachers, food service professionals, health professionals, and other interested community members in developing, implementing, monitoring, and reviewing district-wide nutrition and physical activity policies.
- All students in grades K-12 will have opportunities, support, and encouragement to be physically active on a regular basis.
- Foods and beverages sold or served at school shall meet the nutrition recommendations of the *U.S. Dietary Guidelines for Americans*.
- Qualified child nutrition professionals will provide students with access to a variety of affordable, nutritious, and appealing foods that meet the health and nutrition needs of students; will accommodate the religious, ethnic, and cultural diversity of the student body in meal planning; and will provide clean, safe, and pleasant settings and adequate time for students to eat.
- To the maximum extent possible, all schools in our district will participate in available federal school meal programs (including the School Breakfast Program, National School Lunch Program [including after-school snacks], Summer Food Service Program, Fruit and Vegetable Snack Program, and Child and Adult Care Food Program).
- Schools will provide nutrition education and physical education to foster lifelong habits of healthy eating and physical activity, and will establish linkages between health education and school meal programs, and with related community services.

I. The Heatly School Health Advisory Team includes the following members:

Alicia Arasim, Health/Physical Education Teacher/Coach

Donna Barth, Food Service

Sherry Butler, Elementary Teacher

Nicole Cioffi, Elementary Teacher/Coach

Diane Devine, School Nurse

Gina DiCianni, Teacher Assistant/PTO President/Community Liaison

Laurie Eberle, Secondary Teacher

Brian Ford, Athletic Director/Physical Education Teacher/Coach

Kim Lybolt, Administrator

David Olszewski, Guidance Counselor/Coach

Jessica Schrom, Elementary Teacher

## II. Implementation and Measurement

The district superintendent shall implement this policy and develop and implement administrative rules consistent with this policy. Input from teachers, school nurses, parents/guardians, students, school food service representatives, school board members, school administrators, and the public shall be considered before implementing such rules.

The School Health Advisory Team will monitor, review, and revise this document at least annually to make appropriate modifications as needed.

Any District stakeholder wishing to express a viewpoint, opinion, or complaint regarding this policy should contact:

John E. McKinney, Superintendent

171 Hudson Ave.

Green Island, NY 12183

518-273-1422

Students, staff, and community will be informed about the Local Wellness Policy annually.

## III. Other School-Based Activities Designed to Promote Student Wellness

The District may implement other appropriate programs that help create a school environment that conveys consistent wellness messages and is conducive to healthy eating and physical activity.

#### IV. Local Wellness Policy Area 1: Healthy Eating (Nutrition Education)

Nutrition education is part of a comprehensive health education curriculum that focuses on understanding the relationship between personal behavior and health. Age appropriate and culturally sensitive instruction in health education and physical education should be provided to help students develop the knowledge, attitudes, skills and behaviors to adopt, maintain and enjoy healthy eating habits and a physically active lifestyle.

1. Implement healthy eating as part of a sequential, comprehensive health education curriculum designed to help students adopt healthy eating behaviors. Students should learn both specific nutrition related skills and general health skills.
2. In accordance to NYS Standards, students shall receive instruction and practice based on the three Standards: Personal Health and Fitness; A Safe and Healthy Environment; and Resource Management.
3. Implement nutrition education in other classroom subjects such as math, science, language arts, social sciences, and elective subjects.
4. Stress the importance of combining regular physical activity with sound eating habits for an overall healthy lifestyle in the K-12 curriculum.
5. Provide staff training for those involved in nutrition education and on-going in-service training for promoting healthy behaviors.
6. Involve family members and the community in supporting and reinforcing healthy eating and nutrition education.

#### V. Local Wellness Policy Area 2: Physical Education and Physical Activity Opportunities

Physical activity has been related to higher levels of self esteem and lower levels of stress and anxiety and, therefore, higher academic achievement. Developmentally appropriate physical education shall be offered every year to all students of the district. In addition, physical education topics shall be integrated into the entire curriculum when appropriate.

1. The physical education program will be aligned with NYS Standards, which include, Personal Health and Fitness, A Safe and Healthy Environment, and Resource Management.
2. The physical education program will involve moderate to vigorous physical activity; equip students with the knowledge, motor skills, self-management skills, and positive attitudes necessary for lifelong physical activity.
3. The district shall provide opportunities and encouragement for students to voluntarily participate in before-school and after-school physical activity programs.
4. The district shall provide opportunities and encouragement for staff to be physically active.
5. The district shall encourage parents and guardians to support their children's participation in physical activity, to be physically active role models, and to include physical activity in family events.

## VI. Local Wellness Policy Area 3: Nutrition Standards For Foods

Academic performance and quality of life issues are affected by the choice and availability of good foods in our schools. Healthy foods support student physical growth, brain development, and resistance to disease, emotional stability and ability to learn.

1. Nutrition guidelines that require the use of products that are high in fiber, low in added fats, sugar and sodium, and served in appropriate portion sizes consistent with USDA standards shall be established for all foods offered by GIUFSD or contracted vendors. Menu and product selection shall utilize student, parent, staff and community resources whenever possible.

Standards developed by NYSSFSA to be encouraged and adopted by GIUFSD

<b>Snack Items/Per Serving</b>	<b>Beverage Choices/Per Serving</b>
Fat = 7 grams or less	Juice must be 25% or more real juice
Saturated Fat = 2 grams or less	Low fat milk and low fat flavored milk
Sodium = 360 mg or less	Less than 10 mg of caffeine per serving
Sugar = 15 grams or less	Water or flavored water without added sugar, artificial sweeteners or caffeine

### (A) Dining Area:

1. The GIUFSD shall provide a clean, safe, enjoyable meal environment for students.
2. The GIUFSD shall provide enough space and serving areas to ensure all students have access to school meals with minimum wait time.
3. Drinking fountains shall be made available so that students can get water at meals and throughout the day.
4. Efforts should be made to ensure that families are aware of need-based programs for free or reduced-price meals and eligible families should be encouraged to apply. The identity of students who eat free and reduced-price meals shall be protected.
5. Ensure that multi grains are offered as a choice at breakfast and lunch.
6. A system shall be in place to accommodate student food allergies or other special nutritional needs, to the maximum extent possible.
7. Students will be allowed the opportunity and the availability for sanitizing their hands prior to eating their meals.

(B) Vending Machines:

1. At least 50% of all snack and beverage vending and/or sales shall provide options high in fiber, and low in sugar, fat, and sodium.

2. Foods and beverages sold through school vending machines that meet acceptable nutritional standards shall consist of the following:

- bottled plain water
- flavored water as approved
- milk (low-fat, chocolate, soy beverage, or rice beverage)
- 100% fruit juices or fruit-based drinks composed of no less than 50% juice, without additional sweeteners
- an electrolyte replacement beverage that contains forty-two grams or fewer of additional sweetener per twenty-ounce serving
- nuts, seeds, dairy products, fresh fruits or vegetables, dried fruits or vegetables, and packaged fruits in their own juices

(C) Fundraising Activities:

1. All school fundraising activities will be approved by district administration. If a fundraising activity will use food, it needs to provide a choice of options that meet the listed standards to support children's health and school nutrition education efforts. The school district will provide a list of ideas for acceptable fundraising activities.

(D) Rewards:

1. Schools can use healthy foods or beverages as rewards for academic performance or good behavior. Schools will not withhold food or beverages as a punishment.

(E) Celebrations:

1. Schools should limit celebrations that involve food during the school day. Each party should include at least 50% nutritionally sound foods and beverages. The district will distribute a list of healthy party ideas to parents and teachers.

## VII. Local Wellness Policy Area 4: Other School Based Activities

### Safe and Healthy Environment

The GIUFSD believes that a safe and healthy environment supports academic success for all students. Safer school communities promote healthier students. Healthier students do better in school and make greater contributions to their community.

1. All district buildings and grounds, structures, and equipment shall meet all current health and safety standards; and be kept inviting, clean, safe, and in good repair.

2. All district buildings and offices shall maintain an environment that is free of tobacco, alcohol, and prohibited substances.

2. Safety procedures and appropriate training for students and staff shall always support personal safety, an environment free from harassment, and an environment free of a threat or act of violence.

### Counseling, Psychological and Social Services

The GIUFSD is committed to developing and providing programs and services to staff, students, and their families that promote social and emotional well being to optimize conditions for teaching and learning. In doing so, each school shall provide a supportive environment that includes the services of guidance counselors, school psychologists and social workers. Such an environment shall encourage well-being of the staff. All personnel involved in the school health program shall possess the necessary qualifications, training, and/or experience essential to their duties.

1. Each district site shall provide an accessible and productive work environment free from physical dangers or emotional threat that is as safe as possible and consistent with applicable occupation and health laws, policies and rules.

2. All personnel involved in the school health program will be provided with the opportunity for ongoing professional development activities that are directly related to their responsibilities.

3. GIUFSD shall support the development and implementation of staff wellness activities to ensure that all staff has access to opportunities that enhance their health.

### Local Wellness Policy Area 5: Measurement and Evaluation

To adequately assess the effects of this policy, each year in September the Heatly School Health Advisory Team will meet and formulate a set of goals for the school year.

1. Each of the goals should be clearly stated, measurable, and obtainable within a single school year.

2. In May, the Heatly School Health Advisory Team will distribute a survey to not less than 10% of each stakeholder group to determine to what extent the goals have been met.

3. The Heatly School Health Advisory Team will report the results of the survey to the Board of Education and the Superintendent by the June Board meeting each year.